



# Holly Area Schools

*Excellence in Action!*

## Subject: Staying Healthy During Cold and Flu Season

Dear Holly Families and Staff,

As we move through another busy school year, the health and well-being of our students, families, and staff remain a top priority. Cold and flu season is upon us, and we want to share some helpful hints to keep everyone healthy and learning.

### Healthy Habits to Prevent Illness

- 1. Wash Hands Frequently:**  
**Encourage your child to wash their hands often with warm water and soap for at least 20 seconds** — especially before eating and after coughing, sneezing, or using the restroom. This should take as long as it takes to sing “Happy Birthday” twice.
- 2. Cover Coughs and Sneezes:**  
**Remind children to use a tissue or their elbow (not their hands) to cover coughs and sneezes.** Used tissues should be thrown away immediately.
- 3. Avoid Touching the Face:**  
Germs enter the body through the eyes, nose, and mouth. **Reminding children to avoid touching their faces can help reduce the spread of illness.**
- 4. Stay Home When Sick:**  
Please keep your child home if they have a fever of 100.4°F or higher, vomiting, diarrhea, or other contagious symptoms. Students should be fever-free for 24 hours without medication before returning to school.

### Boosting Immunity Naturally

Research supports several lifestyle habits that can strengthen the immune system and help reduce the severity and duration of common illnesses:

- **Get Plenty of Sleep:**  
Children and teens need between 8–10 hours of sleep per night. A well-rested body is better equipped to fight infections.

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#### Administration Office

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- **Eat a Balanced Diet:**  
Focus on fruits, vegetables, whole grains, lean proteins, and healthy fats. Foods rich in vitamin C (like oranges, strawberries, and bell peppers) and zinc (like nuts, beans, and poultry) support immune function.
- **Stay Hydrated:**  
Water helps the body eliminate toxins and keeps the immune system functioning properly. Encourage water over sugary drinks.
- **Get Regular Physical Activity:**  
Daily movement — even just 30 minutes — boosts circulation, supports overall health, and strengthens immune defenses.
- **Manage Stress:**  
Chronic stress can weaken immunity. Encourage relaxation techniques like deep breathing, mindfulness, or family walks together.

## When to Seek Medical Advice

Seek medical care immediately if your child experiences any of the following symptoms:

- Illness lasting longer than a week
- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids or not urinating
- Not waking up or not interacting with others as they normally do
- Symptoms that improve but then return with fever and worse coughing
- Fever with a rash

## Working Together for a Healthy School Year

Thank you for partnering with us to keep our Holly Area Schools community healthy and thriving. Your support helps ensure our classrooms remain vibrant, safe, and full of learning throughout the year.

If you have any questions or concerns, please contact Nurse Morantes at the number below or email address below.

With care and appreciation,

Jessica Morantes, BSN, RN  
HAS District Nurse  
Jessica.morantes@hask12.org  
Office: 248-328-3028

### Resources:

<https://www.cdc.gov/respiratory-viruses/prevention/immunizations.html>

<https://www.cdc.gov/respiratory-viruses/about/index.html>

<https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/seasonal-respiratory-viruses>

<https://www.oakgov.com/community/health/health-a-z/information-a-z/respiratory-virus-guidelines>

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