

Dear Families:

Welcome to the new school year. Our staff at Park Hill School is looking forward to working in partnership with you to ensure that our school provides an academically challenging, safe and healthy learning environment for your children this year. We have all heard national news stories about the H1 N1 flu virus. While we have no reason to suspect that this flu season will be worse for our school than in previous years, we'd like to take a moment to provide you with some information that will help keep you, your students and our school community healthy.

- Please remind your child to practice basic good hygiene including hand washing, covering their mouth and nose with a tissue when they cough or sneeze and using their elbow instead of their hand when a tissue is not available.
- Washing hands with soap and water for at least 20 seconds (the time it takes to sing "Happy Birthday" twice) is the best way to keep your hands from spreading a virus.
- You may also consider cleaning surfaces and items in your home that have frequent hand contact.

It is paramount to your children's learning and academic progress that they attend school every day. However, in order to maintain a healthy school community **we are asking you to keep your child home if he or she is exhibiting flu-like symptoms.** It's also requested that your child stays home for at least 24 hours **after** fever symptoms have ended. Symptoms of flu include:

Fever;	Sore throat;	Body aches;
Cough;	Runny or stuffy nose;	and fatigue.

A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, your child might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering.

As a precaution, check your children regularly for illness, and **keep children home if they have a fever.** If your child comes to school sick, we will call you to pick them up. Teachers will work with you and your student to schedule make-up work as necessary and provide support if your child is able to continue their schoolwork from home.

We appreciate your support in our effort to maintain a safe and healthy learning environment for your child, and we are looking forward to a great year!

Linda Botnick

Park Hill School Nurse