



Parents:

With winter coming soon, here are some suggestions and requests to help your child be healthy and happy at school.

Dress appropriately for the weather. Warm clothing, coats, and proper foot wear will help your child be ready for the cold days ahead and keep them warm when outside playing.

Planning ahead can help prevent stressful mornings. Lay out clothes the night before, have everything needed for the school day in the back pack, by the door and ready to go. Then have a healthy breakfast and a great start to the day.

If your child has a fever of 100\* or higher they should not come to school; or return until the temperature has been normal for 24 hours. If your child has been diagnosed with a contagious illness, i.e. strep throat, the child must be on an antibiotic for 24 hours and fever free before returning to school. Do not send students to school with a communicable disease until they have been seen by a doctor and have been cleared to return to school.

Healthy students are better students. We want your child to be at school every day, healthy and ready to learn..... Every day counts!! ❄️ |

Linda M. Torrance, RN, BSN, NCSN

## Padres:

Invierno está viniendo, aquí tenemos algunas consejos:

- Vestir apropiadamente, ropa calentita y bien abrigados cuando van afuera a jugar
- Para que todo niño tenga un buen día, preparar su ropa y mochila la noche anterior, tomar un buen desayuno y listos para comenzar un buen día.
- Si su hijo tiene fiebre mas de 100, no mandar a la escuela y tenerlo en casa por 24 horas. Si es diagnosticado con gripe ó alguna enfermedad contagiosa tomar antibióticos.
- Niños saludables son mejores estudiantes. Queremos que su hijo este en la escuela todos los días.  
¡Todos los días cuentan!-

Mrs. Torrance  
Enfermera RCES.