

Staying Healthy and In School

Dear Patapsco Middle School Families and Caregivers,

This is the time of year when the winter season takes a toll on school attendance. Common illnesses such as colds, flu, fevers, earaches and Covid-19, along with unpredictable winter weather, can result in students having to miss school.

These absences, even when they are excused, break the routine of daily attendance that contributes to students feeling connected and engaged in learning. As we are seeing many students missing school, we ask that you please consider these steps to keep your children healthy this winter.

1. If your children get sick or you are concerned about Covid or the flu, please visit the [Howard County Health Department's \(HCHD\) website](#) or talk to your child's medical provider or the school nurse for guidance.
2. If you feel that other factors beyond physical health are playing a role in your child's ability to attend school, talk to your child's teacher, the school nurse, counselor or your medical provider about how best to support your child.
3. Encourage children to wash their hands before and after eating and after using the restroom.
4. Avoid sharing cups and utensils with other individuals.
5. Dress your children for the cold weather. If you need help with winter clothing, please let us know. Visit the [HCHD website](#) for cold weather safety information.
6. Encourage healthy habits such as getting enough sleep, eating healthy foods, drinking fluids and getting exercise.
7. If your children need to stay home for a prolonged period due to illness, please reach out to your child's teacher to find out about resources they can use at home to keep learning once they feel well enough.

Let us know how we can help you. If you need resources or guidance, please contact the school at 410-313-2848.

Thank you for partnering with us and we look forward to seeing your children in school all year long.

Sincerely,

Kelly Hearn