



SCHOOL WELLNESS NEWSLETTER



Winter
2026

INFORMATION FROM WYOMING CITY SCHOOLS' HEALTH SERVICES

HEALTH GUIDELINES

Since returning from the winter holiday, there has been increase in community-wide illnesses, including influenza, RSV, Strep Throat, COVID, and common cold viruses. To safeguard the health of all students and staff, we kindly request your cooperation by following these guidelines:

Temperature Check



If your child feels unwell, please check their temperature before sending them to school. If their temperature is 100°F or higher, we ask that you keep them at home. Students should be fever-free for 24 hours without fever-reducing medication (such as Tylenol or ibuprofen) before returning to school.

Medication



If no fever is present but your child has mild symptoms like a runny nose, headache, or coughing, please administer medication before sending them to school. Students cannot bring medication to school, and health clinic staff cannot administer any medication without a signed [Medication Authorization Form](#).

Respiratory Symptoms



If your student is fever-free but has a stuffy/runny nose or a cough, please encourage them to take precautions to limit the spread of germs, such as frequent handwashing and covering their cough.

WINTER RECESS PLAN

The Primary Schools and Middle School will monitor the *feels like* temperature (including windchill) to determine recess location. If it feels like 24°F or colder (20°F for Middle School), indoor recess is the plan. When it feels like it's above 25°F (21°F for Middle School), recess will be outdoors unless it's raining or snowing.

Regular outdoor activity is important for the physical and mental well-being of our students, even when it's cold. So, bundle up your kiddos, and let's make sure they're ready for whatever the weather brings!



IS IT A COLD OR FLU

The common cold and flu are both respiratory illnesses but they are caused by different viruses. The chart below highlights the general differences. Symptoms can overlap, so when in doubt, consult a healthcare provider and keep your child home if they are ill.

Signs/Symptoms	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Fatigue/Weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy Nose	Common	Sometimes
Sore Throat	Common	Sometimes
Cough	Mild to moderate	Common
Headache	Rare	Common

Source: CDC.org "Cold Versus Flu"



4 Tips to Promote Winter Wellness

January is not all germs and cold weather. Here are some silly and surprising dates worth celebrating as a family.

During the winter season, it becomes easier for kids to come into contact with germs that cause illnesses like cold and flu. Encouraging healthy habit practices at home—starting with these strategies—is a proactive measure to help ensure kids maintain their health and contribute to the overall well-being of their school communities.

1. Prioritize Nutrition

If you're sending your little ones to school with a packed lunch, try to incorporate a variety of food groups, offering essential nutrients to keep them energized and satisfied all day long. The CDC recommends that children aged 2 and older follow a healthy eating pattern that includes fruits and vegetables, whole grains, low fat dairy, oils, and a variety of protein-rich foods. Try including in-season foods like apples, brussels sprouts, carrots, and pears.



If your kids are younger, make it an activity you do together by going to the sink and reminding them that the correct technique for thorough hand cleaning is scrubbing for at least 20 seconds.

2. Bundle Up

While staying indoors when it's cold is enticing, it's important to get outside when you can. Dress your child in layers to protect them from the cold and use sun protection no matter the temperature outside. Outdoor activities boost physical health and contribute to better sleep and mood regulation.

3. Encourage Proper Handwashing

Handwashing is a fundamental line of defense in preventing the spread of germs. As soon as your kids walk in the door after school, remind them to wash their hands before eating a snack or playing with toys.

4. Refresh Your Disinfecting Routine

Wintertime is a great moment to restock classroom essentials like Lysol Disinfecting Wipes and Lysol Disinfectant Spray. When used as directed, Lysol products kill 99.9 percent of viruses and bacteria. Regularly disinfecting high-touch surfaces like kitchen tables and doorknobs can help cut down on the spread of illness-causing germs.

Find resources and downloadable activities about handwashing and germ transmission at [Lysol Here for Healthy Schools](#).

January 16

Hot And Spicy Food Day

January 17

Kid Inventors' Day

January 18

Soup Swap Day

January 19

Elementary School Teacher Day

January 20

National Cheese Lover's Day

January 21

International Sweatpants Day

January 22

National Polka Dot Day

January 23

National Pie Day

January 24

National Compliment Day

January 25

National Opposite Day

January 26

National Bubble Wrap Day

January 27

National Plan for Vacation Day

January 28

National Kazoo Day

January 29

Curmudgeons Day

January 30

National Draw A Dinosaur Day

January 31

National Hot Chocolate Day



Sources: CDC.org "[Childhood Nutrition Facts](#)" and "[When and How to Wash Your Hands](#)"

Helpful Links

- [Medication Authorization Form](#)
- [Allergen-Free Food Options](#)
- [American Academy of Pediatrics Vaccination Catch-Up Schedule](#)
- [School Vaccination Requirements](#)
- [Milford Nutrition Services](#)
- [HCPH Vaccination Services](#)
- [Food in the Classroom Guide](#)
- [Meal Account Restriction Form](#)

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