

Head Start Newsletter

December 2025

Take care of yourself this winter!!

When winter rolls around the common concerns are: frozen pipes, warming your car up in the mornings, shoveling your sidewalks and bundling up. Have you noticed that sometimes during the winter months that you are more irritable, have low energy, or increased depression? With these symptoms you may have increased risks of developing Seasonal Affective Disorder. This is caused by decreased sunlight exposure which can disrupt the bodies natural circadian rhythm and reduce the brains serotonin reduction. Here is how you can take care of yourself this winter:

- Light Therapy: Exposure to bright light can help improve your mood.
- Exercising regularly
- Social Engagement
- Taking Vitamin D supplements

Take care of your mind this winter!

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Attention!

We are always accepting applications for the Head Start program. If you know of a family with a child from the ages 3-5 years of age, please give them the phone numbers to call. The local number is 812-926-3190 or the toll free 1-888-292-5475 and they can ask for Tay ext. 216 and she will assist them.

ATTENDANCE

Below are the attendance percentages for the month of October for each classroom. The Head Start program is required to strive for at least 85% attendance for each child. When this happens, staff are required to document the reason for the absences and assist families that did not meet the requirement to improve their child's attendance. Children that continue to have poor attendance may be placed back on the waiting list until the barriers preventing regular attendance have been eliminated.

Aurora	Brookville	Dillsboro	EE	Laurel	Lawrenceburg	Moore's Hill	Mt. Carmel	Rising Sun	St. Leon	Sunman	Vevay	Agency
79%	92%	82%	90%	74%	80%	89%	81%	69%	81%	88%	91%	83%
<u>AURORA</u> <u>PERFECT ATTENDANCE</u> Lillian Deaton Lucas Deaton Maverick Harbert Malachi Morris August Walker Ayden Widener <u>EXCELLENT ATTENDANCE</u> Emediong Edet Jackson Gregory Azalea Smith <u>BROOKVILLE</u> <u>PERFECT ATTENDANCE</u> River Gray Ingram Hall Audrey Roark Lincoln Schnecker Jude Thomson Ivy Uhl Amary Werner Kaisleigh Willig <u>EXCELLENT ATTENDANCE</u> Jasper Crooker Cecily Hoffman Kaiser Marshall Lucus Precht Avery Roseberry Amaya Trosky	<u>DILLSBORO</u> <u>PERFECT ATTENDANCE</u> Kairi Baker Emerson Mayfield Blaire McFarland <u>EXCELLENT ATTENDANCE</u> Emmett Collins Peyton Oliver Lukas Seitz Maverick Taylor Sylas Todd <u>EAST ENTERPRISE</u> <u>PERFECT ATTENDANCE</u> Karsen Brady Olivia Bruns Alice Gabbard Weston McClure Baylor Scudder Carter Thomas Eugene Turner Weslynn Whiteford <u>EXCELLENT ATTENDANCE</u> Kade Gaylord Roger Johnson Kelly Liapis <u>LAUREL</u> <u>PERFECT ATTENDANCE</u> Tate Coon Annalee Harmon Paisley Harmon Rhett Klein Olivia McQueen Parker Tillison	<u>EXCELLENT ATTENDANCE</u> Tristen Bartish Paisley Dye Gunner Miller Joshua Purdin Willow Reynolds <u>LAWRENCEBURG</u> <u>PERFECT ATTENDANCE</u> Veda Kinder Paisley Meadows Kashton Smith Asta Wong <u>EXCELLENT ATTENDANCE</u> Tyler Blevins Cassius Deitsch Bryson Orcutt Oliver Tucker <u>MOORE'S HILL</u> <u>PERFECT ATTENDANCE</u> Willow Bills Maria Gabriel Matias LeeAnn Hendershott Waylon Hendershott Abel Henderson Nova Vernatter Tayla Wesley Lucy Witt Zane Witt	<u>EXCELLENT ATTENDANCE</u> Jameson Albright Hazel Goldsmith Oakley Henson Lincoln Ison Canaan Lochard <u>MT. CARMEL</u> <u>PERFECT ATTENDANCE</u> Navy Bruns Joel Hetttersimer Kristina Venegas <u>EXCELLENT ATTENDANCE</u> McKenzie Haas <u>RISING SUN</u> <u>PERFECT ATTENDANCE</u> Arya Mondary <u>EXCELLENT ATTENDANCE</u> Paisleigh Hazelwood Demi Henry Emma Henry Everlynn Vest <u>ST. LEON</u> <u>PERFECT ATTENDANCE</u> Kayjae Hunter <u>EXCELLENT ATTENDANCE</u> Jesse Gillespie Paislee Johnson Autumn Sorber Cooper Walters Britt Wilhelm Rhea Willis	<u>SUNMAN</u> <u>PERFECT ATTENDANCE</u> James Buckman Jasmine Grote David Hauger Raelynn Hunt Autumn Laker Sophia Nunier Everleigh West Dalyn Young <u>EXCELLENT ATTENDANCE</u> Stella Carter Lily Gump Olivia Long Jacobo Riveros-Medina MacKyla Rodgers Tamen Stevens Jace Yeoman <u>VEVAY</u> <u>PERFECT ATTENDANCE</u> Rogue Couch Trace Couch Avie Faulkner Presley Hill Oliver Hull Kylie Sample Spencer Tice Sissy Wilson <u>EXCELLENT ATTENDANCE</u> Porter Adams Dallas Keith Emily Moore Grayson Savage								

