

Sept. 28, 2026

Good afternoon Parents,

We are seeing an early start to the cold and flu season. There have been confirmed cases of Strep and Flu A throughout various grades. There are many things that you can do to help your child stay as healthy as possible:

- Have your child get adequate sleep.
- Eat a balanced diet and stay hydrated.
- Stay up to date on Immunizations.
- Wash hands frequently, and properly. Especially before meals and after using the bathroom. **This is the single most effective way to prevent the spread of respiratory illnesses.**

Please keep your child home if they are sick. Per our Parent Student handbook children should not be at school if they:

***Have had a fever of 100.4F or greater within the last 24hrs.**

or

***Have had diarrhea or vomiting in the last 24 hours.**

or

***Have constant productive coughing or sneezing or have a runny nose with thick discharge.**

Remember you must provide a doctor's note if your child has been absent for 3 days or more. Children who return to school must be **fever-free for 24 hrs** without the use of fever- reducing medication (i.e. Tylenol, Motrin, etc.)

Lastly, please notify your homeroom teachers and/or the school clinic if your child is diagnosed with viral illness.

Classrooms are cleaned daily and we are doing additional sanitizing at this time of the year. We appreciate your help as we work to keep all of our students healthy.

Sincerely,

Lisa Martone RN,BSN

Raul Martinez RN,BSN