

## BRUCEVILLE-EDDY INDEPENDENT SCHOOL DISTRICT

To the Parents and or Guardians:

Good hygiene is fundamental for learning and self esteem. Hygiene needs to be taught before a child goes through puberty, so that good habits have already been formed before they are needed. Parents/Guardians help teach these habits and reinforce them as the students mature physically.

Good hygiene consists of different areas that need to be addressed everyday. Dental Care, Hand Washing, and Bathing and Body Care are all hygiene concerns.

Dental Care should be done two to three times daily. This includes brushing of teeth and tongue. Flossing whenever possible and reporting problems to your dentist promptly

Hand Washing is something we do everyday and might not consider as hygiene fundamental. It helps prevent infection. Hand washing only requires soap and water or a hand sanitizer.

Bathing and Body Care involves bathing at least three times weekly or more. Hair follicles (which hair grows from ) produce oil which keeps hair smooth. You also have sweat glands in your scalp and dead skin cells come off the scalp. All these need to be removed with regular washing. Third and fourth graders usually start having body odor when special sweat glands under the arms and around their bodies begin full production pouring out sweat which smells. Clothes can get stained, dirty and generally grubby, so you need to change them often. Underclothes are right next to your skin and collect dead skin cells and sweat which can make stains. Overnight bacteria start to work on these stains so your clothes do not smell as nice on the second day of wearing.

We encourage your student to be the best they can be and benefit from their time as a Bruceville-Eddy Eagle, through education and life long friendships that begins in school. Help us to reinforce good hygiene in all our Eagles.

Thank you,

Your Bruceville-Eddy Nurses