DECEMBER BIRTHDAYS AND UPCOMING EVENTS

Aurora

Wyatt Sturgill - 16th
August Walker - 28th

Dillsboro

Sebastian Cole Jr. - 7th
Emmett Collins - 19th

East Enterprise

Weston McClure - 13th

Lawrenceburg

Remington Grace - 7th

Laurel

Gunner Miller - 6th
Mavrick Miller - 6th
Jerry Robertson - 17th

Moore's Hill

Nova Vernatter - 1st

St. Leon

Paislee Johnson - 2nd

Rising Sun

Paisleigh Hazelwood - 2nd
Amelia Nicholas - 11th
Hazel Peck - 19th

Sunman

Jasmine Grote - 26th
David Hauger - 24th
Jacobo Riveros-Medina - 23rd

Vevay

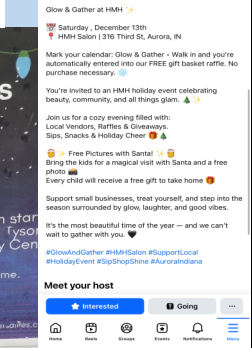
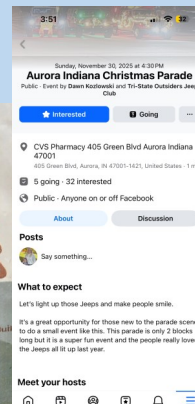
Rogue Couch - 1st

Special birthday wishes to the Head Start children celebrating December Birthdays.

We wish you a wonderful year of growth, health, and happiness!

Please remember if you denied permission to have your child's name in the newsletter they will not be listed!

Lets Get Involved In These Upcoming Events



IMPORTANT REMINDERS

- Winter is approaching, please send the children to class with the appropriate attire (jackets/coats, hats, gloves, etc.)
- Please turn in Pink in-kind Sheets and Home/School Connection Activity Calendars.
- Classrooms are looking for volunteers inside and outside the classroom.
- Please continue to schedule your child's needed health requirements.
- Over the course of the program year we will be making calls for monitoring purposes to random families. Please look out for those as they are beneficial to the program!!!

HEAD START SCHOOL NEWS

AURORA NEWS

We are having a great time learning about dinosaurs. We asked the children if they would rather have a pet dinosaur or a unicorn. Most of them said they would want a unicorn. We have enjoyed the nice weather. We made a tent outside using our parachute. Next month we are going to learn about the arctic!

