

Bloomfield Schools Health Office Newsletter

December 2023

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Updates from the Health Staff

All of us in the Health Services Department here at Bloomfield Schools wish you and your family a very HAPPY & HEALTHY Holiday Season.

As we prepare for the New Year, we wanted to share a few reminders with you.

- Please return any requested documentation or records as soon as possible. If you're in need of assistance in obtaining the information requested, please call the health office at your student's school.
- If your student has experienced a major medical issue, condition, or fracture, please notify the health office staff so that educational and physical activity accommodations can be arranged with the teaching staff.
- In the winter months, it is important to have your student(s) dress in layers, wear a coat/jacket, hat, and gloves. The health offices do not have extra coats, gloves, or hats available for students in need. However, should your family need assistance providing these essentials, please reach out to one of us and we can offer resources that may be able to help your family.
- Please contact the health office staff at your student's school to update Medical & Emergency Contact Information. We often need to reach you or a trusted family member throughout the school day and need to be certain we have the correct contact information on file.

May you, your family, and your friends find the spirit of Christmas which is Peace, the gladness of Christmas which is Hope, and the Heart of Christmas which is Love during this incredible time of year and always.

In Health & Wellness,

THE BSD HEALTH OFFICE STAFF

*Aimee, Bernadette, Candy, Crystal, Courtney,
Demi, Mariah, Michelle, Nicole, and Sabina*

Snow man-y Ways to be Healthy

The holidays are a time to celebrate, share gratitude, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these healthy tips.

- Eat fruits & vegetables
- Wash your hands
- Limit candy & sugary drinks
- Exercise often
- Get plenty of sleep
- Cover your cough & sneeze with a tissue
- Wear layers and bundle up for warmth
- Manage stress & anxiety by unplugging



Festive Fun

The San Juan County area has a number of holiday related activities the entire family can enjoy.

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| ○ Riverglo @ Berg Park | Dec. 1 |
| ○ Holiday Craft Workshop @ Farmington Rec Center | Dec. 2 |
| ○ Bloomfield Craft Fair @ BHS North Gym | Dec. 2 |
| ○ SJC Luminarias @ San Juan College | Dec. 2 |
| ○ Joy to the World: Community Christmas Concert @ BHS | Dec. 2 |
| ○ Bloomfield Christmas Parade | Dec. 4 |
| ○ Nutcracker Ballet @ Community Concert Hall – Durango | Dec. 8/10 |
| ○ Morning with Santa @ Sycamore Park | Dec. 9 |
| ○ Handel's Messiah @ Emmanuel Baptist Church | Dec. 9/10 |
| ○ Bar-D-Wranglers Christmas @ First Baptist Church Aztec | Dec. 16 |
| ○ Cookies & Cocoa with Santa @ TBK Bank – Durango | Dec. 16 |
| ○ Artrageous: A Very Colorful Christmas @ Farmington Civic Center | Dec. 17 |
| ○ Live Christmas Card @ Four Corners Home for Children | Dec. 19 |
| ○ Chapman Hill Ice Rink & Ski Area – Durango | All Break |
| ○ Ski Purgatory @ Purgatory Resort – Durango | All Break |

Have Fun & Savor the Little Things

The holiday season is a lot more than just eating delicious food and opening perfect packages. Stop focusing so much on the foods and presents, and enjoy spending time with those in your life. Create magical moments, capture beautiful memories, have fun, play and indulge in those periods of togetherness.