

A note from the nurse...

With the cold weather rapidly approaching, we would like to send a few gentle reminders to our families. During typical winter days, common sense requires us to look beyond a specific temperature and consider factors such as wind chill, whether the ground is frozen or the sun is shining. We do make the assumption that all children will be wearing jackets, hats and gloves, and will be running around. Deciding when students may play outdoors remains the responsibility of the principal, based on her professional judgment. The Principal will limit outdoor activities during National Weather Service (NWS) issued Wind Chill Advisories and Wind Chill Warnings. During a NWS Wind Chill Advisory of 25 degrees Fahrenheit to 32 degrees F, recess will be limited to no more than fifteen (15) minutes. During a NWS Wind Chill Warning no recess will be held outdoors.

Along with the cold weather comes the purchasing of new hats. Please take care when buying these items. It is best to purchase them, put them in a Ziploc bag with the receipts for two (2) weeks, and then try them on. If the hat doesn't fit, it can be returned. Remember, other people try on hats, and may have head lice. If your child tries on a hat just after someone with head lice tries it, they run a good risk of getting them as well. Also, please remind your child not to share hair brushes or hats. This is the primary source of spreading lice, and these items should be looked upon as you would your child's toothbrush.

On a final note, I would like to remind you to please keep your children home when they are not feeling well. If they are coughing and sneezing a lot, they are spreading germs. Please remind them to cough or sneeze into a tissue or the crook of their elbow, and to throw dirty tissues into the trash can instead of their desks. Good hand washing is a must as well. Please remind your children to wash their hands often with soap and water.

Children need to be fever free for 24 hours without any medication prior to returning to school. For those with vomiting and diarrhea, this should be over for a 24 hour period before they return.

If a child is prescribed an antibiotic for infections, especially strep and pink eye, they must be on the antibiotic for a full 24 hours prior to returning, as they are still considered contagious before that. If your doctor has done a rapid strep test and it is negative, but orders a culture to be done, the child should be kept home until those results are obtained. Studies have shown children generally do not perform well, and test poorly when they are ill. It is in your child's best interest, and the well-being of other students and staff, that they are kept home when ill. Thank you for helping to keep our school as healthy as possible.