



BACKPACK NEWS

Tips for Parents

Encourage frequent handwashing by making it part of your family's daily routine. Practice washing for 20 seconds, remind children to cough into their elbow, and keep tissues and hand sanitizer available to help reduce the spread of everyday germs.

Events

Mark your calendars! FREE influenza (flu) and Tdap vaccines for school-aged children through Jefferson County Health Department (Call for more info 920-674-7275).

Lake Mills Middle School Thursday
October 15th 3:30p-6:00p

Jefferson West Elementary School
Wednesday October 21st
3:00p-6:00p

Starin Park Community Center
Saturday October 24th
11:00am-2:00pm

Wash Away Those Germs!

Your hands touch a lot of things every day—desks, pencils, doorknobs, playground equipment, and high-fives! That's why washing your hands is one of the easiest ways to stay healthy and help keep your classmates healthy, too.

Wash your hands with soap and water for at least 20 seconds, especially before eating, after using the restroom, after coughing or sneezing, and when you get home from school. If soap and water aren't available, use hand sanitizer with an adult's permission.

Remember to cough or sneeze into your elbow instead of your hands, and try not to touch your eyes, nose, or mouth.

Healthy habits help everyone have more days to learn, play, and have fun together!

It's Ok to Have Big Feelings

Starting a new school year can bring lots of emotions. You might feel excited to see friends, nervous about a new teacher, or even a little worried about trying something new. Guess what? Those feelings are completely normal! Remember, every student is learning and growing together.

Taking care of your mind is just as important as taking care of your body. Get enough sleep, eat healthy meals, move your body every day, and take a few deep breaths when you feel stressed. If something is bothering you, talk to a trusted adult like a parent, teacher, school counselor, or another grown-up you trust. Sharing your feelings can help you feel better and find solutions.

This school year is a chance to learn, make new memories, and try your best. Be kind to yourself, be kind to others, and remember—you don't have to be perfect. Just keep showing up, one day at a time!