



From the Nurse's Office

New Paltz Middle School

January 2019

Hello NPMS families,

I hope everyone had a wonderful and enjoyable winter recess! Now that the weather is getting colder, I want to share some tips on how to stay healthy during cold & flu season.

⇒ **WASH YOUR HANDS**



- Washing your hands with soap and water remains the most effective way to prevent the spread of germs. Try to keep hand sanitizer close by for times when handwashing is not possible.

⇒ **STAY HYDRATED**



-Even though the weather is colder, you need to stay hydrated. Drinks like coffee, sweet tea and energy drinks all contribute to dehydration. Water is best.

⇒ **USE MOISTURIZER**



-Winter weather can cause skin to crack, making you more vulnerable to germs. Keep skin and lips moisturized with fragrance free lotion such as Eucerin or Lubriderm. Vaseline/Petroleum Jelly is also good to use to keep lips moisturized.

All my best,

Nurse Erin



SPRING 2019 SPORTS SIGN UPS



Sign ups for the 2019 spring sports season will begin on **FEBRUARY 11, 2019**. The spring sports season will officially start on March 11, 2019. Students must have a current physical on file. Your student athlete must be signed up online by utilizing the Final Forms program, located on the district website. To register your child, please go the athletic page on the district website or click the link located below.

<https://newpaltz-ny.finalforms.com/>

If you would like your child to test up for a JV or Varsity level sport, please contact Ms. Jenna Manning in the Athletics Office. She can be reached by calling 845-256-4151

-JV/Varsity Sports begin on 3/4/2019

-Modified Sports begin on 3/11/2019

