Staynor Hall
Primary Academy

Ways to Keep Your Child Healthy in Winter

Simple steps to help your child stay well, happy and ready to learn this winter.



Get Enough Sleep

A good night's sleep helps boost their immune system.



Eat a Balanced Diet

Healthy, nutritious foods give your child the energy they need and help keep them well.



Stay Hydrated

Encourage regular drinks of water throughout the day.



Wrap Up Warm

Make sure they have a warm coat, hat, gloves and scarf when it's cold.



Keep Hands Clean

Regular handwashing helps stop the spread of germs and keeps everyone healthier.



Keep Illness at Bay

If your child is unwell, please keep them at home and let the school office know.





Stay Active

Fresh air and regular movement can help keep their body strong and their mind happy.



Consider Vaccinations

The childhood flu vaccination can help reduce the chances of your child becoming unwell this winter.



Healthy Children ♡ Happy Learners