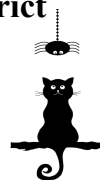


Woodsboro Independent School District

Nurse News 1st 9 weeks

October 24, 2025



Dear Parents/Guardians,

We have completed the 1st 9 weeks of school and time seems to be flying by. As part of Woodsboro ISD's plan for a healthy cold and flu season, we are already educating the students, disinfecting student areas and encouraging vaccinations and boosters.

I have included some important information pertaining to our students at WISD. Please read through and contact me at 543-8000 if you have any questions. Thanks so much! Carolyn Baker, RN

TURKEY TROT IS ON WEDNESDAY, NOVEMBER 10, 2025. COME OUT & WALK WITH YOUR CHILDREN DURING THE SCHEDULED PE TIMES (TBA). MRS. RAMIREZ WILL SEND OUT MORE DETAILS PRIOR TO THE EVENT. THERE WILL NOT BE A FAMILY TURKEY LUNCHEON THIS YEAR.

NUTRITION NIGHT IS ON WEDNESDAY, NOVEMBER 19, 2025, FROM 530 PM-7 PM IN THE NEW ELEMENTARY CAFETERIA. WE INVITE FAMILIES TO COME OUT AND ENJOY HEALTHY RECIPES AND FUN GAMES. WE ALSO HAVE DOOR PRIZES.

CANNED GOODS/NON-PERISHABLE FOOD DRIVE IN NOVEMBER, FOOD BINS WILL BE IN CAFETERIA.

BOOK FAIR FAMILY NIGHT IS ON DECEMBER 15-18, 2025 FROM 6-7:30 PM.

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FREE IMMUNIZATION OPPORTUNITY

If your child is in 6 th, 11 th or 12 th grade, they can take advantage of a free immunizations opportunity, so please take advantage!

November 14, 2025 from 9a-12p in the nurse's office.
Please text or call Mrs. Baker at 361-543-8000.



******Flu, Cold & Covid Season******

The COLD and FLU season is upon us!

According to school policy, any child with a temperature of 100 degrees or higher will be sent home and should be kept at home during illness. Please review the school policy found on the Health Services page on the school website. Remember, a child is not to return to school until that child has been fever free (less than 100.0 degrees) for a full 24 hours without Tylenol or Motrin. It is also a good idea during flu season to keep your family's toothbrushes separated in a ziplock bag or similar container.

If a child is sent home from school with a FEVER (greater than 100.0 degrees), VOMITING, DIARRHEA, COVID-19 or any other COMMUNICABLE or CONTAGIOUS ILLNESS, he or she is not eligible to return to school for at least 24 HOURS and must also be symptom free without medication for 24 hours before returning to school. There are special guidelines to follow for Covid-19, see the Health Services page on the school website for more information or call the school nurse, not the school secretaries, with any questions you have 543-8000 or ext 1305. Also, any child diagnosed with Strep needs to have antibiotics in their system for 24 hours and has to be fever free before returning to school.

*******Vision & Hearing Screening*******

Vision and Hearing Screens are completed at Woodsboro ISD for grades Pre-K, Kinder, 1st, 3rd, 5th, & 7th. You will only receive notification, in the form of a referral letter, if your child does not pass. It is very important for you to send your child to school every day with their glasses/contacts, if they are supposed to wear them. If your child is not in one of the above mentioned grades, and you would like your child screened, please notify the nurse.

*******Spinal Screen*******

Spinal screens will be done when we return from the Thanksgiving Break. Letters will be sent home the week prior with information about the screening process.

Screens will be done on Girls 10 y/o or fall of 5th grade, Girls 12 y/o or fall of 7th grade and Boys 13/14 y/o or fall of 8th grade.

*******TOP FLU FIGHTING TIPS*******

3 simple ways to fight infection, for kids of all ages!

1. Cough and Sneeze into your sleeve. (Hands usually spread the disease)
2. Wash your hands OFTEN (for 20 seconds with soap and warm water.)
3. Rest is Best. (Stay home if you have these symptoms together: a fever 100° or higher with body aches, extreme fatigue, coughing, sneezing and drainage)

*******Handwashing*******

It can't be said enough that proper hand washing is the number one defense against illness. Many children are in a rush and don't use soap! Proper hand washing will decrease the spread of germs and help keep your family healthy. Remind your child to use warm water and soap. Wash hands before eating and handling food, after using the bathroom, after playing with pets, and after sneezing or coughing.

As we move into fall and away from the summer heat, we get closer to the season where many health issues arise.

Holiday meals + more time spent inside = health impacts.

SO, in order to make sure you stay healthy and enjoy the fall/winter months, here are a few reminders:

- 1) Get plenty of sleep – try to maintain a regular sleep schedule
- 2) Eat seasonal fruits and vegetables – there are lots of great options out there
- 3) Drink LOTS of water – important all year but you may slack off thinking you don't need as much
- 4) Walk-bike or roll! – don't quit exercising because you don't have time, find ways to be active even if it's walking around the house or doing a few chair exercises at your desk!

Most important...

- 5) Spend time with family – whether they are relatives, work family or family you have through church or social opportunities; being surrounded by those you love can lift your spirits and make you smile, which is definitely healthy. Happy Fall, Ya'll!

Cooking is a fun way to spend time with your family. Here is a good, easy recipe to try that has only 5 ingredients and tastes amazing: Mississippi Roast

Mississippi Roast

Ingredients

- 1 (3-4 pounds) chuck roast or pork roast
- 1 packet ranch dressing mix
- 1 packet brown gravy
- 1/4 cup butter (½ stick)
- 4-5 pepperoncini peppers & ¼ cup of the juice

Directions

1. Place roast in the crock pot and sprinkle the top with the ranch dressing mix and the brown gravy packet. Place peppers on top and add the juice, then add the butter last.
2. Cover and cook over low heat for 8 hours. Serve with noodles, rice or mashed potatoes. Enjoy!