

The topic for the month of December is **Winter Health** and the content is pasted below for easy access. I have also attached an image you can use with this content.

**Please do not forward this email to families. Instead, please share the content below through your newsletter, website, social media or other channels.**

If you choose to share the content for this month, please ensure the content is copied and pasted to ensure all links remain valid.

You download the full toolkit here: [Healthy schools communications toolkit - Fraser Health](#)

Please translate this information as appropriate for your school community.

For more information about healthy living resources, programs and services for schools and families, please visit the Fraser Health website at [fraserhealth.ca/schoolhealth](http://fraserhealth.ca/schoolhealth)

Please contact us if you have any questions or feedback.

**December – Winter health**

*Article for website or newsletter:*

### **Keeping your child healthy during winter**

As the chilly winter season is upon us, there's a few extra things you can do to help keep your children healthy and well. Navigate this season with these essential tips.

#### **Bundle up for the cold**

Dressing appropriately for the cold weather is vital in keeping your child comfortable and protected. Wearing multiple layers is a great way to trap body heat and provide insulation against the cold.

Keep a warm hat, gloves, scarves and insulated boots handy. Remind your child to wear these items before heading outside to play or going to school.

#### **Protect against winter illnesses**

Winter brings an increased risk of colds and flus. Make sure your child is getting enough sleep (nine to 11 hours for elementary-aged children), eating a variety of

foods and staying hydrated by drinking plenty of water. Ensure your child receives their annual flu vaccine and talk to a health care provider about any additional vaccines that may be recommended. Teach your child good respiratory etiquette such as regular hand washing, covering their coughs and sneezes and staying home when sick.

### **Keep their bodies moving**

While colder weather may limit outdoor activities, it's crucial to keep your child active during winter as regular physical activity boosts their immune system and keeps them energized. Encourage indoor play and activities such as dancing, yoga or interactive video games that promote movement. Look for winter programs at local community centres or indoor sports facilities.

Find more tips for a healthy winter: <https://ow.ly/77AK50Pehvi>

### ***Social media posts:***

#### ***Facebook***

*Keep you and your child healthy this winter by following Fraser Health's winter health tips: <https://ow.ly/h3Hq50PehwB>.*

#### ***Twitter***

*Learn how to keep warm, protect against illnesses and stay active this winter with Fraser Health's Healthy Winter Guide: <https://ow.ly/8ybj50PehAl>.*