

The Goddard School of Alexandria – Old Town Shares Tips to Help Families Stay Healthy This Fall

School Emphasizes Healthy Habits, Regular Cleaning, and Extra Precautions as Colder Weather Approaches

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EINPresswire.com/ -- As summer gives way to cooler temperatures and families prepare for the return of fall

routines, [The Goddard School of Alexandria – Old Town](#) is reminding parents that a few simple precautions and healthy habits can go a long way toward helping children stay happy, healthy and ready to learn during cold and flu season.



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Akhil Govil

For young children, the change in seasons can bring more opportunities for exposure to common colds and other illnesses. While there is no way to eliminate every germ, parents and caregivers can take practical steps at home, while schools establish consistent routines that help reduce the spread of illness and keep children feeling their best.

"Having a child who isn't feeling well can be difficult for any parent, and we know how important it is for families to feel

confident that their children are learning and playing in a clean and healthy environment," said Akhil Govil, owner and operator of The Goddard School of Alexandria – Old Town. "Fall is a wonderful time of year for children, and we want them to be able to enjoy it. That means teaching healthy habits, taking extra precautions, and making cleanliness and wellness part of our everyday routine."

At The Goddard School of Alexandria – Old Town, classrooms and common areas are cleaned and sanitized regularly. Toys and other frequently used items also receive additional attention as part of the school's efforts to maintain a clean environment for students and teachers.

The school uses the ZONO™ System, an ozone sanitizing system designed to sanitize toys and other items. The system uses a combination of ozone and humidity and is designed to eliminate 99.9% of common viruses and bacteria in approximately 38 minutes. The system includes built-in safety features designed to protect users from ozone exposure during operation.

The school also keeps tissues and hand sanitizer readily available and incorporates age-appropriate lessons about healthy habits into children's daily experiences.



Akhil & Madhu Govil

"Healthy habits are something children can learn just like any other important skill," Govil said. "We want children to understand why washing their hands, covering a cough, eating nutritious foods, getting enough rest and staying active are important. These are simple lessons that can become habits they carry with them well beyond their early childhood years."

The Goddard School of Alexandria – Old Town encourages families to consider several simple steps as the weather turns cooler:

- Encourage regular handwashing. Teach children to wash their hands with soap and water, particularly before eating and after using the restroom, playing outside or coughing or sneezing.
- Teach children to cover coughs and sneezes. Using a tissue or coughing and sneezing into the elbow can help reduce the spread of germs.
- Keep tissues readily available. Having tissues within reach helps children develop good habits when they have a runny nose or need to sneeze.
- Prioritize healthy food. A balanced diet that includes fruits, vegetables, whole grains, protein and other nutritious foods helps support children's overall health and development.
- Make time for physical activity. Children benefit from regular age-appropriate exercise and active play, both indoors and outdoors.
- Make sure children get adequate rest. Consistent sleep routines are an important part of

helping children stay healthy and energized.

□ Dress for changing temperatures. Fall weather can shift quickly, so dressing children in comfortable layers can help them stay comfortable throughout the day.

At school, teachers also help children understand that staying healthy is part of taking care of themselves and their friends. Simple routines such as handwashing, covering coughs and sneezes, keeping personal items organized and maintaining clean classrooms can become meaningful learning opportunities.

"Some of the most important lessons we teach children aren't always found in a textbook," Govil said. "Learning how to take care of yourself, how to be considerate of others and how everyday choices can help keep us healthy are lessons that children can practice every day."

As fall approaches, The Goddard School of Alexandria – Old Town hopes families will enjoy the season together while making wellness part of their everyday routines. From nutritious meals and active play to good hygiene and plenty of rest, small steps can help children feel their best as they learn, grow and enjoy everything the season has to offer.

[About The Goddard School of Alexandria - Old Town](#)

The Goddard School of Old Town Alexandria provides a warm, nurturing environment where children are encouraged to explore, discover, and develop a lifelong love of learning. Through a play-based curriculum, experienced educators, and a strong commitment to health, safety, and family engagement, the school helps children build the academic, social, and emotional skills they need to thrive. The school's leadership is dedicated to continuous improvement and to creating an exceptional educational experience for every child.

Learn more at <https://www.goddardschool.com/schools/va/alexandria/alexandria-old-town>.

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For more information or to schedule an interview with a Goddard School of Old Town Alexandria spokesperson, please contact Dan Rene at 202-329-8357 or dan@danrene.com.

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