



Reminders on Keeping Our Children Healthy

Children Should remain home if in the last 24 hours they have had:

Diarrhea

Fever > 100.0

Vomiting

What may be a minor illness for your child may cause another child more serious illness ☹

Children Placed on Antibiotics for Strep Throat, Conjunctivitis (Pink Eye), skin infections or other contagious illness, must remain home until they have been on the medication for at least a full 24 hours (1 school day)

The absence of a fever, does not mean that a child is not ill. Watch your child for signs of illness, such as

Ear pain

Severe Headaches

Decreased appetite

Decreased activity

Extreme fatigue

Sometimes complaints are not specific, so follow your best instincts as to whether to send the student to school.

Encourage your child to drink a lot of water and send a water bottle to school with them. Children can get just as dehydrated in the winter as they do in the summer.

Please make sure your child comes to school with appropriate winter clothing, such as a warm winter coat, hat and gloves.

Head Lice In the winter months we tend to see an increase in the appearance of head lice. Check your child's head on a weekly basis. If you find live lice or nits, treat the child with appropriate medications, remove ALL nits, and only return the child to school when nit free.

Rashes : The nurses are not allowed to diagnose. If your child comes to school with an unidentified rash (Meaning we don't have a physician statement about it), we will send the student home until we receive documentation that the rash is not contagious.

IMPORTANT: If you have had a change in any of your phone numbers, addresses or contacts, please contact the school with updated information. We must have current information in order to reach you in case of an emergency.

Thank you for your help and cooperation in keeping our students health and happy. ☺