

## “TO SEND OR NOT TO SEND?” THAT IS THE QUESTION

Your child wakes up and is not feeling well. Should you keep them home or send them to school?

This is a dilemma for many parents throughout the school year. Sometimes you keep them home and within an hour they are feeling better and running around the house. Sometimes you send them in only to have the school nurse call you within the hour to pick them up from school.

Here are some helpful hints:

- A child must be fever-free for a period of 24 hours BEFORE he/she may return to school.
- If your child has thrown-up, please wait 24 hours BEFORE sending them to school.
- Keeping your child home when they are ill with a cold or the flu helps to protect your child as well as the other children.
- A child who is constantly sniffing and sneezing is not able to concentrate on what is being taught.
- Children who are absent from school more than three consecutive days MUST bring a doctor's certificate with them upon returning to school.
- Children will not be excused from outdoor periods or physical education classes unless a note from a parent is sent each day. After three days of being excused for same, a doctor's certificate will be necessary.
- Please report any chronic illnesses or injuries to the homeroom teacher and the school nurse. We ask that you request your physician to forward a report to us to keep in your child's health folder.
- **ANY** medication – prescribed, over-the-counter, or nasal sprays – MUST be accompanied by a medication form/note completed by the **DOCTOR**.
- **ANY** medication – prescribed, over-the-counter, or nasal sprays – MUST be kept in the nurse's suite. Students **ARE NOT PERMITTED** to carry ANY medication with them during the school day.
- Cough drops require a note from a parent and must be stored in the nurse's suite or given to the classroom teacher to hold and distribute.
- It is the responsibilities of the parents or guardians to assume care of dressings and/ or injuries occurring outside of school hours. If further **care is** needed it is advisable to consult your family physician for correct diagnosis and to prescribe proper treatment.