

Dear Parents,

In order to keep our classroom environment healthy, we would like to send a few reminders of specific ways you can help in maintaining a healthy and happy environment for the children.

We take every precaution to instill the good health of everyone in the class by cleaning and disinfecting surfaces daily and enforcing basic healthy habits such as frequent hand washing, using tissues instead of fingers in our noses, covering our mouths with our elbow when we sneeze or cough, and keeping our fingers, thumbs and all non food items (toys, books, etc.) out of our mouths. Practicing these habits at home and providing a nutritious breakfast, a healthy snack for school (examples: raw fruits and vegetables, cheese and crackers, pretzels, ham/turkey rolls, granola bites or bars, etc. with water or fruit juice), a good night's sleep, rest, exercise, and lots of water will help keep all of us at our best.

We are asking that if your child is simply not feeling well, showing signs of discomfort, unusual behaviors or moodiness, complaining, pulling at ears, rubbing eyes, paleness or flushed cheeks, being overly tired or overly active, or other like signs, that you be very sensitive to what this may mean for your child's health. These may be signs that he/she may be ill or hurting, but may not be able to express verbally.

The following is a list of things that you as parents can do to help assure that every precaution is taken to keep our room and preschool as healthy and happy a place as possible:

Please DO NOT send your child back to school from being sick until he/she has been fever free (and symptom free) for at least 24 hours.

Please DO NOT send a child to school medicated to mask a fever or other symptoms that may be contagious and harm others.

If you are notified that a child has become sick at school, please be as prompt as possible in coming for the child.

Green or yellow discharge from the nose usually means a sign of infection and may mean prescribed medication is needed.

When in doubt, err on the side of caution and see a doctor.

We appreciate your efforts in complying with these basic, common sense rules that keep all of us healthy to enjoy our time with our friends at school. Thank You.

