

Dear Parents,

With the colder weather moving in, student illness will be on the rise and we would like to give you some guidelines to help with your decision on whether or not to send your child to school.

If your child has any of the following symptoms, he/she should **not** attend school:

- Fever
- Persistent cough
- Nausea and vomiting
- Diarrhea
- Rash



GUIDELINES: Before returning to school after having been ill it is recommended that children should be:

- Feeling fit for 24 hours.
- Free of a temperature above 100° for at least 24 hours (without aid of medication).
- Free of vomiting and diarrhea for at least 24 hours.
- On an antibiotic for at least 24 hours when diagnosed with strep throat.
- On prescription antibiotic eye drops for conjunctivitis for 24 hours.

Please notify the school if your child has been diagnosed with lice, strep throat, chickenpox, scarlet fever, whooping cough (pertussis) etc.

PREVENTION: The single most important thing you can do to keep your child free of illness is to teach them the proper way to wash hands: use soap and rub hands together for at least 15 seconds before rinsing in warm, running water. Also, make sure they have plenty of rest and a good, nutritious diet.

RECESS: Parents of elementary students please keep an eye on the weather forecast each day and make certain your child has appropriate outerwear for 30 minutes of outdoor play at recess. During the winter months outerwear is expected to include winter jacket, mittens, hats, snow boots and snow pants. Generally, recess is outdoors unless the wind chill is lower than 10°.

HEALTHY CLASSROOMS: Please help us keep our children healthy by keeping your child home if ill. Remember, one sick child can spread their illness to all classmates.

ABSENCES: To report your child absent, call the school office by 9 a.m., 847-548-6209 ext. 0. Give your name, child's name and reason for absence.

Thank you for your cooperation.

WCA Office Staff