



H.E.A.L.
HEALTH, EDUCATION &
ATTENDANCE FOR LIFE

A HEALTH FLYER FOR PARENTS

When students miss too many days of school, they fall behind and struggle to keep up with their classmates. Whether the days missed are due to illness, truancy or for any other reason, the end result for the student is the same — learning time is lost. Children and adolescents will get sick at times and may need to stay at home, but we want to work with you to help minimize the number of days your student may miss during the school year.

Missed Days Add Up Quickly!

- Just a few missed days a month adds up to several school weeks missed in a year.
- Both excused and unexcused absences can make it more difficult for your child to keep up with other students, especially in math and reading.
- Kindergarten and first grade are critical for your child. Missing school during early years makes it more difficult for children to learn in later years and they often have trouble reading by the end of third grade.

Work with Your Child and Your School

- As the parent, be strong with your child and don't let them stay home when it is not necessary. This will help your child succeed. Acetaminophen and Ibuprofen can be given at school with a signed OTC form by parents, but should not be used to cover/mask a temperature or other illness like symptoms.
- If your child has a chronic disease, make sure that the school staff is aware of the disease so the staff can assist your child if he or she becomes ill. Information about your child's chronic disease should be noted on the school emergency or health information card.
- For students with asthma: if your child has asthma, the school needs an Asthma Action Plan completed by his or her doctor that includes permission to carry an inhaler at school. Make sure that all supplies (inhaler, spacer, etc.) needed to manage your child's asthma are at the school.
- For students with diabetes: if your child has diabetes, the school needs a Diabetes Management Plan completed by his or her doctor. Make sure that all supplies (insulin, blood sugar meter, test strips) needed to manage your child's diabetes are at the school.
- **Provide the school with a reliable phone number through Digital Academy. Keep an open line of communication with school staff and teachers. The more the school knows about your child's health, the better prepared everyone will be to work together for your child.**

Helpful Ideas:

- Make appointments with the doctor or dentist early morning or late afternoon so your child misses as little school as possible.
- If your child must miss school, make sure you get his or her homework assignments and follow up to see if the work is completed and turned in.
- Call or email the school office as soon as you know your child will be absent. Tell school staff why your child will be out and for how long. Contact the school nurse if your child will be absent for an extended period.
- If your child is seen by a health care provider, submit doctor's/office notes to school for missed school time.
- If you need medical advice after business hours, most doctors' offices have answering services 24 hours a day to assist you.
- If your child has an emergency, call 911

For additional information please contact the school office or the school nurse:

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Sullmer@stcharleskettering.org
937-433-3746 / 937-660-4266
Main Office Number 937-434-4933

School Office
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937-434-4933
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WHEN SHOULD I SEND MY CHILD TO SCHOOL?

Suggestions are primarily for 5-18 years of age. Recommendations could be different for younger children.

Symptoms and Illnesses	Should My Child Go To School?
Parent is Sick, Stressed, Hospitalized	YES - If you are sick, your child still needs to attend school. Your illness does not excuse your child from attending. We all are sick at times so plan ahead for these days. Get a neighbor, relative or spouse to take your child to school and pick him or her up.
Chronic Diseases (Asthma, Diabetes, Sickle Cell, Epilepsy etc.) Chronic disease is a long-lasting condition that can be controlled but not cured. Please notify the school nurse of chronic diseases.	YES – Your child should attend school. School personnel are trained to assist your child with his or her chronic disease and associated needs.
Child Doesn't Want to go to School Frequent crying, fear, anger, not wanting to socialize, behavior change, stomachache, nausea (These can be signs of depression, anxiety, post-traumatic stress, or fear)	YES – You should keep your child in school, but try to determine what is causing the changes. Talk to school personnel and consult a health care provider. Your child may be experiencing trauma, may be behind in school work and/or not getting along with others. These and other issues may require attention.
Respiratory Virus/Cold Like Symptoms (COVID/Flu/RSV) Stuffy nose/runny nose, sneezing, <u>cough</u>	NO – Fever/chills, fatigue, cough YES – Fever free 24 hours without fever reducing medication AND symptoms improving overall. Consider masks, physical distancing, hygiene and ventilation with cold symptoms for the next 5 days. Also refer to the Daily Health Check.
Conjunctivitis (Pink Eye) The white of the eye is pink with a thick yellow/green discharge.	NO – Your child should be seen by a health care provider to receive treatment/medication before returning to school.
Head Lice Intense itching of the head; may feel like something is moving.	YES – Your child can be in school if they have had an initial treatment of lice shampoo/product.
Strains, Sprains and Pains *If seen by the health care provider, provide a note to school with a list of restrictions.	YES – If there is no known injury and your child is able to function (walk, talk, eat) he or she should be in school. If pain is severe or doesn't stop, consult a health care provider.
Menstrual Issues	YES – Most of the time menstrual (periods) issues should not be a problem. If they are severe and interfering with attending school, consult with a health care provider.
Fever Fever usually means illness, especially if your child has a fever of 100° or higher as well as other symptoms like behavior change, rash, sore throat, congestion, cough, vomiting etc.	NO – If your child has a fever of 100° or higher, keep them home until fever is below 100° for 24 hours without the use of fever reducing medication. If the fever does not go away after 2-3 days or is 102° or higher, you should consult a health care provider.
Diarrhea Frequent, loose or watery stool may mean illness, but can also be caused by food and/or medication.	NO – Multiple episodes of diarrhea OR if in addition to diarrhea, your child acts ill, has a fever or is vomiting, keep the child home. If stool is bloody, abdominal pain, fever / vomiting, you should consult a health care provider. YES – If cause is known and not due to infection.
Vomiting Child has vomited in a 24 hour period.	NO – Keep child at home until vomiting has stopped for 24 hours. If vomiting continues, contact a health care provider. YES – If cause is known and NOT due to infection.
Coughing (if coughing is mild, please see Cold Symptoms) <u>Severe</u> , uncontrolled, rapid coughing, wheezing, difficulty breathing	NO – Keep your child home and contact a health care provider. Asthma - if symptoms are due to asthma, provide treatment per Asthma Action Plan and when symptoms are controlled send your child to school.
Rash	NO – If a rash spreads quickly, is not healing, is an open weeping wound, or child has a fever you should keep them at home and have child seen by a health care provider. YES – If the cause is known and not due to infection or cleared by a health care provider with a note to the school.
Strep Throat Sore throat, fever, stomach ache, and red, swollen tonsils	NO – Keep child at home for 24 hours after a fever AND after 24 hours of an antibiotic.
Vaccine Preventable Diseases/Communicable Diseases Chicken Pox - fever, headache, stomachache, sore throat, then a red itchy skin rash develops on the stomach first and then limbs and face.	NO – Keep your child at home until a health care provider has determined that your child is not contagious.
Measles & Rubella (German Measles) – swollen glands, rash that starts behind ears then the face and the rest of the body, sore joints, mild fever and cough, red eyes Mumps – fever, headache, muscle aches, loss of appetite, swollen tender salivary glands	 <p>www.ketteringschools.org http://stcharles-kettering.org/school/</p>
Pertussis (Whooping Cough) – many rapid coughs followed by a high-pitched "whoop", vomiting, very tired	

This information is based upon recommended guidelines from reliable sources to include the Centers for Disease Control (CDC), American Academy of Pediatrics, and Public Health Association (updated 2/22/2023).