

# SCHOOL CLINIC NEWSLETTER

*Healthy Minds, Healthy Bodies, Happy School!*

OCTOBER 2025 | ISSUE 1



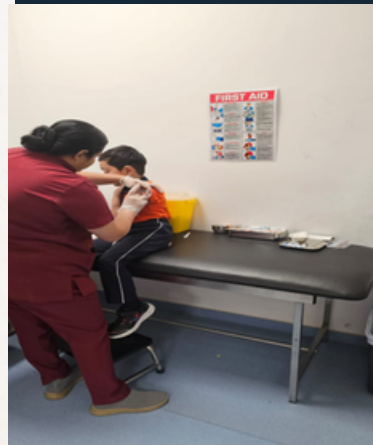
## MISSION IMMUNIZATION – TINY ARMS, BIG PROTECTION!

In collaboration with the Ministry of Health (MOH) authorities, our school successfully conducted the MMR (Measles, Mumps, and Rubella) immunization campaign for KG 1 and Grade 1 students, based on parent consent.

- KG 1 students received their MMR vaccine.
- Grade 1 students received DTaP, OPV, and Varicella vaccines.

Our brave little students rolled up their sleeves and took it like champs!

This campaign helped protect our students against preventable diseases and reminded us that prevention truly is the best medicine.





## LEARNING BEYOND WALLS – HEALTHY, HAPPY FIELD TRIPS!

From Kindergarten to Upper Primary, our students had a wonderful time exploring the world beyond the classroom. These field trips combined fun, learning, and friendship — with health and safety always at the forefront.

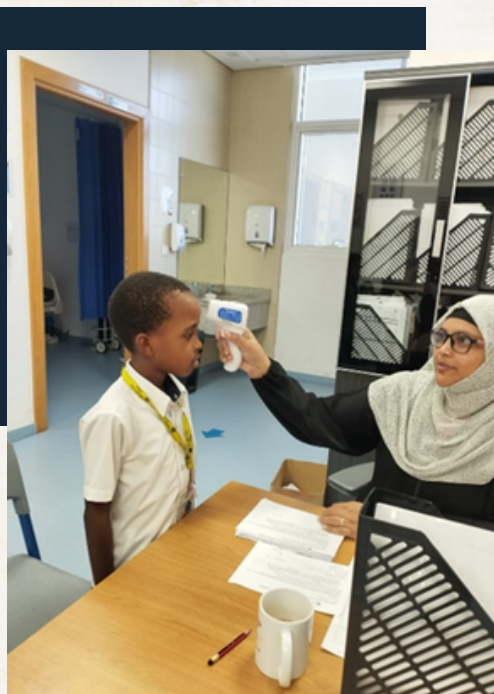
The clinic team ensured proper hydration, nutritious snacks, and medical support throughout the trips. It was heartwarming to see smiling faces, curious minds, and enthusiastic learners in action!



## CHECK-UP CHAMPIONS – GRADE 1 PHYSICAL EXAMINATION

This month, our school doctor conducted a comprehensive physical check-up for Grade 1 students — including height, weight, vision, dental, and general health assessments.

Parents received detailed health reports and personalized advice when follow-up was needed. Early detection is key, and we're proud to keep our little ones healthy and thriving.



## THINK PINK! – BREAST CANCER AWARENESS FOR GRADE 10 GIRLS

A special Health Education Session for Grade 10 girls focused on Breast Cancer Awareness.

Students learned about early detection, self-examination, and the importance of regular check-ups.

The interactive session encouraged confidence and responsibility for one's own health — because awareness today saves lives tomorrow!







## TEACHERS TAKE CHARGE – PINK POWER WORKSHOP!

Continuing our “Think Pink” drive, our school doctor conducted a Breast Cancer Awareness Workshop for teachers.

The session covered lifestyle tips, screening importance, and preventive care. It was truly inspiring to see our teachers learn, laugh, and lead the way toward better health!

## CLINIC CORNER: QUICK HEALTH TIPS YOU’LL LOVE!

### Students’ Corner – Achoo! Don’t Share Your Germs!

- Cover your mouth and nose with a tissue or elbow when sneezing or coughing.
- Use the magic rule: Catch it, Bin it, Kill it!
- Wash those hands like a hygiene hero
- Keep your distance when feeling sick — sharing is caring, but not germs!
- Get enough rest and drink plenty of water to recover faster.

## Respiratory Hygiene and Cough Etiquette



Cover your mouth and nose with a tissue when coughing or sneezing



Dispose of the tissue afterwards



After coughing or sneezing, wash your hands with soap and water



Wear a mask if you are coughing or sneezing

### Parents’ Corner – Flu Fighters Assemble!

- Get your child the seasonal flu vaccine — it’s their superhero shield!
- Keep your home germ-free — clean toys, doorknobs, and gadgets regularly.
- Encourage healthy habits: good sleep, balanced diet, and outdoor playtime.
- Keep your child home if unwell — rest helps recovery and protects others!
- A warm drink, plenty of rest, and a little extra care go a long way during flu season!





## Teachers' Corner – De-Stress and Shine!

- Take small “breathe and stretch” breaks between classes.
- Share laughs with colleagues — it’s the best stress reliever!
- Stay hydrated and get moving — even short walks make a difference.
- Set boundaries after school hours — you deserve time to recharge.
- Remember: a calm teacher creates a calm classroom.



## TOGETHER FOR A HEALTHIER TOMORROW!

We extend heartfelt thanks to our School Health Team, teachers, parents, and students for your continuous support and participation.

Let’s keep spreading smiles, health, and happiness throughout our Woodlem family.  
Because at Woodlem Park, wellness isn’t just a goal — it’s a way of life!



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