

When Should Your Child Stay Home?



It's very hard sometimes to decide whether to send your children to school when they don't feel well. Illness is very seldom convenient for parent or child! As busy parents, you have to consider work schedules, childcare arrangements, transportation and other family matters in that decision, and of course, you want what is best for your child's health.

It's also not easy to achieve a balance between reinforcing the importance of being at school and having the best attendance possible, and making a good parent decision that your child will not be able to be "in attention" at school today because of illness. That's

especially hard when you have those great "high-achievers" who don't want to miss a day and lose that perfect attendance record. But balance is what being a good parent is all about!

We feel very strongly at Bill Arp that good attendance is extremely important to your child's success at school! They must be here to learn. There are also important health reasons for keeping your child at home, so here are some helpful guidelines to consider when you hear those words, "I feel sick; I don't want to go to school today."

When deciding whether or not to send your child to school, please consider the following guidelines.

FEVER-Your child should stay home with a temperature greater than 100 degrees. They should return to school only after their temperature has been below 100, without fever medications, for at least 24 hours.

VOMITING and DIARRHEA-even if just once should remain at home until no vomiting or diarrhea for 24 hours.

FREQUENT COUGH AND EXCESSIVE NASAL CONGESTION congested (wet) or croup-sounding cough. A thick or constant nasal discharge. These can indicate a severe cold, bronchitis, flu or even pneumonia.

- Colds are the most contagious during the first 48 hours.
- A child who has started antibiotics needs to be on the medication for 24 hours before being considered non-contagious and able to return to school.

Please remember it is an extremely long day for a child who is sent to school ill. Remaining at home will help minimize the spread of the infections and viruses in the classroom.

We appreciate your help with keeping all our Bill Arp students healthy and ready to learn.

If you are not sure feel free to call with questions, as I only touched on a few guidelines for you.

Thanks, Kay Thompson, R.N., School Nurse (770-651-2068)