

Flocktown-Kossmann Elementary School

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Michael Craver, Principal
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Leading the way – making a difference – every day!

December 1, 2011

Dear Parents of the Flocktown-Kossmann Learning Community,

Winter officially will soon be upon us and I would like to remind you that we will continue to take the students outside for recess whenever it is possible. Sometimes even ten minutes of fresh air can make a significant difference in a child's day allowing for the release of some physical energy in a positive and productive way outside. Be assured that we closely monitor outdoor conditions. We do not allow students outside on days that might be questionable, such as those when it is below 32 degrees with the wind chill or a significant amount of ice is present. On days when the temperature is below freezing with the wind chill, it is the teacher's discretion as to whether or not the students go outside for a quick walk.

Please continue to send your child appropriately dressed for the cold weather. They should have seasonal jackets, hats or hoods, gloves, and appropriate shoes to spend some time outside at recess in the cold.

On the second page below, you'll find some guidance from our wonderful nurses as to when you should keep your child home from school.

Your cooperation is greatly appreciated. If you have any questions or comments regarding this practice or the illness information, please feel free to call us. We wish you and your family all of the best this holiday season!

Sincerely yours,

Michael Craver
Principal

Too Sick For School?

Winter is coming—and so are winter colds and other illnesses that attack young children. You don't want your child to miss school; but neither do you want to send a sick child to school and endanger him or her and other children as well. When *should* your child stay home from school? Here are a few guidelines to follow:

1. A **runny nose** is the way many children respond to pollen, dust or simply a change of season. If it isn't a common cold, then it is an allergy and allergies are not contagious. Don't keep your children home, but teach them how to blow their noses, cough into their sleeves, and wash their hands frequently.
2. A **bad cough** or cold symptoms can indicate a severe cold, bronchitis, flu, or even pneumonia. Some children suffer one cold after another all winter long and a run-of-the-mill cold should not be a reason to miss school. If your child is not acting "right", has difficulty breathing, or is becoming dehydrated, it could be serious. Check with your pediatrician right away.
3. **Diarrhea and vomiting** make children very uncomfortable, and being near a bathroom becomes a top priority. If your child has repeated episodes of diarrhea and vomiting, accompanied by fever, a rash, or general weakness, consult a doctor and keep your child out of school until the illness passes.
4. **Fever** is an important symptom; when it occurs along with a sore throat, an earache, nausea, listlessness, or a rash, your child may be carrying something very contagious. Most pediatricians advise parents to keep children home during the course of the fever and for an additional 24 hours after the fever has passed without the use of medication to bring the fever down.
5. **Strep throat** and **scarlet fever** are two highly contagious conditions caused by a streptococcal (bacterial) infection. They usually arrive with a sore throat and high fever. Some 12 to 48 hours after the onset of scarlet fever, a rash will also appear. A child may return to school after 48 hours on an antibiotic.
6. **Conjunctivitis** or **pink eye** is highly contagious and uncomfortable, so take heed when your child complains of an eye or eyes burning, itching, and producing a whitish discharge. Minor cases (caused by a virus) and severe cases (caused by bacteria) require treatment with prescription eye drops. Keep your child home until your doctor says it is all right to return.
7. **Ear infections** are also contagious and, unless properly treated, can cause permanent hearing damage. Follow your doctor's directions for antibiotic therapy.
8. **Ticks** may be present any time the temperature is above freezing. Since Lyme disease transmission is always a possibility, you should check your children carefully on a daily basis. Mark the date on your calendar if your child is bitten. Should symptoms occur later, this will aid your doctor in the diagnosis.