



MARCH, 2025

SCHOOL MEDICAL TEAM MARCH NEWSLETTER

Spring Health Tips for Children

Dear Parents,

As we transition into the warmer months, it's important to adjust our health habits for the changing weather. Spring brings fresh air, outdoor activities, and blooming flowers, but it also requires some extra attention to keep our children healthy. Below are some tips to help ensure your child stays in good health during this season:



1. Hydration is Key

As temperatures rise, it's easy to forget the importance of staying hydrated. Our children are more active in the spring, whether they're running around at recess or enjoying outdoor sports. Encourage your child to

drink plenty of water throughout the day. Limit sugary drinks, as they can lead to dehydration.

Consider sending your child to school with a reusable water bottle to keep them reminded and hydrated throughout the day.

TIPS

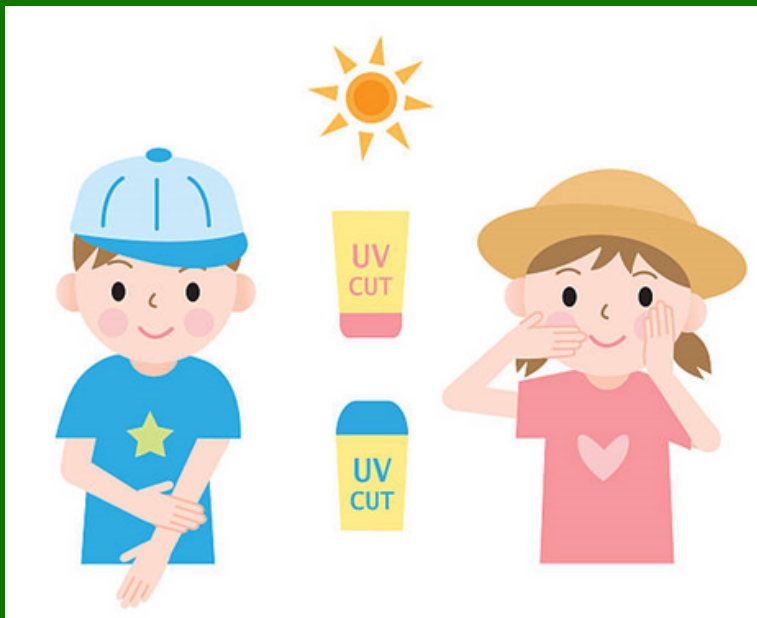
2. Proper Clothing for Spring Weather

Spring weather can be unpredictable, with warm days and chilly mornings. It's important to layer your child's clothing so they can adjust as needed throughout the day. A light jacket or sweater in the morning can easily be removed as the temperature rises.



Dress your child in breathable fabrics like cotton and ensure they have a light jacket or sweater, especially for the cooler mornings and evenings.

TIPS



3. Sun Protection

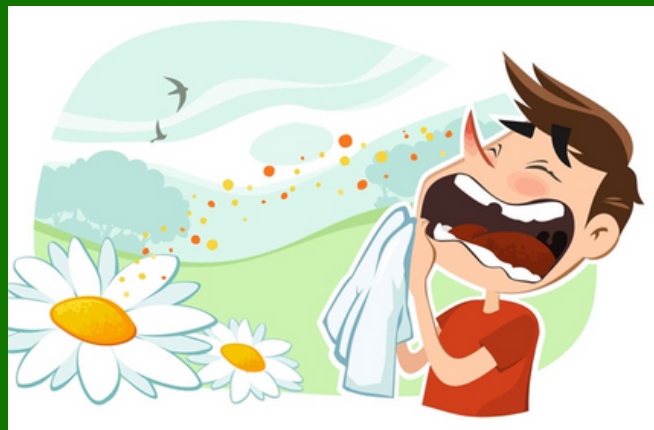
With longer days and more time spent outdoors, sun protection becomes essential. Even when it's cloudy, harmful UV rays can still affect your child's skin. Make sure to apply sunscreen with at least SPF 30 to exposed skin, and reapply throughout the day if they are outside for extended periods. Don't forget to protect their eyes with UV-blocking sunglasses.



Tip: Teach your child to wear a hat with a brim for extra sun protection, especially during outdoor sports or playtime.

4. Managing Allergies

Springtime brings the beauty of flowers and trees in bloom, but it also means higher pollen levels. For children with allergies, this can mean sneezing, itchy eyes, and a stuffy nose. If your child has seasonal allergies, talk to their doctor about the best way to manage symptoms.



TIPS

Tip: Encourage your child to wash their hands and face after playing outside to remove pollen and other allergens. Keeping windows closed during high pollen times can also help reduce exposure.

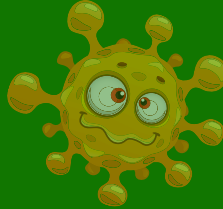


5. Watch Out for Springtime Illnesses

With the change in seasons, some children may be more susceptible to colds or other viruses. Be sure to remind your child to wash their hands frequently, especially after coughing or sneezing, and to cover their mouth with their elbow when they cough or sneeze. Proper hygiene helps reduce the spread of germs.



Summary



In Summary:

Hydrate: Ensure your child drinks enough water throughout the day.

Layer Up: Dress in layers to adjust for changing temperatures.

Protect from the Sun: Use sunscreen and UV-blocking sunglasses.

Manage Allergies: Keep an eye on allergy symptoms and consult with a doctor.

Practice Hygiene: Encourage good hand-washing habits to prevent illness.

We hope these spring health tips help keep your child healthy, happy, and ready to enjoy the season ahead. By staying proactive about their physical and mental well-being, we can work together to ensure they make the most of the warmer months.

Thank you for your continued support in fostering a safe and healthy environment for our students!

Warm regards,
DPS Modern Indian School Medical Team

