



Goosehill Primary School

Weekly Notes- January 23, 2015



Dear Parents,

As you know, during the winter months we see a rise in illness in children. Many parents have a hard time deciding if their children are well enough to go to school. Here are a few ideas to consider:

Does my child have a fever? Children should stay home from school if they are running a fever of 100° or greater. They may return to school once they have been **fever-free for over 24 hours without** fever-reducing medication.

Is s/he feeling nauseous? Has your child vomited in the past few hours or does s/he have diarrhea? Children who have no appetite and complain of stomach pain, are clingy or lethargic, or who are using the bathroom more frequently should stay home to rest and recover.

Does my child have a contagious condition, such as pinkeye or strep throat? These conditions require treatment and usually necessitate a day home from school.



Is my child's cough or nasal discharge significant? If your child's cough or runny nose is producing excessive mucus or discolored discharge, it is important to keep him/her home. Although we teach children ways to prevent the spread of germs, they are just learning to cover their nose/mouth when they sneeze or cough. Some still have difficulty blowing their own noses.

Is my child feeling up to participating in school activities? 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.

Procedures for informing the school about your child's absence: If your child will be absent from school, **please call the HEALTH OFFICE** in the morning before 9:00 a.m. (631-367-5950). If you call before school hours, simply leave a voicemail indicating the reason your child is absent. **Please do not email or call the Main Office to report your child's absence.** Upon your child's return to school, please send a note explaining the absence. (This is required by the NYS Education Department.) Please don't worry about missing assignments if your child is absent one or two days due to illness.

If your child is absent more than two consecutive days, and is beginning to feel up to doing some work at home, you may call the **MAIN OFFICE** to request assignments. Any request for work must be made **BEFORE 11:00 a.m.** Materials can be retrieved from the Main Office between 3:15 and 3:45 p.m. It is important to note that we do not expect all class and homework assignments to be made up when a child has been home sick, and we certainly don't want your child feeling pressure to do so! Your child's teacher will help him/her "catch up" upon his/her return to school and will inform you if there are assignments that should be completed at home.

The teachers frequently review ways to prevent the spread of germs, but children will still benefit from reminders at home. Please remind your children to cover their mouths when they cough or sneeze, keep their hands away from their face, discard used tissues promptly, and wash hands thoroughly and often with soap and warm water. You may want to suggest that they silently sing the *Happy Birthday* song twice while washing their hands.

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

Warm regards,
Lynn Herschlein