

Winter Safety & Wellness Newsletter

February is American Heart Month

February is a great time to focus on building healthy habits that support children's growth, bodies, and minds.

Physical Exercise: Regular physical activity helps to improve focus, mood, sleep, and overall academic performance. A daily movement goal should be 60 minutes of physical activity daily.

Screen Time: Limiting screen time (outside of learning) to 2 hours or less per day helps to promote better sleep and emotional regulation.

Heart Healthy Nutrition: Encourage meals with fruits, veggies, whole grains, lean proteins, healthy fats.

Sleep Support: Elementary aged children typically need 9 to 12 hours of sleep per night to support growth, immune support, and learning.

Measles In Wisconsin

Wisconsin has seen its second official case of measles in 2026. DHS has confirmed a positive case of measles in Dane County related to international travel that is not related to the case confirmed in Waukesha County last week. Locations of possible public exposure will be updated on the [DHS Outbreaks and Investigations](#) webpage. Symptoms of measles start showing 10 to 21 days after getting infected. The first symptoms of measles may include:

Runny nose, High fever (may be greater than 104 F), Tiredness, Cough, Red, watery eyes, or conjunctivitis ("pink eye")

A red rash with raised bumps that starts at the hairline and moves to the arms and legs three to five days after symptoms begin.