

Hoosac Valley Regional School District

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Perseverance Respect Integrity Diversity Empathy

Welcome Back From Nurse Ashley!

Welcome back to the 2023-2024 school year! I am looking forward to working with each of you to ensure that this year is both healthy and safe for every student/staff here at Hoosac Valley Elementary School. Our students learn best when their health is at its optimum.

A friendly reminder for our Parents/Guardians:

- Please make sure to send back emergency health cards with the students as soon as possible;
- If your student has a medical condition or an allergy please reach out to notify me by phone or email as well as filling out health forms;
- If your student requires medications while at school please reach out to me to discuss the procedures. Students **CAN NOT** bring in their own medications;
- Please send any updated physicals and immunization forms from the most recent pediatrician visit;
- Please consider sending in a change of clothes for your student to keep in their locker. Many occasions pop up when students are in need of a change of clothes. My extra clothing supply is limited and often leads to us calling home for a spare change of clothes;

Please help us in controlling the spread of illness by keeping your students home if they are experiencing any of the following:

Fever – A temperature greater than 100°F is considered a fever. Your child should be fever free, without the use of fever-reducing medication, for 24 hours before returning to school.

Colds, RSV - Colds, Influenza, and RSV are caused by viruses. Children average six to ten colds per year. Your child may attend school if they have improvement in symptoms, are fever free for 24 hours without fever-reducing medication AND if you think they will have the stamina to make it through the school day. If symptoms are associated with a fever or they do not readily improve, consult your healthcare provider. Symptoms often come on gradually and may include runny nose, sore throat, coughing, sneezing, watery eyes, ear infection, low-grade fever, malaise, and headache. RSV is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults.

Conjunctivitis (pink eye) – Some signs and symptoms of conjunctivitis are when the white part of the eye is red; eyes are itchy and produce a yellow or green crusty discharge. If suspected, contact your physician. Your child may attend school 24 hours after antibiotic treatment starts, or when cleared by your healthcare provider (if no antibiotic treatment is needed).

Cough, Difficulty breathing, shortness of breath -if not associated with a pre-existing condition, should stay home, and consult your healthcare provider.

Fever – A temperature greater than 100°F is considered a fever. Your child should be fever free, without the use of fever-reducing medication, for 24 hours before returning to school.

Hand, foot and mouth (Coxsackie virus)- usually begins with mild fever, poor appetite, malaise, and sore throat. One or two days after the fever begins, sores develop in the mouth, usually on the tongue, gums, and inside of the cheeks. A skin rash, usually located on the palms of the hands and soles of the feet, with flat or raised red spots and sometimes blisters, develops over 1–2 days. Your child may attend school as long as they are fever free for 24 hours. There is no need to exclude anyone who is feeling well enough to attend school.

Influenza- Influenza is caused by viruses (influenza A or B) and is characterized by the sudden onset of high fever, chills or rigors, headache, malaise, diffuse myalgia, and nonproductive cough. Most people with influenza feel too ill to go to school or work. Your child may attend school if **they have been fever free for 24 hours without fever-reducing medication AND they have improvement of symptoms, AND if you think they will have the stamina to make it through the school day.** <https://www.cdc.gov/flu/school/guidance.htm>

Rash – A rash is often a sign of a viral illness. It may also be a reaction to a medication or chemical (plant, detergent). If your child has an unusual rash or it is associated with a fever; contact your healthcare provider. Keep your child home until you have discussed the rash with your healthcare provider.

Sore throat - A sore throat in conjunction with a fever, headache or stomach ache may indicate **strep throat**. If diagnosed with strep throat, your child must complete a minimum of 24 hours of antibiotics and be fever free for 24 hours without the use of fever-reducing medication before returning to school.

Vomiting and Diarrhea – Your child should be symptom free for at least 24 hours and should have eaten at least two regular meals before returning to school.

Pediculosis (head lice): Pediculosis is common in school age children all over the world. We need your help throughout the school year in finding and reporting any cases. Please remember to check your child/ren heads a couple times a week. It is best to do this under bright light, and for at least 20 minutes. If a case of lice is found, please inform the school nurse. Students may return to school once they have seen the nurse and after appropriate treatment.

I appreciate your help keeping our students and staff healthy and wishing your child a safe, healthy and fun school year!

Stay well,

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