

Hello Franklin Township School Families,

This is a message from your school nurse. Should you have any health-related questions or concerns, she is available to help during this remote learning experience. Your nurse will do her best to direct you to resources which you may find helpful.

Your child's school nurse checks her email regularly. When sending her an email, be sure to include "**Question for the Nurse**" in the subject line.

Here are some tips from the nurse you may find useful while at home, staying safe, and socially distancing:

- Take breaks from watching television, reading or listening to the news about the pandemic.
- Start or continue with exercise; take breaks, take a walk, get some fresh air.
- Practice meditation, deep breathing, and stretching to promote relaxation.
- Keep a routine. Use this time to do something that has been "on your list" of things to get done!!
- Maintain a healthy and well-balanced diet.
- LAUGH- it's free medicine!
- Play family games.
- Start a puzzle.
- Help your neighbor.
- Stay connected with friends via phone/Facetime messenger.
- Share your feelings with others that you trust to stay emotionally supported.

The district nurses have compiled a list of resources for our school community which can be found on the district website <http://www.franklinboe.org/>.

Your school nurse is here to help.

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