REMINDERS

- No Class (Winter Break) - 12/22/25 - 01/02/26
- Special Person's Day - 01/07/25
- Policy Council - 01/08/25
- Parent Meeting - 01/13/25
- No Class (Holiday) - 01/19/25
- Mom Event - 01/24/25
-

HEAD START SCHOOL NEWS

BROOKVILLE NEWS

We have been learning all about farm life in the classroom. Our classroom adopted a cow and we get pictures of her every week with updates of how much she weighs. Ask your child what our calf's name is. We will soon be learning all about transportation and all different ways people get around. Please send in a change of clothes for your child. Keep turning in those pink in-kind sheets and Home/School Connection Activity Calendars.

REMINDERS

- No Class (Winter Break) - 12/22/25 - 01/02/26
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- Mom Event - 01/24/25

DILLSBORO NEWS

Hey everyone, Dillsboro crew back with all of our exciting news. We discussed the basics of recycling, we identified things around the room that we can recycle, and we identified the recycling symbol. The kids really loved finding it on our items that we have at school. After we work through our recycling studies we will be hopping right into healthiness. We will be discussing healthy foods, exercising, and other ways to stay healthy. This month we have some new favorites amongst the class. Everyone still loves the babies, they are a huge hit. We love to play with playdough and they all love using the cookie cutters. We love going up to the loft, its become our favorite center. They love going up to play with our puppets and our stuffed animals. Shaving cream is always a favorite to do. We love making shapes or using it as "toothpaste" on our fake teeth. The kids love getting the whole tooth extra clean. They have a really great time doing the whole tooth. That's all for this time., thanks for reading, Dillsboro crew.

REMINDERS

- No Class (Winter Break) - 12/22/25 - 01/02/26
- Special Person's Day - 01/07/25
- Policy Council - 01/08/25
- Parent Meeting - 01/1/25
- No Class (Holiday) - 01/19/25
- Mom Event - 01/24/25

HEAD START SCHOOL NEWS

EAST ENTERPRISE

We will be painting snow, rescuing frozen animals from ice, ice painting, learning all about the winter animals, and winter weather. Please remember to dress your child accordingly as we go outside at 9:00 AM. Please make sure your child has extra clothes in their backpack in case of accidents.

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- Mom Event - 01/24/25

LAUREL NEWS

We have had a fun time this fall. We learned all about pumpkins, how they grow, and what can be done with it after. We even compared our pumpkin seeds to apple seeds. We put random holes in one large pumpkin and added some baking soda, dish soap and vinegar and watched it grow and ooze out of the holes. Everyone absolutely loved it. Please remember, it is cold during the morning drop off so please dress appropriately. We also go outside after lunch for second work time.

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- No Class (Holiday) - 01/19/25
- Mom Event - 01/24/25

HEAD START SCHOOL NEWS

LAWRENCEBURG NEWS

We will be learning all about winter! Winter clothes, snow, animals that live in cold places, and how snow is made. We will also be tracing our names and saying each letter out loud. We will be working on tracing the numbers 1 through 5 as well. If you have any extra winter clothes you would like to donate, please see Ms. Nikki.

REMINDERS

- No Class (Winter Break) - 12/22/25 - 01/02/26
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- Parent Meeting - 01/15/25
- No Class (Holiday) - 01/19/25
- Mom Event - 01/24/25

MOORES HILL NEWS

The month of December flew by! We had such a fun and busy time learning all about the Farm. This month's activities were full-on learning and playful discovery: **Sink or Float?** We experimented with feed corn to see whether it would sink or float. The children made predictions and tested their ideas like real scientists. **Feed Corn Table** – Our feed-corn sensory table was a big hit. We scooped, poured, measured, and compared amounts of corn while practicing math and fine-motor skills. **Build Your Own Barn** – The children used a variety of materials to build their own barns, practicing creativity, problem-solving, and construction play. **Animal Lacing Cards** – We strengthened fine-motor skills by threading laces through animal shapes. **Guess That Animal Sound** – the class loved listening and guessing which farm animal made each sound. **Magnet-Tile Animals** – We used magnet tiles to create and build animals — lots of imagination at work! **Music and Movement** - We danced to one of our favorites: "I Know a Chicken (The Shaky Egg Song) by Laurie Berkner. **Books We Enjoyed** – We read many farm-themed and class-favorite stories, including: Wow! Llama Llama: Mess Mess Mess, A Turkey in Disguise, and Everybody Likes Chicken Nuggets. Please send extra clothing (pants and underwear). We currently do not have spare clothing available in the classroom. Dress for the weather! We go outside to play almost every day unless it's raining. Please make sure your child has warm layers, jackets, hats and anything else they may need for outdoor time.

