

A HEALTH FLYER FOR PARENTS

When students miss too many days of school, they fall behind and struggle to keep up with their classmates. Whether the days missed are due to illness, truancy or for any other reason, the end result for the student is the same – learning time is lost. Children and adolescents will get sick at times and may need to stay at home, but we want to work with you to help minimize the number of days your student misses school.

MISSED DAYS ADD UP QUICKLY!

- Just a couple missed days a month adds up to several school weeks missed in a year.
- Both excused and unexcused absences can make it more difficult for your child to keep up with other students, especially in math and reading.
- Kindergarten and first grade are critical for your child. Missing school during these early years makes it more difficult for children to learn in later years and they often have trouble reading by the end of third grade.

WORK WITH YOUR CHILD AND YOUR SCHOOL

- As the parent, be strong with your child and don't let your child stay home when it is not necessary. This will help your child succeed.
- If your child has a chronic disease, make sure that the school staff is aware of the disease so the staff can assist your child if he or she become ill. Information about your child's chronic disease should be noted on the school emergency or health information card.
- For students with asthma: if your child has asthma, the school needs an Asthma Action Plan completed by his or her doctor that includes permission to carry an inhaler at school. Make sure that all supplies (inhaler, spacer, etc.) needed to manage your child's asthma are at the school.
- For students with diabetes: if your child has diabetes, the school needs a Diabetes Management Plan completed by his or her doctor. Make sure that all supplies (insulin, blood sugar meter, test strips) needed to manage your child's diabetes are at the school.
- **Keep an open line of communication with school staff and teachers. The more the school knows about your child's health, the better prepared everyone will be to work together for your child.**

HELPFUL IDEAS:

- Make appointments with the doctor or dentist in the late afternoon so your child misses as little school as possible.
- If your child must miss school, make sure you get his or her homework assignments and follow up to see if the work is completed and turned in.
- Call the school as soon as you know your child will be absent and tell school staff why your child will be out and for how long.
- Get a doctor's note for any absences.

WHEN SHOULD I SEND MY CHILD TO SCHOOL?

The suggestions below are for children 5 to 18 years of age.

Symptoms and Illnesses	Should My Child Go To School?
Parent is Sick, Stressed, Hospitalized	Yes -If you are sick, your child still needs to attend school. Get a neighbor, relative, or spouse to take your child to school and pick up.
Chronic Diseases (Asthma, Diabetes, Sickle Cell, Epilepsy, etc.) Chronic disease is a long lasting condition that can be controlled but not cured.	Yes -Your child should attend school. School personnel are trained to assist your child with his or her chronic disease and associated needs.
Child Doesn't Want to go to School Frequent crying, fear, anger, not wanting to socialize, behavior change, Stomach ache, nausea (These can be signs of depression, anxiety, post-traumatic stress, or fear)	Yes -You should keep your child in school, but try to determine what is causing the changes. Talk to school personnel and consult a health care provider. Your child may be experiencing bullying or trauma. These and other issues may require your or school personnel's attention.
Cold Symptoms, Bronchitis, Cough Stuffy nose/runny nose, sneezing, uncontrolled/rapid cough	Yes -If your child is able to participate in school activities send him or her to school.
Conjunctivitis (Pink Eye) The white of the eye is pink and there is a thick yellow/green discharge.	Yes -Your child can attend school, after 24 hours of treatment with prescription medication.
Strains, Sprains, and Pains	Yes -If there is no known injury and your child is able to function (walk, talk, eat) he or she should be in school. If pain is severe or doesn't stop, consult a health care provider.
Menstrual Issues	Yes -Most of the time menstrual (periods) issues should not be a problem. If they are severe and interfering with your daughter attending school, consult with a healthcare provider.
Fever Fever usually means illness, especially if your child has a fever of 101 or higher as well as other symptoms like behavior change, rash, sore throat, vomiting etc.	NO -If your child has a fever of 101 or higher, keep them at home until his or her fever is below 101 for 24 hours without the use of fever reducing medication. You should consult a health care provider if lasts over 24 hours.
Diarrhea Frequent, loose or watery stool may mean illness but can also be caused by food and medication.	NO -If, in addition to diarrhea, your child acts ill, has a fever or is vomiting, keep him or her at home. If stool is bloody, if the child has abdominal pain, fever or vomiting, you should consult a healthcare provider.
Vomiting Child has vomited 2 or more times in a 24 hour period	NO -Keep your child at home until the vomiting has stopped for 24 hours. If vomiting continues, contact a healthcare provider.
Rash with Fever	NO -If a rash spreads quickly, is not healing, or has open weeping wounds, you should keep your child at home and have him or her seen by a healthcare provider.
Strep Throat Sore throat, fever, stomach ache, and red swollen tonsils	NO -Keep your child at home for the first 24 hours after an antibiotic is begun.
Impetigo Highly contagious skin infection that causes red sores on the face	NO -Keep your child at home until a health care provider has determined that your child is not contagious.