

❄️ Winter Safety & Wellness Newsletter ❄️

Trends in the District 🤒

Our school and community has been hit hard with illness lately, we are seeing quite a bit of strep and influenza A/B.

When to Keep Your Child Home

To prevent the spread of illness, please follow our "24-Hour Rule":

Students must stay home until they are fever-free (100.4 F or below) for at least 24 hours without the use of fever-reducing medication (like Tylenol or Motrin). If your child has vomited or had diarrhea, they should also stay home until 24 hours after their last episode.

Reasons Why Asthma Peaks in Winter ❄️

Here is a quick breakdown of why those temperature drops feel so heavy on the lungs: Why Cold Air Triggers Asthma

Irritation through Evaporation: Your airways are lined with a protective layer of fluid. Cold, dry air causes this fluid to evaporate faster than your body can replace it, leading to direct irritation.

Increased Swelling: While asthmatic airways are chronically slightly swollen, triggers like cold air cause that inflammation to spike.

Mucus Overdrive: To compensate for the irritation, the body produces excess mucus, which further narrows the breathing passages.

The Result: This combination of swelling and blockage leads to the classic "asthma flare" symptoms: coughing, wheezing, and shortness of breath.

Daylight Saving Time ☀️

"Springing forward" into Daylight Saving Time (**Sunday, March 8, 2026**) is much harder on the body than the fall transition. Because you "lose" an hour, your internal circadian rhythm gets desynchronized, which actually has measurable impacts on heart health and safety.

Here is a guide to managing the transition for your health:

1. The "Phase-In" Strategy

Don't wait until Sunday morning to change your life. Start shifting your internal clock 3–4 days in advance.

- **Incremental Shifts:** Move your bedtime and wake-up time **15–20 minutes earlier** each night leading up to the change.

- **Shift Everything:** Don't just shift sleep; shift your meal times and exercise routine by the same 15-minute increments. This tells your digestive system and muscles that the day is starting earlier.

2. Use Light as a Tool

Light is the strongest signal to your brain to reset its clock

- **Seek Morning Sun:** On Sunday and Monday morning, get at least **15–30 minutes of direct sunlight** as soon as you wake up. This suppresses melatonin and boosts serotonin, helping you feel alert.
- **Dim the Evenings:** Since it will stay light later in the evening, use blackout curtains and avoid blue light (phones/tablets) at least one hour before bed to help your body naturally wind down.

3. Health & Safety Precautions

Research shows a spike in health incidents during the week following the spring time change.

- **Heart & Stroke Risk:** Studies show a roughly **24% increase in heart attacks** on the Monday after springing forward. If you have an existing heart condition, take it easy on strenuous exercise during the first few days.
- **Road Safety:** Fatal car accidents increase by about **6%** in the week following the change due to sleep deprivation. Be extra cautious during your commute and avoid long drives if you feel groggy.
- **Nap Strategically:** If you're struggling on Sunday, a **20-minute power nap** before 3:00 PM can help, but avoid long naps that might make it harder to fall asleep Sunday night.