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Dear Canterbury Public Schools Families,

We would like to stress the importance of good health habits for our students. Please make sure your students continue to follow the guidance regarding hand washing that was shared with them by their school nurses before schools closed last week. It is important that we continue to work towards the prevention of germs and viruses and handwashing is one of the single most important factors that our students and families can do to stay healthy. In addition, please encourage your children not to touch their faces, eyes, noses, and mouths.

Also, please discourage your children from getting together with groups of their friends. While students may feel like this is a time to hang out and have fun, it is important that we are doing what we can to prevent spreading illness; this means keeping students from getting together in large groups to hang out and play.

As always, proper nutrition, hydration, sleep and exercise is extremely important every day. Thank you for your cooperation in keeping our children and our schools healthy.

Sincerely,

Cassie Stimson, RN
CES School Nurse

Kimberly Jodoin, RN
BMS School Nurse/School Nurse Supervisor