

# RCE HEALTH



September 9, 2020

Dear RCE Parents and Students,

As we slowly transition into in-person instruction for those that have chosen that option, we will focus this Wednesdays Wellness tip on masks. Masks have become part of our new normal, but children do not always understand the reasons for needing to wear a mask while in public. Below is a link to some great tips on how to acclimate your child to wearing a mask.

<https://kidshealth.org/en/parents/coronavirus-masks.html>

## **IMPORTANT**

- ⇒ **If your child has been exposed to Covid-19**
- ⇒ **If your child has symptoms of Covid-19**
- ⇒ **If someone in your household has tested positive for Covid-19**
- ⇒ **If you are unsure of your situation related to Covid-19**

**Please make sure to keep your child home and contact the School Nurse for further information at**

**(830) 778-4671**



## Tip of the Week

GET YOUR EXERCISE AND EAT YOUR  
FRUITS & VEGETABLES !!!

Email: [jessica.wright@sfd-r-cisd.org](mailto:jessica.wright@sfd-r-cisd.org)

Direct Phone number : (830) 778-4671