REMINDERS

- No Class (Winter Break) - 12/22/25 - 01/02/26
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- No Class (Holiday) - 01/19/25
- Mom Event - 01/24/25

HEAD START SCHOOL NEWS

MT. CARMEL NEWS

Hello December! As we approach the end of the year, Ms. Madrid and Ms. Shay want to give a big thank you to you parents for all the help we've got from you all! This month we are learning all about snowflakes, winter weather, and winter animals. We look forward to another chilly month filled with learning and fun.

REMINDERS

- No Class (Winter Break) - 12/22/25 - 01/02/26
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- Policy Council - 01/08/25
- Parent Meeting - 01/13/25
- No Class (Holiday) - 01/19/25
- Mom Event - 01/24/25

RISING SUN NEWS

This month we finished our building study and all are very excited to begin learning about different places of the world next! We introduced lots of fun new math games this month. The kid's favorite was "Speed Sorting"! They loved racing against the clock to sort numbers, shapes and colors.

REMINDERS

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- Mom Event - 01/24/25



HEAD START SCHOOL NEWS

ST. LEON NEWS

In our class, we are learning about our 5 senses. We just finished our farming unit. Along with the 5 senses, we are also learning the letter of the week. We have welcomed some new friends into our classroom. We wanted to remind parents to turn in In-Kind and Home/School Connection Activity Calendars. Also, do not forget to send children with a winter coat since it is getting colder outside.

REMINDERS

- No Class (Winter Break) - 12/22/25 - 01/02/26
- Special Person's Day - 01/07/25
- Policy Council - 01/08/25
- Parent Meeting - 01/15/25
- No Class (Holiday) - 01/19/25
- Mom Event - 01/24/25

SUNMAN NEWS

This past month we have been learning about community helpers. We have learned all about different jobs and we have talked about what we want to be when we grow up. Next month we are going to begin learning about recycling. We have been receiving a lot of pink In-Kind sheets, and that's great. Remember you can turn these in at any time!

REMINDERS

- No Class (Winter Break) - 12/22/25 - 01/02/26
- Special Person's Day - 01/07/25
- Policy Council - 01/08/25
- Parent Meeting - 01/13/25
- No Class (Holiday) - 01/19/25
- Mom Event - 01/24/25

HEAD START SCHOOL NEWS

VEVAY NEWS

We are excited to start our Farm Animal Study. We are loving the See It, Say It, Sing It song and learning to sign the letters as well as colors! Don't forget to work your Home/School Connection Activity Calendars. Check out our volunteer folder inside the classroom.

REMINDERS

- No Class (Winter Break) - 12/22/25 - 01/02/26
- Special Person's Day - 01/07/25
- Policy Council - 01/08/25
- Parent Meeting - 01/15/25
- No Class (Holiday) - 01/19/25
- Mom Event - 01/24/25

More Upcoming Events



2025 - December 6th Winter Wonderland Parade & Activities

Saturday, December 6

• Lawrenceburg Civic Park

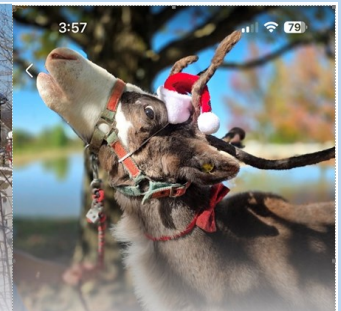
🕒 Saturday • 11 AM - 2 PM



Friday, November 28, 2025 at 12 PM - 9 PM

Metamora Christmas Walks (all ages)

Public - Event by Whitewater Canal State Historic Site



Saturday, November 29, 2025 at 11 AM - 4 PM

Frosty Fest

Public - Event by Whitetail Acres Nursery, Landscape, & Reindeer Farm



Early Learning Mathematics Family Guide

The Indiana Department of Education is dedicated to informing and educating families about your child's education since you are your child's first and most important teacher. This guide provides an overview of the importance of mathematics and providing suggestions of what you can do at home to support your child's development.

