

HAPPY NEW YEAR! I hope everyone had a safe, healthy and happy holiday break.

Now that students are back in the classroom, in close proximity to each other, this would be a good time to review “germ control” with your child. Washing your hands often is the best tool for avoiding colds and flu. It’s also important to cover your nose and mouth with your elbow (aka the “superman sweep”), throw tissues away in the trash, and stay away from others when you’re ill. According to the Centers for Disease Control:

- *Avoid people who are sick
- *Stay home when you are sick
- *Wash hands often
- * Don’t touch your nose, eyes, or mouth with your hands
- *Use disposable drinking cups, especially in the bathroom
- *Get plenty of sleep, eat a balanced diet, and exercise regularly

Following these guidelines, and reinforcing them with your children, will help to limit the amount of germs spread to each other.

According to our school guidelines, please **do not send your child to school if:**

- *he/she has a fever of 100 or greater... your child should be **fever free for 24 hours, without any use of fever reducing medication**, before returning to school
- *there is/has been vomiting or diarrhea within 24 hours
- *he/she has a severe head cold or persistent cough
- *there is evidence of any suspicious skin rash or contagious disease

Also, please remember to call the Absentee Hotline with each absence, **even if your child was sent home ill**, to ensure the safety of our students.

I know the teachers always appreciate donations of tissues for their classrooms. Perhaps sending in some antibacterial hand gel would be helpful also. As always, if you have any questions, don’t hesitate to call. I’m sure if we work together we will keep our children well and looking forward to spring.

Healthfully,
Maria Farley