

Santa Clara Unified School District
Healthy Kids Learn Better!

Does your child have asthma, seasonal allergies or food allergies? If so please inform the school office, school nurse and your child's teacher **ASAP.**



Does your child eat breakfast?

Besides meeting daily nutritional requirements breakfast is the most important meal of the day.

- increase school performance
- increase student attention
- reduces visits to the nurses office
- improves student behaviors

Does your child need medication every day or once in a while? Does your child need medication during the school hours?

This includes cough drops, Tylenol, Benadryl, inhalers, insulin etc.

It is necessary to have your doctor complete a "Permit To Take Medication" form for medication. This will allow us to have the medication at school and give it to your child when needed.



Does your child get enough sleep?

Experts say school age children generally need 9-12 hours of sleep each night.

Establishing 20-30 minutes nightly "calm down" bedtime routine. This could include taking a bath, putting on your pajamas, reading and relaxing. Television viewing at bedtime may interfere with them falling asleep.

Your child needs to **stay home** when he or she has...

- any contagious disease
- vomiting (or in the last 24 hours)
- temperature of 100 F. or more. Temperature needs to be normal for 24 hours before returning to school
- frequent coughing or very runny nose
- diarrhea (or in the last 24 hours)
- sore throat
- severe headache
- skin rash (ALL rashes must be diagnosed by a doctor)
- open sores unless the area can be covered with a dressing
- earache

IF your child becomes ill or injured at school...

- make arrangements to pick your child up **IMMEDIATELY**
- have an alternate plan for care if you work or you are not available
- evaluate his/her readiness to return to school based on the "stay home..." guidelines
- if your child is sent home with a fever, he/she **SHOULD NOT** return to school until the temp has been normal for 24 hours

For more information visit:
www.Keepkidshealthy.com
www.sleepforkids.com

