



September, 2016

Dear Parents,

All of us seek to have happy children who are comfortable and well at preschool. However, we do realize that at some time during the school year, your child is going to become ill. Here are guidelines for you to follow.

- Practicing normal, good hygiene is more important now than ever. Washing hands, disinfecting surfaces, avoiding touching eyes, mouths, and noses with dirty hands can all help stop the spread of illness. Encourage your child to practice good health care. Washing hands frequently with warm, soapy water; practicing sneezing and coughing into their elbows as well as learning to properly blow their noses and using a tissue are ways that we can all be proactive.
- Of course, there are obvious symptoms where you would have no question of keeping your child home such as fever, vomiting and diarrhea. However, there are times when you may question whether your child should come to school.

If your child...

- has a runny nose (thick with mucus),
- is coughing severely or frequently,
- is moopy,
- is not acting himself,
- has fever, or
- has pink eye (conjunctivitis)

keep him/her home for the day.

- Use your good judgment to make your decision remembering if your child is uncomfortable, he will not have a good day at school. **Would you want your child sharing toys and holding hands with a child who's not feeling well or who is wiping toys and each other with nasal discharges?**
- Whenever you have questions about your child's symptoms, a call to your pediatrician is necessary.
- There may be times when we will require a doctor's note before your child may return to preschool.
- If your child feels sick, stay home rather than risking further spreading the virus at work or at school.
- At the beginning of each day, teachers assess the health and appearance of every child. Should any child display any of the symptoms above, s/he will be sent home promptly with the recommendation that you contact your pediatrician. Should your child become ill during the school day, s/he will be brought to the preschool office to rest until you or a designated person picks up.
- Also consider your child's recovery when deciding to return to school. Often times as children recover from an illness, their resistance is low. Having them return to school too soon causes them to become reinfected all over again. It is recommended home until 24 hours after they are free of fever without the use of fever-reducing medications and they no longer have symptoms.
- **Please remember that you must call the office on the day your child is not at school telling the staff the reason for this absence. If your family has vacation plans, please let us know that your child will be out for several days.**
- **Last but not least, make sure your child gets the flu vaccine.**

With parents and staff working together, our children will have a worthwhile day at school and each day builds upon a successful school year.

Sincerely,

Betty Jane Bullen
Director