

Date: January 26th, 2018
Regina L. Botsford, Superintendent of Schools
(rbotsford@region15.org)

The purpose of these Superintendent's Messages is to maintain communication about events, initiatives, and general information. Region 15 values open and honest dialogue among constituents. Responses, questions, and concerns are always welcome.



Winter Health Information

Dear Parents, Guardians, Students, and Community Members:

With cold and flu season upon us, be assured that Region 15 is working to maintain as healthy a school environment as possible. Our school nurses are monitoring reported student illnesses and tracking absence rates in our schools. As in every year, our winter cleaning protocol is designed to reduce the spread of germs.

To protect the health of students and staff and to help control the spread of infectious diseases, we are asking parents/guardians to please be mindful of the following guidelines:

- ***Do not send children to school if they are sick.*** Children who are determined to be sick while at school will be sent home.
- ***Keep sick children at home*** for at least 24 hours after any fever is gone without using fever-reducing drugs. When notifying the school of your child's absence, please give us the reason for the absence.
- ***Teach your children to wash their hands often*** with soap and water or an alcohol-based hand rub. Adults can set a good example by doing this, too.
- ***Teach your children not to share personal items*** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. If tissues are not available, coughs and sneezes can be covered with the elbow, arm or sleeve instead of hands.
- ***Know the signs and symptoms of the flu.*** Symptoms of the flu include fever (100 degrees Fahrenheit or 37.8 degrees Celsius or higher), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- ***Check with your doctor about getting yourself and your children vaccinated for influenza.***

Adherence to these guidelines is important for your child's health and the health of his/her classmates. For more information, please visit <https://www.cdc.gov/flu/index.htm>.

Despite all of our best efforts, if your child becomes ill at school you will be called to come and take him/her home. Please be sure that arrangements can be made to transport your child home from school and that childcare is available in case of illness. If your daytime or emergency phone number has changed, please contact the school office immediately.

We appreciate your partnership in maintaining as healthy a winter environment as possible in our community and our schools. Here's hoping for a short and healthy winter season!

Sincerely,

A handwritten signature in black ink that reads "Regina L. Botsford". The signature is fluid and cursive.

Regina Lemerich Botsford
Superintendent of Region 15 Schools