



CUSHING COMMUNITY SCHOOL NOTES

January 29, 2018

Keeping our school healthy!

Deciding when to keep a child home due to sickness is not always easy. The following are some guidelines from the Center of Disease Control and the National Association of School Nurses:

- A child with productive, deep or uncontrollable coughing, sneezing even without a fever needs to stay home. A child with cough and fever must stay home from school for at least 24 hours after they no longer have a fever or signs of fever without the use of fever reducing medicine.
- A minor sore throat is usually not a problem but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache and stomach upset. Contact your doctor as your child needs a throat culture to determine if it is strep throat.
- Children who have vomited or had diarrhea should be kept at home and not return to school until symptom free for 24 hours.
- Any child with a fever of 100.4F or higher should not be in school and not return until they have been fever free for 24 hours. Fevers are a common symptom of viral and bacterial infection. Children are likely to be contagious to others when they have a fever. Please do not give your child fever reducing medicine and then send them to school. The medication will wear off and the fever will most likely return.
- A child with flu-like illness (fever, cough, body aches) must stay home from school for at least 24 hours after they no longer have a fever or signs of fever without the use of fever reducing medicines.
- Returning to school too soon may slow the recovery process and expose others to illness.

We remind our students that frequent and thorough hand washing is still the best way to stay well and prevent the spread of germs. Also, extra effort has been made to sanitize surfaces throughout the school to help keep our students healthy.

February 7: Early Dismissal, 12:00 p.m.

February 9: Family Movie Night

February 12: School presentations about the art of Bernard Langlais

February 19-23: School vacation



School Attendance

As described elsewhere in this update, when illness strikes it may necessary for students to miss school. Thanks for your help in making sure students who should stay at home do so. However, when children are frequently absent or late it is difficult for them to keep up with learning activities. Being in school every day is critical to school success, and it is important for school and home to work together on this.



To help make sure parents are aware of numbers of absences, it is school policy to contact parents by letter when a student has accumulated at least 10 absences or tardies (excused or unexcused), and after each additional 10 absences or tardies. This letter will inform you of the number of absences and make sure you are aware that the school guidance counselor, social worker and nurse are available to talk with you and discuss ways to improve school attendance. In the case of unexcused absences we follow district truancy policies. If you have questions about the policy or about attendance, please don't hesitate to contact Dawn Jones, Teaching Principal, at 354-2312 or djones@rsu13.org.



  TAKE THE #ReadtoME
  **CHALLENGE**

*The Read to ME Challenge
is a Maine Department
of Education public awareness
campaign to promote
childhood literacy.*



HOW DO I PARTICIPATE?

- 1.** Read with a child or children for at least 15 min.
- 2.** Take a photo or short video of you reading to/with a child.
- 3.** Post it on Facebook, Twitter, Instagram or other social network with #ReadtoME and #ReadaloudME.
- 4.** Tag your friends in your post to take the challenge!

Visit www.maine.gov/doe/readtome to learn more.