

# Health, Wellness, & Tower Garden Class Newsletter

## (class #9 & 10)

*Hello Montessori Preschool families!*

### Week # 9

This week was all about: Staying healthy during cold & flu season  
& what to do to fight off sickness.

We watched this little video on "Colds, Flu, & You"

<https://www.youtube.com/watch?v=4uzNnKm4W8>

We then talked about some simple, yet important things we can do

To stay healthy such as...

- Drinking Lots of Water
- Relaxing in Warm baths
- Lots of Rest & Sleep
- Eating Healthy Foods (lots of Veggies, Some Fruit, Soups, Broth)
  - Taking vitamins & whole food nutrition
  - Avoiding sugar as much as possible

PARENT TIP: Having your cutie soak in a warm bath for 20-30 mins in Epsom Salt (mineral salts) can help speed up the healing process

