



# North Stonington Public Schools

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## Wellness

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Dear North Stonington School Families:

I hope that our families stayed safe and enjoyed the day off today! I was fortunate to have the recent long weekend to get well from an unexpected “bug”. Forgetting how bad it feels to be sick is easy when you are healthy, and I had a good stretch. Certainly, I do not want anyone else to get it. As I struggled through the last few days, it occurred to me that this would be an appropriate time to remind everyone to take care of themselves. For me, there were some days that I should definitely not be in the schools or at work at all. Everyone should stay home when their body temperature is above 100.4 degrees, because you are likely contagious and your ability to concentrate is impacted. Also, if you are actively coughing or sneezing then you are even more likely to spread whatever you have to others. Staying home allows you to get the rest you need to recover. If you go to school or work and push yourself, you are likely to extend the time of your illness.

While not guaranteed, being proactive may help prevent or diminish a “bug”. Here are a few ideas:

- Eat healthy foods
- Get adequate rest
- Exercise
- Stay hydrated
- Reduce stress by keeping things in perspective
- Take time for yourself

If you are unsure about whether or not you should be attending school or work, please contact your doctor or, in the case of our students, the school nurse. The goal should be getting healthy and not infecting others.

Best wishes for healthy days ahead,

Troy C. Hopkins