



The Wildcat Weekly



Winside Elementary School

FEBRUARY 26, 2018

WINSIDE PUBLIC SCHOOL MISSION

Winside Public School provides all students high levels of learning to be college and career ready in the 21st Century.

Happy Birthday, Nebraska! ~ March 1st



March

5

No school for students on Monday, March 5th due to Winside hosting conference speech.

Good hygiene starts at home. Teach your child early about the benefits of good hygiene, and it will help them to feel good about themselves and help them stay healthy.



- Remind them to wash their hands every time they use the restroom and before and after eating meals. Have them use warm water and soap. Teach them to sing the ABC's to know how long they should scrub their hands. Remind them to use a towel/paper towel to dry their hand, not their shirt/pants.
- Younger children should shower at least every other day unless they have been active with sports, then it should be daily. If they are active in sports or need to wash their hair often, and have issues with dry scalp, try a dry shampoo in between washing their hair in the shower.
- Check their fingernails to help keep them clean and trimmed.
- Teach your child to put on all new clean clothes each day, especially during hotter days. After school have them change their clothes to help with the spread of germs. Show them how to wash their clothes and keep them clean.
- Remind your child to brush their teeth before they go to bed and again when they wake up in the morning. Have their teeth checked each year by a dentist.
- Remind them to cover their mouth and nose when they cough or sneeze. Teach them to use their "cough pocket", coughing/sneezing into the crease of their elbow.
- Remind them not to share chapstick, combs, drinks, or food as that can spread germs to their friends.



END OF 3RD QUARTER Friday, March 9th

March 2nd