



## Health Information for Students and their Families

Dear Y.A.L.E. Community,

As we embrace the winter season, it's essential to prioritize our health and well-being. The colder months often bring a unique set of challenges, but with a few simple tips, we can ensure a happy and healthy winter for everyone. Here's the Winter Wellness Newsletter packed with helpful information. Remember, a healthy and happy winter starts with small, consistent habits. Let's make this winter season a time of well-being and community. If you have any questions or concerns, please feel free to reach out to your school health team.

IT'S NOT TOO LATE TO GET YOUR FLU VACCINATION TO PROTECT AGAINST SEASONAL FLU VIRUSES

### Winter Health Tips

#### Stay Hydrated

Even in colder weather, it's crucial to stay hydrated. Drink water regularly, as the cold temperatures, dry air, and indoor heating can contribute to dehydration. Don't like water? Sipping on warm drinks like herbal teas and enjoying nourishing soups can also be comforting and contribute to overall well-being. Try foods with high water content like cucumbers and oranges.

Dry skin can be a sign of dehydration. Remember to nourish your skin to prevent dryness and itching. Wash hands with moisturizing soap and warm water as hot water can strip away natural oils. Use moisturizers to keep your skin hydrated. Helping your child to apply lotions after bathing will improve skin condition. Have chapstick or vaseline available to apply to lips daily or more often to prevent cracking and bleeding. Students may keep chapstick in their book bags or pockets and use it throughout the day.

#### Winter Nosebleeds

If your child suffers from winter nosebleeds it may be from the dry air. Try using a cold air humidifier at night. Saline nose drops or petroleum jelly may help too. If severe, consult your pediatrician.

#### Physical Activity Indoors

Physical activity is important, even when it's cold outside. Consider indoor exercises and activities to keep everyone moving during the winter months. Some ideas for home workouts are doing circuits with jumping jacks, squats, push ups, lunges, and crunches or even computer fitness games. Other indoor activities include dancing, stair climbing, housework like vacuuming and sweeping, mall walking, bowling, roller skating, yoga or other fun group classes at your local gym, studio, or community center.

#### Dress Appropriately

Proper clothing is key to staying warm and healthy during winter. Hats and gloves help prevent heat loss from the head and hands, which are particularly vulnerable to cold exposure. Dress in layers to stay comfortable both indoors and outdoors.



### Mental Health Matters

Winter can bring about feelings of isolation or Seasonal Affective disorder (SAD).

Y.A.L.E. is proud to partner with Care Solace to support the well-being of our students, staff, and their family members. Care Solace is a complimentary and confidential care coordination service that can help link families, students, and staff to mental health services regardless of circumstance. Call 888-515-0595 available 24/7/365 in any language or visit <https://www.caresolace.com/yaleschool> and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.

care solace

### When to Stay Home

If you're feeling unwell, it's important to prevent spreading illness to others. Practice good respiratory hygiene and seek medical advice if necessary. If your student has ANY illness that makes them unable to eat/drink/sleep or otherwise carry out their normal school activities without pain, discomfort, or fatigue, please keep them home until the illness has passed.

**COVID-19, Flu, RSV or a Cold?**  
Check your child's symptoms

**How To Tell Them Apart**

Common symptoms of all four illnesses include fever, cough, fatigue, stuffy, runny nose and congestion. Some symptoms that may be different include:

Illness	Sudden loss of taste or smell	Headache	Loss of appetite	Sore throat	Sneezing
 COVID-19	✓	✓	✓	✓	
 Flu		✓	✓	✓	✓
 Cold				✓	✓
 Respiratory syncytial virus (RSV)					✓

**Call your pediatrician if your child has any of the following symptoms:**

- Rapid breathing, flaring nostrils, wheezing and grunting
- Shortness of breath/difficulty breathing
- Chest caving in with each breath
- Very ill or drowsy
- Poor feeding
- Dehydration
- Vomiting for more than 24 hours
- Bloody diarrhea
- Fever:
  - above 104°F in any child
  - above 100.4°F if child is under 2 months old
  - above 103°F for more than 24 hours



### Boost Your Immune System

A well-balanced diet rich in fruits, vegetables, and whole grains can help boost the immune system. Five elements that support our immune system are Vitamins C & D, Zinc, probiotics, and sleep. Vitamin C's antioxidant properties can be found in citrus, bell peppers and broccoli. Vitamin D is made in the skin when exposed to sunlight. In the winter or when sun exposure is limited, sources like fatty fish (salmon, mackerel) and fortified foods can help. Zinc is an essential mineral found in meat, shellfish, legumes, seeds, and nuts. Probiotics, found in fermented foods like yogurt, kefir, sauerkraut, and kimchi are beneficial bacteria that support a healthy balance of gut microbiota. Finally, quality sleep is essential for the proper functioning of the immune system. During sleep, the body produces and releases cytokines, which are proteins that help regulate immune responses.

### Have You Walked Your Dog Today?

Pets can benefit your health in many ways. They can help raise fitness levels, lower stress, blood pressure, cholesterol, and blood sugar. Best of all, pets can boost people's overall happiness and well-being. Studies show that dog owners may live longer than non-dog owners and are 31% less likely to die from a heart attack or stroke than non-dog owners. Dog owners who walk their dogs regularly face 1/3 the risk of diabetes and are more likely to reach their fitness goals than those without a dog. Pet companionship may provide important social support and is a powerful predictor of behavior changes that can lead to weight loss. Dogs can help with chronic conditions and prevent chronic disease. Dog parents are 34% more likely to fit in 150 minutes of walking per week recommended by the AHA than non-dog owners. Dogs are always there to comfort you and put a smile on your face every day. For more pet health facts visit <https://www.heart.org/en/healthy-living/healthy-bond-for-life-pets/pet-owners/a-dog-could-be-good-for-your-heart>



### Winter Safety

Remember the importance of being cautious on slippery surfaces and wear appropriate footwear. Taking a few extra minutes can reduce the risk of slips, trips, and falls. It's essential to prioritize safety, especially during adverse weather conditions.

### Immune-Boosting Chicken & Vegetable Soup



#### Ingredients:

- 1 tsp olive oil
- 3 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 cup broccoli florets
- 6 cups chicken broth
- 1 cup shredded cooked chicken
- 1/2 tsp cayenne pepper
- Fresh parsley for garnish
- 1 onion, diced
- 2 celery stalks, chopped
- 2 carrots, sliced
- 1 red bell pepper, diced
- Fresh lemon juice
- 1 tsp turmeric powder
- Salt and pepper to taste

#### Instructions:

- In a large pot, heat olive oil over medium heat. Add onion, garlic, and ginger. Sauté until onion is translucent.
- Add carrots, celery, broccoli, and bell pepper to the pot. Cook for a few minutes until the vegetables begin to soften.
- Pour in the chicken broth and bring the soup to a boil. Reduce the heat to simmer. Add shredded cooked chicken to the pot.
- Stir in turmeric powder and cayenne pepper. Turmeric has anti-inflammatory properties, and the cayenne pepper adds a bit of heat that can help clear sinuses.
- Season with salt and pepper to taste. Allow the soup to simmer for about 15-20 minutes until the vegetables are tender.
- Squeeze lemon juice into the soup just before serving. Lemon adds a burst of vitamin C and enhances the flavor. Garnish with fresh parsley for added freshness.
- Enjoy this immune-boosting soup as a comforting and nutritious meal.