

## *Is My Child Well Enough to Come to School?*



School attendance is very important for learning and academic growth. However, if your child is ill, it is very difficult for him/her to be efficient during the school day. In the best interest and protection of **all** our students, we ask that you use good judgment in keeping your child at home when they are not feeling well.

Please do not send your child to school when he/she:

- has a fever of 100 degrees or more
- has a persistent cough
- has been vomiting or has diarrhea
- has any rash
- has open or draining skin sores
- has inflamed or draining eyes or ears

Your child should remain at home until he/she has been symptom-free for at least 24 hours. If symptoms persist or are severe, please consult your physician. If you have any questions, please feel free to contact your school nurse during working hours.



## *Healthy Habits*

- A well-balanced diet, which includes the basic food groups and at least 5 servings of fruits/vegetables each day, is important for growth and development. Pack healthy lunches and snacks.
- Adequate sleep. Most children between the ages of 5-12 get about 9.5 hours of sleep, but experts agree that most need 10-11 hours of sleep each night.
- Frequent hand washing
- Exercise EVERY day!
- Limit sweets, sodas, sugar drinks, sports drinks
- Limit TV and computer time.

Practice these healthy habits everyday and your child will feel their BEST!

