

## When should my child stay home from school?

If your child has a fever over 100, vomiting, diarrhea, persistent cough, thick nasal discharge, muscle weakness, or itching, please keep him/her home for the safety of other students. Remember to call the health officer to report your child's absence—783-1140, extension 306.

Here are some tips to keep your child healthy throughout the year:

- 1. Healthy diet**— Be sure to follow a healthy diet including plenty of fruits and vegetables. Don't forget to keep up on the fluids, including lots of water—please avoid sugary drinks and sodas.
- 2. Rest**— A good night's sleep is essential to good health and rejuvenates your mind and body for the next day's work.
- 3. Exercise**— Daily exercise keeps you physically in shape and mentally alert. Fresh air is particularly important in the winter months when we spend more time inside. Do take a rest from vigorous exercise on days when you are sick.
- 4. Dress for the weather**— Please send your child to school in a coat, hat, & gloves on cold days. We do try to have recess outside even in cold weather.
- 5. Flushots**— Doctors do recommend flushots for all ages now. Contact your doctor to see if you or your child should receive one.
- 6. Handwashing**— Remember to wash your hands after sneezing/coughing, using the bathroom, playing with pets, and before any meal or snack.