

# Wilson Health Services Department Newsletter



April 10, 2020

## CLEAN hands are SAFE hands!

Remember to wash your hands for 20 seconds using soap and warm water. Wash your hands after before and after meals, after blowing your nose, coughing or sneezing.

## PHYSICAL ACTIVITY

Try to get 30 minutes of activity each day! Some ideas include going outside for a walk or run, riding bike or scooter, hiking, gardening and yoga.

## BOOST YOUR IMMUNE SYSTEM

1 cup plain Greek yogurt  
½ cup mixed berries (blackberries, raspberries, blueberries)  
4 teaspoons Elderberry Syrup  
Crunchy granola

Put a few teaspoons of plain Greek yogurt in a clear glass. Drizzle two teaspoons of elderberry syrup over the top. Add a handful of blueberries, blackberries and raspberries on top of the yogurt.

Repeat with remaining yogurt. Add more elderberry syrup and berries. Top of with crunchy granola if desired.

## WILSON NURSES ARE HERE FOR YOU!

Office Hours Via Email: Monday -- Friday 10:00 a.m. to 12:00 p.m.

### ELEMENTARY

Cornall Terrace -- Nadine Hartnandt -- [harnad@wilsonsd.org](mailto:harnad@wilsonsd.org)

Green Valley -- Angela Chmielewski -- [chmang@wilsonsd.org](mailto:chmang@wilsonsd.org)

Shiloh Hills -- Katie Pross -- [prokat@wilsonsd.org](mailto:prokat@wilsonsd.org)

Spring Ridge -- Stacy Pilgert -- [pilsta@wilsonsd.org](mailto:pilsta@wilsonsd.org)

Whitfield -- Robin Lysakowski -- [lysrob@wilsonsd.org](mailto:lysrob@wilsonsd.org)

### MIDDLE SCHOOL

Southern -- Anne Sweeney -- [sweann@wilsonsd.org](mailto:sweann@wilsonsd.org)

West -- Ellen Grossman -- [groell@wilsonsd.org](mailto:groell@wilsonsd.org)

### HIGH SCHOOL

Lower House -- Ann Tamaccio -- [tamann@wilsonsd.org](mailto:tamann@wilsonsd.org)

Upper House -- Jennifer Little -- [litjen@wilsonsd.org](mailto:litjen@wilsonsd.org)

## TIPS FOR TALKING TO KIDS ABOUT COVID-19

- ~ Know the symptoms of COVID-19
- ~ Model basic hygiene and healthy lifestyle practices.
- ~ Stay calm, listen and offer reassurance.
- ~ Monitor TV and social media viewing .
- ~ Take time to talk and let your children's questions guide you.
- ~ Be honest and accurate.
- ~ Keep explanations age appropriate.
- ~ Be aware of your children's mental health.
- ~ Stay connected to school. **WE CARE ABOUT YOU!**