



# TCPS HEALTH SERVICES

## JANUARY 2026 NEWSLETTER

### HEALTH AWARENESS

#### Winter Respiratory Health

Returning from winter break, we want to remain vigilant regarding respiratory illnesses

- **Hand Hygiene:** Remember to wash hands for at least 20 seconds
- **Stay Home When Sick:** Staff and students are expected to stay home if they have a fever of 100.°F or higher, or if they are experiencing worsening respiratory symptoms such as cough and congestion
- **Get your Flu, Covid-19, RSV and Pneumonia Vaccines** as directed

#### Cervical Cancer Awareness Month

14,000 women are diagnosed with cervical cancer annually. Prevention is key

- **Get vaccinated:** HPV vaccine is recommended
- **Get screened:** Pap screen at age 21, Pap and HPV screen at age 30
- **Educate yourself:** [Cervical Cancer Info](#)

#### Winter Safety

Prevent injuries and even deaths during activities outdoors in the cold weather months; [health and safety tips provided by the National Safety Council](#)

### IMPORTANT DATES

January 12: School Board Meeting @ 6:30pm

January 12: VDH Dental Screenings at TMS

January 19: MLK Jr Day: No School

### HEALTHY HABITS

Cold weather can make it difficult to stay on track with activity, and healthy eating. Tips for staying on track

- Enlist friends and family to stay active, or start a diet with you
  - Join an activity or weight loss challenge
  - Sign up for a fun fitness class with friends: [Local YMCA Fitness](#)
- Check out these **FREE** Fitness Apps for your smartphone
  - [Nike Training Club](#): Varying Workouts
  - [FitOn](#): Personalized Workouts
  - [Caliber App](#): Strength Training

Health and Human Services (HHS) and U.S. Dept. of Agriculture (USDA) has recently revised Dietary Guidelines for all Americans.

- Prioritize Proteins
- Avoid Added Sugars and Processed Foods
- Reduce Refined Carbohydrates (bread, flour)
- Increase Healthy Fats (nuts, fish, olive oil, etc)

[New Food Pyramid](#) [See Dietary Guidelines](#)

### VALUABLE RESOURCES

Help Parents and Staff support Student's Mental Health; [Learn More Here](#)

Parents, join Blue Ridge Poison Control for a Free zoom presentation on January 29<sup>th</sup> for guidance regarding Teen Vaping and Nicotine Use; [Register Here](#)

Despite the recent revised CDC recommended childhood vaccine schedule, [Va K-12 Vaccine Requirements](#) remain the same