



A note from your nurse...

We are almost through this cold and flu season. Bring on the sunshine and warmer weather, Hooray! Thank you for doing your best at adhering to District policies and keeping your sick student at home. If your child has a fever please do not let them return to school until they have been fever free for 24 hours without the use of fever lowering medication like Tylenol or Ibuprofen. Also, if your child has been vomiting or having diarrhea they should not return to school until they have been 24 hours free from symptoms.

I would also like to make a reminder about head lice. District policy does not allow students with live lice to come to school until they have been treated. Students with nits (the eggs), may attend school. We no longer do periodic head lice checks like in the past. It has been District policy, since 2008, that we only do whole class head checks if 3 non related cases of head lice are reported in a classroom within 10 consecutive school days. If this happens all students in that particular classroom will be screened by the school nurse or office staff by the following school day. We will always screen an individual for head lice if the child has had a sibling with head lice or known contact with another student with head lice. Families, it is **EXTREMELY** important that you let us know your child has head lice so that we can adhere to District policy with classroom head checks. If we are not informed that a student has head lice we risk exposing more students to these pests. Head lice is extremely common, 6 to 12 million children ages 3 to 11 get head lice each school year. It is one of the top 3 reasons why kids miss school. I assure you that you are not alone! If you need advice about treatment or need help obtaining lice treatment please contact myself or the FAN advocate for suggestions. When your child returns to school they need to stop at the office for a head check before they will be allowed to return. Please help us by being vigilant and keeping an eye out for these pests.

Head lice are:

- Not a sign of unwashed or unclean hair. They thrive in clean hair.
- Unable to jump, fly or swim
- Unable to live on your pets
- Unable to live in your environment (couch, carpet, furniture, pillow, sheets, mattress or car)

Lice Do's

- Use Proven, manual head lice removal methods
- Daily washing of clothing, bedding, brushes and hair accessories used during your head lice infestation
- Screen your entire household as soon as one child has head lice.
- Tell your school and friends you have head lice to avoid spreading. Spread the word, not the lice!
- Relax and take A DEEP breath!

Thank you for your help in keeping all of our students safe, healthy and ready to learn!