

HEALTHY ATTENDANCE

When students miss too many days of school, they fall behind and struggle to keep up with their classmates. Whether their absences are due to illness or another 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 on minimizing the number of days your student misses school.

Missed Days Add Up Quickly!

- Both excused and unexcused absences will 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 the third grade.

Work with Your Child and Your School:

- If your child has a chronic disease/illness, make sure that the school staff is aware of your child's medical condition so that the staff can assist him/her when sick. The chronic disease/illness information should be noted on the school emergency/healthcare plan.
- **Keep an open line of communication with school staff, teachers and school nurse. The more the school knows about your child's health, the better prepared everyone will be to work together for your child.**
- Ask for a note from your child's healthcare provider to present to the school staff when he/she is seen for an illness.

Helpful Suggestions:

- Make appointments with the doctor or dentist in the late afternoon so that your child misses as little school as possible.
- If your child must miss school, make sure you get his or her homework assignments and follow up to see if the work is completed and turned in to the teachers.
- Call the school as soon as you know your child will be absent and tell the school staff why your child will be out and for how long.
- Please inform teachers of any changes in home or work telephone numbers. If you are not able to pick your child up, list another adult as an emergency contact if your child is sick or injured at school.

Your cooperation with these guidelines will help us to keep a healthier school environment for all children.

For more information contact the Guilford County Department of Public Health School Nurse at 336-641-3896.



When Should I Send My Child To School?

Please telephone your child's doctor or clinic for advice about treatment. Some conditions will require a doctor's visit and prescribed medication. Your child's school may ask you to provide proof of treatment. Follow the doctor's or nurse's advice about when to return to school.

Symptoms and Illness	Should My Child Go To School?
Parent is sick, stressed, hospitalized	Yes – If you are sick, your child still needs to attend school. Your illness does not excuse your child from attending. Excused and unexcused absences represent lost time in the classroom and lost opportunities to learn.
Child doesn't want to go to school Frequent crying, fear, anger, not wanting to attend school	Yes – These concerns should be addressed with the school staff.
Cold symptoms/seasonal allergies Stuffy nose/runny nose, sneezing, mild cough	Yes – If your child is able to participate in school activities send him or her to school.
Conjunctivitis (Pink Eye) The white of the eye is pink and there is often a thick yellow/green discharge	Yes – Drainage and itching could be related to seasonal allergies. If there is significant drainage from the eye or if it is matted, the child should see their healthcare provider.
Menstrual cycle issues	Yes – Most of the time menstrual cycle (period) issues should not be a problem. If they are severe and interfering with your daughter attending school, consult with a healthcare provider.
Fever Oral temperature 100 degrees or higher within the last 24 hours	No – If your child has a fever of 100 or higher, keep them home until the fever is below 100 for 24 hours (without fever reducing medication).
Diarrhea Frequent, loose, or watery stools	No – If your child has two or more loose stools during the night or in the early morning and he/she has a fever and/or vomiting.
Vomiting Vomited two or more times in a 24 hour period	No – Keep your child home until the vomiting has stopped for 24 hours.
Coughing Severe uncontrolled, rapid coughing, wheezing or difficulty breathing	No – Keep your child home and contact a healthcare provider. If symptoms are due to asthma , provide treatment according to your child's Asthma/Healthcare Plan and when symptoms are controlled, send your child to school.
Rash or skin sores	No – If a rash spreads quickly, is not healing or is oozing, you should keep your child home and have him/her seen by a healthcare provider.

Common Contagious Conditions:

Chickenpox – See healthcare provider and stay out of school for the first six days or until the last pox (blister) has dried.

Fifth Disease – May attend school with rash if child feels well. Please inform the teacher if your child's doctor has made this diagnosis. Pregnant women exposed to fifth disease should alert their doctors.

Head Lice – May return to school after treatment with special shampoo or crème rinse and removal of a significant amount (75%) of nits (lice eggs attached to hairs).

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Ringworm – Ringworm located on the skin and treated by over-the-counter ointment, student can return to school 24 hours after treatment begins. Ringworm on the scalp must be treated by a healthcare provider.