

## THE HEALTH OF YOUR CHILD

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 these 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.

### Work 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.
- Make sure that we always have correct phone numbers on file at the school for you and the people that are able to assist with your child in case we are unable to reach you.
- If your child has a chronic disease, make sure that the school clinic is aware of the disease so the staff can assist your child if he or she becomes ill. Complete and accurate information about your child's chronic disease should be noted in Final Forms. Make sure that your child has any medications or medical supplies that are needed available in the clinic and that medication authorization forms are completed for all medications. We cannot give any medications without the proper forms being completed and signed by the doctor and the parent/guardian. These forms may be obtained at the school or on our district website under "Parent Resources".
- For students with diabetes, asthma or seizure disorders, make sure that the school also has an Asthma, Diabetes, or Seizure Action Plan filled out and signed by their doctor.
- Xenia Community Schools Board of Education complies with the Ohio Department of Health guidelines regarding immunizations. Your child is required to have all immunizations that are required by ODH, or a signed immunization waiver on file at the school by their first day in order to attend school. It is your responsibility to make sure that vaccines are received and up to date. Vaccines may be obtained at the child's regular doctor's office, Five Rivers Health Center, or at many pharmacies.

For additional information please call the school and ask to speak to the nurse:

Arrowood Elementary	372-9251	Shawnee Elementary	372-6461
Cox Elementary	372-9201	Tecumseh Elementary	372-3321
McKinley Elementary	372-1251	Preschool	562-9706
Warner Middle School	376-9488	Xenia High School	372-6983

## WHEN SHOULD I SEND MY CHILD TO SCHOOL?

If you plan on not sending your child to school please contact the school office and notify the school of symptoms. Ohio Department of Health guidelines are followed regarding notifying other students of possible communicable disease and illness. This information is based upon recommended guidelines of the Center for Disease Control and American Academy of Pediatrics.

<b>SYMPTOMS AND ILLNESSES</b>	<b>SHOULD MY CHILD GO TO SCHOOL?</b>
<p><b>Chronic Diseases (Asthma, Diabetes, Sickle Cell, Seizures)</b> Chronic disease is a long-lasting condition that can be controlled but not cured.</p>	<p><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. Please make sure the clinic is made aware of your child's chronic diseases.</p>
<p><b>Cold Symptoms</b> Stuffy nose/runny nose, sneezing, mild cough</p>	<p><b>YES</b> - If your child is able to participate in school activities send him or her to school</p>
<p><b>Conjunctivitis (Pink Eye)</b> The white of the eye is pink and there is a thick yellow/green discharge</p>	<p><b>NO</b> - Your child should be seen by a health care provider and provide a note with a date when they are allowed to return to school.</p>
<p><b>Head Lice</b> Intense itching of the head; may feel like something is moving</p>	<p><b>YES</b> - Your child may be in school if he or she has had an initial treatment and has no living lice in hair. (Nits are okay as long as the child has been treated and is showing improvement-must be monitored daily through the clinic).</p>
<p><b>Strains, Sprains and Pains</b></p>	<p><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.</p>
<p><b>Fever</b> Fever usually means illness, especially if your child has other symptoms like behavior change, rash, sore throat, vomiting, etc.</p>	<p><b>NO</b> - If your child has a fever of 100 or higher keep him at home until fever is below 100 <b>for 24 hours</b> without the use of fever reducing medication. If the fever does not go away after 2-3 days, is accompanied by other symptoms or is 102 or higher, you should consult a healthcare provider.</p>
<p><b>Diarrhea</b> Frequent, loose or watery stool may mean illness but can also be caused by food or medication.</p>	<p><b>NO</b>- If your child has had any loose or watery stools in 24 hours they need to remain home. If stool is frequent or bloody or if the child has abdominal pain, fever or vomiting you should consult a healthcare provider.</p>
<p><b>Vomiting</b> Child has vomited during the last 24 hours</p>	<p><b>NO</b> - Keep your child at home until the vomiting has stopped for 24 hours. If vomiting continues, contact a healthcare provider.</p>
<p><b>Coughing</b> <i>Severe</i>, uncontrolled, rapid coughing, wheezing, or difficulty breathing. <i>(If coughing is mild, please see cold symptoms).</i></p>	<p><b>NO</b>- Keep your child home and contact a healthcare provider. If coughing is related to asthma, provide treatment according to your child's Asthma Action Plan provided by their healthcare provider and when symptoms are controlled send your child to school.</p>
<p><b>Rash of unknown origin</b> <i>(Specific return to school guidelines based upon diagnosis)</i></p>	<p><b>NO</b> - If a rash spreads quickly, is unknown in origin, is not healing, or has open weeping wounds, you should keep your child at home and have him or her seen by a healthcare provider.</p>
<p><b>Strep Throat</b> Sore throat, fever, stomach ache, and red, swollen tonsils</p>	<p><b>NO</b> - Keep your child at home for the first 24 hours after an antibiotic is begun.</p>
<p><b>Vaccine Preventable Diseases</b> Chicken pox, Measles, Mumps, Rubella, Whooping Cough</p>	<p><b>NO</b> - Keep your child at home until a healthcare provider determines that your child is not contagious. Must have a doctor's note to return to school.</p>
<p><b>Parent is sick, stressed or hospitalized</b></p>	<p><b>YES</b> - If you are sick, your child still needs to attend school. Your illness does not excuse your child from attending. We are all sick at times so plan ahead for unexpected days by having a neighbor, relative or friend take your child to school. Verify they are on your child's emergency card.</p>
<p><b>Child Doesn't Want to go to School</b> Frequent crying, fear, anger, not wanting to socialize, behavior change, general stomach ache, nausea</p>	<p><b>YES</b> - You should keep your child in school but try to determine what is causing the changes. Talk to school personnel.</p>