The Importance of Mathematics for Young Children

Indiana's Early Learning Foundations include concepts for children's development and address skills and abilities that children are to achieve from birth to age five. These foundations are also aligned to Indiana's K-12 Academic Standards.

Mathematics helps children survey their environment and start to form a sense of order. This beginning sense of order is of primary importance in constructing a solid foundation for future success. Children's mathematical development is nourished by everyday play activities and exploration of the world around them. Adults can support the development of mathematics by incorporating math into everyday activities.

Foundational Skills Include:

Numeracy

- » Counting
- » Understanding of written numerals
- » Number relations

Computation and Algebraic Thinking

- » Mathematical structure
- » Patterning

Analysis and Classifying

Geometry

- » Spatial relationships
- » Identify, describe, analyze, compare and create shapes

Measurement

- » Concepts of time
- » General measurement

Additional Resources

[National Association for the Education of Young Children \(NAEYC\)](#)

For more tips and resources, see the [Early Learning Online Resources Page!](#)

Turn over for strategies to use at home »»

 @EducateIN
#INspirEDearly



Early Learning Mathematics

How You Can Help at Home:

Numeracy

- » Play games and sing songs that include counting, estimating, understanding patterns, and numbers (Example: Sing songs that include clapping various patterns).
- » Have children estimate how many are in a particular group of objects then count them together (Example: "How many socks are in this basket?" Then, count individual socks while folding them.).
- » Count steps to a certain location.
- » Use cooking, baking, and meal time as opportunities to talk about numbers (Example: Have your child set the table, counting while placing the items or do it alongside them.).
- » Provide opportunities for your child to explore writing numerals by tracing, painting, or creating numerals with different objects.
- » Have your child distribute cookies or toys to family members, with each person getting an equal number.

Computation and Algebraic Thinking

- » Help your child think about objects as a permanent set. (Example: Put a specific number of objects in a row, and then change the arrangement. Then ask, "Are there more or less?").
- » Notice, point out, and create patterns in your home and in everyday activities (Example: Create a pattern with crackers and pretzels at snack time. Then, your child can recreate the pattern or create their own.).

Geometry

- » Create an obstacle course using chairs, tables, pillows and anything else you have. Use words such as "over," "under," "through", and "around" to explain the route.
- » Point out similarities and differences between 2D and 3D shapes (Examples: Circles and balls, squares and blocks).
- » Use bath time as time to explore volume by filling and emptying cups with water.

Measurement

- » Use words to indicate time like yesterday, today, and tomorrow when talking with your child.
- » Show your child and involve them in measuring things on a daily basis (Example: Cook with your child and talk specifically about measurements according to recipes).
- » Measure things around your home with different units of measurement (Example: Stack cups to see how tall something is).

For more tips and resources, see the [Early Learning Online Resources Page!](#)

DISABILITIES AND MENTAL HEALTH

CONSCIOUS DISCIPLINE I LOVE YOU RITUALS

Throughout this program year, you will see different I Love You Rituals in the newsletter. The I Love You Rituals are enjoyable interactions and games that adults can play with their children from infancy to eight years of age. The I Love You Rituals sends the message of acceptance and love.

There are four goals of I Love You Rituals:

The first goal is the I Love You Rituals optimize your child's brain for success at school and in life.

I Love You Rituals are designed to increase your child's attention span and cooperation.

The second goal is I Love You Rituals increase your learning potential and effectiveness through touch.

When children understand caring touch, they begin to develop compassion for themselves and others.

The third goal is I Love You Rituals create loving rituals that hold families together even through the roughest times.

I Love You Rituals are moments taken for the purpose of connecting with your children.

The fourth goal is I Love You Rituals strengthen the bond between adults and children that insulates children from drugs, violence, and peer pressure, laying the foundation for mental and emotional health.

