

Children are expected to come to school healthy, well rested, well nourished, and ready to perform the work that is planned for them during the day in order to maximize their learning experience.

Please make sure that you have up-to-date phone numbers on file in the school office so that we are able to contact you in the event of any sickness or emergency.

If your child has any of the following symptoms, please keep them at home:

- **Fever** – greater than 100.3°F. They can return to school only after being fever-free for 24 hours (without fever reducing medicine).
- **Severe Cough** – productive, persistent or hacking.
- **Cold** – If the cold is severe, please allow for 1-2 days of rest at home.
- **Sore throat** – persistent or severe (call your healthcare provider).
- **Conjunctivitis** - eyes are red/pink, inflamed, glassy or crusty w/mucus discharge (call your healthcare provider for possible antibiotics).
- **Rashes** – if unknown / persistent crusting or draining areas on skin (call your healthcare provider)
- **Chickenpox** – Please notify the school if you suspect your child has chickenpox. Children with chickenpox should remain out of school for about 7 days, or until all lesions are crusted.
- **Vomiting and Diarrhea** – Children should be symptom-free for 24 hours before returning to school.
- Any **acute illness** that does not allow them to fully participate in school activities.

If your child is diagnosed with strep throat, impetigo, conjunctivitis, fifth's disease, chicken pox or any other contagious condition, please report this diagnosis to the Front Office prior to your child returning to the classroom. A note from the Health Care Provider should be sent in with your child upon return to school.

You know your child best – if he/she does not feel well and will not be able to participate fully in routine school activities, please keep your child home!

A child who has started antibiotics needs to be taking the medication for 24 hours before being considered non-contagious and able to return to school. If medication (brought in by the parent in a labeled container from the pharmacy) will need to be given at school, please contact the Front Office for forms.

Washing one's hands properly is one of the most effective ways to prevent the spread of germs. Young children in particular need constant reminders about hand washing - which is especially important after sneezing, nose-blowing, using the bathroom and before eating. Other recommendations are to encourage plenty of fluids (water bottles may come to school), adequate sleep and consumption of healthy foods.