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Health at home and away from home is a major concern. By taking a few moments to review this newsletter, together we can work as an effective health care team.

For many school age children, a common cold can be a nuisance. The symptoms of a cold may include an occasional fever, headache, runny or stuffy nose, and a sore throat. The flu may manifest itself with symptoms such as a high fever lasting 3-4 days, a prominent headache, aches and pains, extreme fatigue, a cough and less often a sore throat, sneezing and a runny, stuffy nose. A sore throat that has a sudden onset, fever, headache, nausea, occasional vomiting [marked inflammation of throat and tonsils] are usual findings of strep throat.

If your child has a cold, proper education on blowing his/her nose, coughing into his/her sleeve, disposal of tissues in receptacles and frequent hand washing will help prevent the spread of this virus. If your child has a temperature, keeping him/her home for at least 24 hours after the last fever is a school policy and best for your child.

If your child is diagnosed with **flu, strep throat or any other communicable disease such as Fifth Disease, pink eye, chickenpox, mononucleosis, pneumonia, or ringworm, it is your responsibility to notify the school of these occurrences**. As always, this information is kept strictly confidential.

If your child needs to take any medication while in school, please send the medication in its original packaging, along with a note from your doctor, stating the medication, time and dosage to be given, as well as a note from the parent stating the same. **UNDER NO CIRCUMSTANCES WILL A MEDICATION BE GIVEN WITHOUT ALL THE ABOVE.**

Please do not hesitate to contact Mrs. Keating at 678-5550 ext 114 if you have any questions. Together we can keep our school community a healthy one.

Thank you,

Mrs. Cecilia St. John

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