The bond between parent and child is the child's primary source of emotional health.

The staff at Head Start incorporates I Love You Rituals in the classroom, at parent meetings and staff trainings. Please ask your child to show you some of the I Love You Rituals they do in their classroom. In the first home visit folder was the I Love You Ritual, "Twinkle, Twinkle, Little Star." If you are unsure how to do this ritual, please ask your teacher to show you!

The I Love You Ritual for this month is "Round and Round the Garden."

Round and round the garden
Goes the teddy bear
One step, two step
Tickle under there.

Preparation and Instructions: Begin by holding your child's hand in your hand, palm up.

Draw circles on the child's hand with your index finger as you say "**Round and round the garden. Goes the teddy bear.**"

Continue drawing circles in pace with the chant, then walk your fingers up the child's arm chanting "**One Step, two step,**" (heading for the armpit) and chant "**Tickle under there.**"

Give a gentle tickle under the child's arm.

Bailey, Becky, Ph.D; *I Love You Rituals*, Harper Collins; 2000

DISABILITIES AND MENTAL HEALTH



COMMON CAUSES OF BEHAVIOR PROBLEMS IN KIDS KNOWING WHAT MAKES KIDS ACT OUT IS THE FIRST STEP TO FINDING SOLUTIONS

By Caroline Miller

When children act out more than occasionally, with frequent tantrums, outbursts, or defiance, the first step to dealing with the problem behavior is finding out what is behind it. And the cause may not be obvious. Especially when children are young, they may not be able to tell you what they are feeling. And in fact, they may not even know what is bothering them.

Tantrums and outbursts are usually signs that kids are struggling with feelings they do not have the skills to manage. They may be overwhelmed by their frustration or anger and not know how to express themselves more effectively or calm themselves down. They may need help developing skills to control their behavior. But if it is happening a lot, it could be caused by a few underlying issues.

Anxiety

We tend to think of anxious kids as shy, clingy, or timid, but anxiety can also cause kids to act out. When anxious children are put into situations that trigger their anxiety, they may lash out or have a tantrum to escape that situation. It is not uncommon for it to happen at school, where demands and expectations may put pressure on them that they cannot handle. For instance, if a child who has social anxiety feels criticized, they might throw books and papers on the floor, or punch the person making them uncomfortable. And that behavior can be very confusing since it seems to come out of nowhere.

ADHD

ADHD is usually diagnosed when kids are having trouble paying attention. But for many children with the disorder, behavior is a big problem, too. They may ignore instructions. And they may lash out, throw a tantrum or be defiant when they are asked to do things they do not want to do.

This behavior may be the result of ADHD symptoms. They may not do what they are told because they are distracted, or because it is unusually hard for them to tolerate tasks that are difficult or boring. They are especially likely to misbehave if they are asked to stop doing something they enjoy, like playing a video game. So, things like homework, going to bed, getting dressed and coming to dinner can become battlegrounds. Children with ADHD are also more impulsive than other kids. They may be overwhelmed with frustration or other powerful feelings and might impulsively throw a shoe or push someone or yell "shut up!"

Learning Disorders

If a child acts out repeatedly in school or during homework time it could be the result of a learning disorder. If, for instance, they have trouble with math problems or a writing assignment, rather than ask for help, they might rip up the paper or start something with another child to create a diversion. Kids who find learning harder than other kids do can be very frustrated and

DISABILITIES AND MENTAL HEALTH

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lose their temper frequently. And if they do not know they have a learning disorder, they can worry that they are stupid. So, they often tend to hide their struggles. Getting into trouble might be less painful than letting people know that something is wrong with them. Paying attention to when the problem behavior happens can lead to exposing a learning issue and getting a child help.

Sensory Processing Problems

Children who have trouble processing sensory information can have extreme and confusing behavior when their senses are overwhelmed. They might do things like scream if their faces get wet or have a meltdown if they are in a situation that is too bright, noisy, or crowded. They might refuse to wear clothes that they find uncomfortable or eat food that feels wrong in their mouths. Kids with sensory problems can also be rigid about routines and get upset or resist changes that seem insignificant to other people. They are also at risk for running away when an environment feels too overwhelming for them. The “fight or flight” response can kick in when kids are feeling overloaded with sensory input, and their panicked reactions can put them in real danger.

