QUINTON TOWNSHIP SCHOOL HEALTH OFFICE

WINTER NEWSLETTER

DECEMBER 2025

Enjoy Cold Weather Safely

- Dress Warmly in layers of clothes
- Waterproof jackets keep kids warm and dry
- Hat , gloves and scarf
- Warm socks and warm boots
- Come inside for frequent breaks
- Be aware of frost nip and frost bite
- Frost nip- when fingers nose toes get numb, tingling and red- warning sign that frost bite is approaching
- Frost bite- when skin gets very cold and freezes extremities turn grey or yellow- seek the nearest emergency room

Get up and active

- Indoor obstacle course
- ice skating at local rink
- snow fun activities
- Dance party in living room
- bowling
- winter hike
- indoor sports

Safe Holiday Travel

- Proper Car seat safety
- Wearing a seat belt
- Fly early in the day
- Velcro shoes vs ties
- Pack healthy snacks and lots of fluids
- Bring hand sanitizer

Fight the Flu

- Avoid contact with people who are sick
- For symptoms stay home for 24 hours until fever resolves
- Avoid touching nose, eyes, mouth
- Wash hands and use sanitizer frequently
- Cover nose and mouth when coughing or sneezing

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FALL NEWSLETTER

OCTOBER 2025

Halloween Safety

- Plan costumes that are bright and reflective
- encourage kids to trick or treat in groups
- stay on well lit streets
- Be mindful for cars
- Have parents check candy before consuming
- Walk on side walks
- take flashlights
- Avoid sharp costume accessories
- Trick or treat in neighborhoods that you know

Illness Prevention

- Fall is the start of flu and cold season!
- Frequent hand washing
- Cover coughs and sneezes
- Keep them home when sick
- Hydration is key
- Consider flu vaccination

Fun Outdoor Activities

Leaf piles
pumpkin patches
nature walks
scavenger hunts
creative fall and halloween crafts

Nutrition

- Boosting immunity
- Fruits & vegetables
- High protein foods
- Balanced diets
- Good sleep