

Dear Parent/Guardian,

The return to school signals a time when we see an increase in the number of individuals who become ill. This applies to both children and adults. Please remember to use good hand washing practices, get adequate rest and eat a well balanced diet in an attempt to prevent illness. In addition, please consider the following:

These suggestions are intended to help parents determine when a student should not attend school:

1. Your child has a fever of 100 degrees or above during the previous night or in the morning. (Must be fever-free for 24 hours **without** fever reducing medication prior to returning to school)
2. Your child has experienced vomiting or diarrhea during the night or in the morning. (Must not return to school until 24 hours has passed since last episode)
3. Your child has a persistent cough and or severe congested/runny nose.
4. Your child has a widespread rash or suspicious rash.
5. Your child has open or draining skin sores.
6. Your child's eye is irritated and there is drainage from the eye.

Please notify the Health Office of any new medical concerns or diagnosis i.e. pneumonia, strep throat etc.

Request to excuse from PE

If students are attending school, they are expected to participate in physical education classes. If a student has any special health needs, we must be informed. Students may be excused for medical reasons with a note from the parent reviewed by the health office for up to 2 days. A physician's note is required for a long term excuse of 3 or more days. If a modification in activity is needed for a short time, contact the PE teacher or the classroom teacher. **A note from your child's healthcare provider is required for assistive devices such as crutches, wheelchairs or use of the elevator.**

Medications at school

Please check the school district web page and the **Health Office** link for the medication policy and necessary forms for administration of medication during school hours. All forms must be completely filled out by the parent and doctor **before** medication can be administered in school. Medications must be hand-delivered by the parent/guardian to the school nurse in the original pharmacy labeled container. If the student has physician and parent permission to carry their own inhaler, it is recommended a second one be kept in the nurse's office for emergencies.

Thank you for your cooperation.

Lisa Morrell RN
Bedminster School Nurse