Depression

Some children who have frequent temper tantrums have a disorder called disruptive mood dysregulation disorder, or DMDD. These kids have severe tantrums with chronic irritability in between outbursts. They tend to view things negatively and are quick to explode over issues that seem minor to other people.

Autism

Children on the autism spectrum are often prone to dramatic meltdowns. These children tend to be rigid, dependent on consistent routines for their emotional comfort, and any unexpected change can set them off. And they may lack the language and communication skills to express what they want or need. Some behavior problems in kids with autism can be caused by medical issues that have gone unrecognized, especially in kids who are nonverbal. These include things like acid reflux, constipation, allergies, menstrual cramps, ear infections and even bone fractures. All kids exhibit more negative behaviors when they do not feel well, and kids on the spectrum may explode out of frustration that they are in pain and do not know how to communicate it, or make it stop.

Trauma

Children who have been subjected to trauma or abuse often have trouble managing strong emotions. As babies and toddlers, children learn from adults how to calm and soothe themselves by being calmed and soothed by adults. If they have not had that experience, because of neglect, they can be quick to act out when they get upset, and have trouble calming down. They need coaching and practice at de-escalating when they feel overwhelmed.

Kids who have experienced trauma also tend to interpret other people as hostile to them, so they may act out irritably in response. They may develop the belief that they are bad, and what has happened to them is their fault. This leads to the expectation that people are not going to like them or treat them well, so there is no point in trying to behave.

Share to FacebookShare to TwitterShare to LinkedInShare to PinterestShare to Email

For more information and related reading, go to www.childmind.org.

Caroline Miller is the Editorial Director of Child Mind Institute.

www.childmind.org

When is sick too sick for school?

A regular attendance routine is important for your child's well-being and learning. These tips can help you decide when to keep your child home when they don't feel well.



SEND ME TO SCHOOL IF...

- I have a **runny nose** or just a **little cough**, but no other symptoms.
- I have **NOT** had a **fever overnight** and have **NOT** taken **fever reducing medicine** during that time.
- I have a **mild stomach ache**.
- I have **not thrown up** overnight and can drink liquids without throwing up.
- I have a **mild rash** and no other symptoms.
- I have **eye drainage WITHOUT** fever, eye pain or eyelid redness.



KEEP ME AT HOME IF...

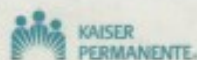
- I have a **temperature higher than 100.4**
- I have **thrown up two or more times** in the past 24 hours.
- My **stool is watery** and I may not make it to the bathroom in time.



SEEK MEDICAL CARE IF...

- I have a **temperature higher than 100.4 AND any of the following:** ear pain, sore throat, rash, stomachache, headache or tooth pain.
- I have **stomach pain and fever**, I have **bloody or black stool**, or I am **dehydrated** (tired and sleepy, dry mouth) and/or I have **not urinated** in the last 8 hours.
- I have a **persistent cough** or **trouble breathing**, or have a fever with the cough.
- I have **eye swelling, eye pain** or an **eye injury**.
- I have a **rash that has blisters**, is draining, is painful, looks like bruises, and/or I have a fever with the rash.

If you don't know whether to send your child to school, have specific concerns regarding your child's physical or mental health, or are worried your child will spread illness, contact your child's health care provider, a local urgent care or the school nurse. These tips are not meant to take the place of local health department/school district health guidance including about contagious illnesses such as Covid-19 and the flu.



For more information visit attendanceworks.org/resources

NUTRITION

Apple Cider Smoothies

Ingredients

- ½ cup water
- 2 red apples
- ½ teaspoon ground cinnamon

Directions

1. Pour the water into the blender.
2. Core the apples, but do not peel.
3. Add the apples to the blender.
4. Blend on high for 30 seconds or until the smoothie is creamy.
5. Add the ground cinnamon and stir.

Makes 2 servings

Safety tip: To prevent injuries, an adult should slice ingredients.

