

Dear Parents and Caregivers,

We love having your children at school all year round!

This is the time of year when winter weather can take a toll on school attendance. Rain and snow can make it more difficult to get your children to school, and so can illnesses such as colds, flu, fevers, and COVID-19.

These absences, even if they are excused, impact the routine of daily attendance that contributes to students feeling connected to school and engaged in learning.

Please consider these steps to keep your children healthy and in school this winter:



If your children get sick or you are worried about illnesses, please do not hesitate to talk to your child's medical provider or call Health Links (204-788-8200) for guidance.



Encourage healthy daily habits such as getting enough sleep, eating healthy foods, drinking fluids and daily movement or exercise. Healthy snacks are also available at your child's school.



Encourage your children to wash their hands often, including before and after eating and after using the restroom.



Avoid sharing cups and utensils with other individuals.



Dress your children for the cold weather. If you need help with winter clothing, please connect with us at school.



Develop back up plans for getting your children to school, including if you get sick. See if there is a friend, family member, or a community member that can help. Or talk to the school about getting connected to our "walking school bus" to have your children walk with staff and students.



Symptoms such as stomach pain and headaches can also be signs of stress, and may not be reasons for keeping a child home. If you feel that anxiety or stress is impacting your child's attendance, talk to the school or your child's medical provider about how best to support them.



If your children need to stay home for a prolonged period due to illness, talk to your child's teacher to find out about resources to continue learning at home once they feel well enough.



If you have gotten out of routine due to illness or any other reason, it's important to get back into routine as soon as possible. This could include having a consistent "wind down" time and bedtime in the evenings, setting an alarm and having a consistent wake time every morning, and so on. If you need help with establishing routines, please connect with us at school.

Let us know how we can help you. If you or your children are struggling and in need of additional support, please contact your child's school.

Thank you for partnering with us to support your child's success at school!