



# Goosehill Primary School

Weekly Notes-February 26, 2016



Dear Parents,

I hope you fared well during the wind and rain storm on Wednesday night and were able to enjoy the unexpected day with your children yesterday. As you know, the decision to close school is never an easy one, but is always based on keeping children safe and comfortable.

Similarly, as a parent you have to make decisions about when to keep your child home from school due to a health concern. Sometimes it's an easy decision---your child is obviously sick. Other times, it may not be that simple. Here are a few ideas to consider:

**Fever:** Children should stay home from school if they are running a fever of 100° or greater. They may return to school after 24 hours only if there is no fever without fever-reducing medication.

**Nausea:** If your child vomits or has diarrhea in the morning before school, s/he should stay home. If s/he has no appetite and/or complains of stomach pain, is clingy, or lethargic, a day to rest and recover is also indicated.

**Cough/nasal discharge:** If your child's cough or runny nose is producing excessive mucus or discolored discharge, it is important to keep him/her home. Please help him/her practice blowing his/her own nose and covering his/her mouth when coughing. *Having the sniffles, mild congestion, or a slight cough, does not necessarily mean a child can't be active and participate in school activities. On the other hand, if s/he's been up coughing all night and needs to be woken up in the morning (if s/he typically wakes up on his/her own), s/he will likely need to stay home to rest and recharge.*



**Head Lice:** Although not considered a health concern, lice are upsetting and require effort, time, and money to treat. You should check your child's scalp on a regular basis, especially if you observe him/her scratching the head. Students are reminded to avoid head-to-head contact at school, which is the primary way lice are spread. We often see an increase in cases following vacations, when playdates and sleepovers are most common. Please be extra vigilant during those times. The following information is important to note:

- Head lice are not an indication of poor hygiene. They do not cause disease.
- Head lice are tiny, wingless insects that live close to the human scalp and feed on blood. The eggs (nits) are tiny, yellowish or white eggs that attach to the hair shaft. They can look like dandruff but cannot be brushed off. The adult louse is the size of a sesame seed and is tan to grayish-white.
- If you suspect your child has lice, talk to a healthcare provider to discuss the best treatment approach for your family. *If your child is treated for lice, there is no reason to keep him/her home from school.*

If your child will be absent for any reason, please call the **Health Office 631-367-5950** and leave a voicemail with your child's name, class, and **reason** for the absence. Please send a note explaining the absence upon your child's return to school. (This is required by the NYS Education Department.)

Thank you for your support as we work together to keep our students happy, **healthy**, and ready for learning!

Enjoy the weekend---

Lynn Herschlein

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