

## When Should I Send My Child To School

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 few 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 those 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.

### Working 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 condition, make sure that the school staff is aware of it so the staff can assist your child if he or she becomes ill. Information about your child's chronic condition should be noted on the school health information.
- For students with asthma: Make sure your child's school has all supplies needed to manage your child's asthma at school.
- For students with diabetes: Make sure your student's school has a diabetes management plan from his or her doctor and all supplies to manage your child's diabetes at school.
- **Keep an open line of communication with the school nurse and staff. The more the school knows about your child's health, the better prepared everyone will be to work together for your child.**

### Helpful Ideas:

- Try to make appointments with the doctor and dentist late afternoon so your child misses as little school as possible. Or when possible, schedule appointments on days off of school.
- If your child must miss school, make sure to get his or her homework assignments.
- Call the school as soon as you know your child will be absent and tell staff why your child will be out and for how long.
- Obtain doctor's notes whenever possible.

**Reminder: when students visit the health office with a problem, it does not warrant going home immediately. We ask them to try water, rest, snack, bathroom, basic first aid treatments, and come back if it does not help or gets worse.**

Further assistance is always available at your school by the nurse, social worker or school counselor.

Symptoms and Illnesses	Should My Child Go to School
Parent is sick, stressed, hospitalized	<b>Yes</b> -If you are sick, your child still needs to attend school. Your illness does not excuse your child from attending. We all are sick at times so plan ahead for these days. Get a neighbor, relative or spouse to take your child to school and pick him or her up.
Chronic diseases (asthma, diabetes, epilepsy, etc.)	<b>Yes</b> -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, stomachache, nausea (these can be signs of depression, anxiety, post-traumatic stress, or fear)	<b>Yes</b> -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, may be behind in his or her school work or not getting along with others. These and other issues may require your or school personnel's attention.
Cold symptoms  Stuffy nose/runny nose, sneezing, mild cough	<b>Yes</b> -If your child is able to participate in school activities send him or her to school  Severe, uncontrolled cough or difficulty breathing should remain home
Conjunctivitis (Pink Eye)  The white of the eye is pink and there is a thick yellow/green discharge	<b>Yes</b> -Your child can attend school, if they can keep from touching their eyes-but seek medical care for treatment. They should be on antibiotics for 24 hours as well.
Head Lice	<b>Yes</b> -Your child can be in school if he or she has had an initial treatment of shampooing of hair with a product for lice. They must also be cooperative to avoid spreading lice (no sharing hats/combs, touching head to head, etc.)
Strains, Sprains and Pains	<b>Yes</b> -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 healthcare provider
Menstrual issues	<b>Yes</b> -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  Temperature over 100.4	<b>No</b> -If your child has a fever over 100.4 they need to stay home till they have been fever free for 24 hours without fever-reducing medication
Vomiting/Diarrhea	<b>No</b> -If your child has any vomiting or diarrhea they need to stay home till they have not had any episodes for 24 hours
Rash with fever	<b>No</b> -If rash spreads quickly, cannot be covered by clothing, is not healing, or has open weeping wounds, you should keep your child home and have him or her seen by health care provider
Strep Throat	<b>No</b> -Keep your child home for the first 24 hours after an antibiotic has been started. If they had a fever as well, please follow the fever policy.
Any type of flu	People who have any type of flu should stay home until at least 24 hours after their fever has gone away on its own (without the help of fever-reducing medicines). If still feel ill and unable to participate in school, they should stay home also. No specific quarantine dates.