

## How can I help my student stay warm?

Help your student to buy polypropylene/merino and woollen socks, as the cold weather in winter is a new experience for many of them. Often weather we find quite mild is still cold for a student who is used to living in a humid 30 degrees.

Some students will not be used to wearing fitting clothing next to their skin, especially wool, which may be itchy. It is also worth remembering that teenagers are the same the world over and will not sacrifice fashion just to be warm.

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