**Sample Winter Weather Letter to Families [Insert your logo and contact information]**

Dear Families and Caregivers,

We love having your children at school all school year!

This is the time of year when winter weather takes a toll on school attendance. Snow and rain can make it hard to get your children to school. So can illnesses such as colds, flu, fevers, earaches and Covid-19.

These absences, even if they are excused, break the routine of daily attendance that contributes to students feeling connected and engaged in learning. Please consider these steps to keep your children healthy and in school this winter.

1. **Develop back up plans for getting your children to school.** Check who can give your children a ride if you can’t take them, or form a “walking school bus” to walk to school with other families. [Insert information about who to contact if your district or school offers alternatives such as Lyft rides or late pickups]

2. **If your children get sick** or you are concerned about Covid or the flu, talk to your child’s medical provider or the school nurse for advice.

3.  **Stomach pain and headaches can be signs of anxiety and may not be reasons for keeping a child home.** If you feel that anxiety or stress is playing a role, talk to your child’s teacher, the school nurse or counselor or your medical provider about how best to support your child.

4. **Encourage children to wash their hands** before and after eating and after using the restroom.

5. **Avoid sharing cups and utensils** with other individuals.

6. **Dress your children for the cold weather.** If you need help with winter clothing, call the school.

7. **Encourage healthy habits** such as getting enough sleep, eating healthy foods, drinking fluids and getting exercise.

8. I**f your children need to stay home for a prolonged period** due to illness, talk to your child’s teacher to find out about resources, including computer or internet access, that they can use at home to keep learning once they feel well enough.

***Let us know how we can help you. If you’re having trouble, need resources or advice, please call us at [Insert phone number] and ask to speak with [insert name].***

Thank you for partnering with us!

Sincerely,

[INSERT NAME]