

With cold and flu season upon us, we all want to work to keep our students and staff healthy. The staff will continue to encourage beneficial health practices in the classroom. However, with so many children coming together, germs are easily exchanged and passed on quickly. Please keep your child home from school if he/she is experiencing the following symptoms:

- \*Fever 100 degrees or higher. It is recommended children stay home 24 hours fever free
- \*diarrhea
- \*uncontrolled coughing
- \*sore throat for more than 2 days
- \*vomiting. It is recommended children stay home 24 hours after last episode.
- \*lethargy (lack of energy)
- \*green or yellow discharge

It is our goal to try and keep students and staff as healthy as possible. Please help us by preventing the spread of illness. One of the best preventative measures is to wash hands thoroughly. Have a safe and healthy winter!