



H.E.A.L.
HEALTH, EDUCATION &
ATTENDANCE FOR LIFE

A HEALTH FLYER FOR PARENTS

When students miss too many days of school, they fall behind and struggle to keep up with their classmates. Whether the days missed are due to illness, truancy or for any other reason, the end result for the student is the same — learning time is lost. Children and adolescents will get sick at times and may need to stay at home, but we want to work with you to help minimize the number of days your student misses school.

Missed Days Add Up Quickly!

- Just a few missed days a month adds up to several school weeks missed in a year.
- Both excused and unexcused absences can make it more difficult for your child to keep up with other students, especially in math and reading.
- Kindergarten and first grade are critical for your child. Missing school during these early years makes it more difficult for children to learn in later years and they often have trouble reading by the end of third grade.

Work with Your Child and Your School

- As the parent, be strong with your child and don't let your child stay home when it is not necessary. This will help your child succeed.
- If your child has a chronic disease, make sure that the school staff is aware of the disease so the staff can assist your child if he or she becomes ill. Information about your child's chronic disease should be noted on the school emergency or health information card.
- For students with asthma: if your child has asthma, the school needs an Asthma Action Plan completed by his or her doctor that includes permission to have access to an inhaler at school. Make sure that all supplies (inhaler, spacer, etc.) needed to manage your child's asthma are at the school.
- For students with diabetes: if your child has diabetes, the school needs a Diabetes Management Plan completed by his or her doctor. Make sure that all supplies (insulin, blood sugar meter, test strips) needed to manage your child's diabetes are at the school.
- **Keep an open line of communication with school staff and teachers. The more the school knows about your child's health, the better prepared everyone will be to work together for your child.**

Helpful Ideas:

- Make appointments with the doctor or dentist in the late afternoon so your child misses as little school as possible.
- If your child must miss school, make sure you get his or her home work assignments and follow up to see if the work is completed and turned in.
- Call the school as soon as you know your child will be absent and tell school staff why your child will be out and for how long.
- Doctor's note or medical note are requested after 3 days of illness.
- If you need medical advice after business hours, most doctors' offices have answering services 24 hours a day to assist you.
- If your child has an emergency, call 911.

*******School Health office can assist parents in determining if the child should be at school*******

The suggestions below are for children 5 to 18 years of age. Recommendations may be different for infants and younger children

Symptoms and Illnesses	Should My Child Go To School?
Parent is Sick, Stressed, Hospitalized	YES - If you are sick, your child still needs to attend school. <u>Your illness does not excuse your child</u> from attending. We all are sick at times so plan ahead for these days. Get a neighbor, relative or spouse to take your child to school and pick him or her up.
Chronic Diagnosed Diseases (Asthma, Diabetes, Sickle Cell, Epilepsy etc.) Chronic disease is a long-lasting condition that can be controlled but not cured.(Refer to individualized plans)	YES – Your child should attend school. School personnel are trained to assist your child with his or her chronic disease and associated needs.
Child Doesn't Want to go to School -Frequent crying, fear, anger, not wanting to socialize, behavior change, stomach ache, nausea (These can be signs of depression, anxiety, post-traumatic stress, or fear)	YES – You should keep your child in school, but try to determine what is causing the changes. Talk to school personnel and consult a healthcare provider. Your child may be experiencing bullying or trauma, may be behind in his or her school work or not getting along with others. These and other issues may require your or school personnel's attention.
Cold Symptoms - Stuffy nose/runny nose, sneezing, mild cough	YES - If your child is able to participate in school activities send him or her to school
Conjunctivitis (Pink Eye) - The white of the eye is pink and there is a thick yellow/green discharge.	NO - pink eye symptoms with discharge- children are sent home, may be at school after treatment for 24 hours
Head Lice - Intense itching of the head; may feel like something is moving	YES – Head lice should be appropriately treated the day identified and return to school the next day.
Strains, Sprains and Pains	YES – If child is able to function (walk, talk, eat) he or she should be in school. If pain is severe or doesn't stop, consult a healthcare provider. School can make appropriate accommodations as specified by the doctor or healthcare provider instructions
Menstrual Issues	YES – Most of the time menstrual (periods) issues should not be a problem. If they are severe and interfering with your daughter attending school, consult with a health care provider.
Fever - Fever usually means illness, especially if your child has a fever of 100 or higher as well as other symptoms like behavior change, rash, sore throat, vomiting etc.	NO – If your child has a fever of 100 or higher, keep them at home until his or her fever is below 100 for 24 hours without the use of fever reducing medication. If the fever does not go away after 2-3 days we recommend you consult a healthcare provider.
Diarrhea - 2 or more, loose or watery stool may mean illness	NO – If student has experienced repeated episodes of diarrhea in the <u>last 24 hours</u> (keep child home for 24 hours <u>after the last time</u> he/she had diarrhea).
Vomiting - Child has vomited 2 or more times in a 24 hour period	NO –If student has vomited (due to suspected illness) within the last 24 hours (keep child home for 24 hours <u>after the last time</u> he/she vomited)
Coughing Severe -, uncontrolled, rapid coughing, wheezing, or difficulty breathing	NO – Keep your child home and contact a healthcare provider. Asthma - if symptoms are due to asthma, provide treatment according to your child's Asthma Action Plan and when symptoms are controlled send your child to school
Rash - Localized rash or systemic rash of undetermined origin	NO – Student must be rash free AND/OR have supported medical documentation to confirm student can attend school.
Strep Throat Medical confirmation (Doctor's note) of diagnosis is required.	NO – Keep your child at home for the first 24 hours after an antibiotic is begun. Medical documentation to confirm 1. diagnosis and 2. <u>WHEN</u> child can specifically return to school required.
Communicable Disease - Medical confirmation (Doctor's note) of diagnosis is required.	NO – Keep your child at home until a health care provider has determined that your child is not contagious. Medical documentation to confirm 1. diagnosis and 2. <u>WHEN</u> child can specifically return to school required.