

# KENAI PENINSULA BOROUGH SCHOOL DISTRICT

## HEALTH SERVICES

### Keeping Children in at Recess When to Keep Your Child Home

Dear Parents/Guardians,

Every day a variety of coughs, runny noses and flu are in our school. Each day some students are just beginning to be ill while others are recovering. In this letter I would like to clarify:

- our general procedure for keeping students in at recess
- general criteria for keeping your child home

#### **General Procedure for Keeping Students In at Recess**

Every day our classrooms are filled with a variety of people in various stages of wellness and illness. Indoor air can be very dry, especially in the winter, and also irritating to the nose and throat. These situations help transmit illness and discourage healing. A child who spends all day in the classroom tends to become drowsy and sluggish and has difficulty finishing his/her work.

Fresh moist air and mild outdoor exercise are better than remaining indoors, even for a mildly ill child, as long as they are dressed appropriately. Our school carefully checks for inclement weather such as strong winds, rain or extremely cold temperatures, including the wind chill factor, right before recess. In these cases all the children are kept indoors or the recess time is shortened as needed.

If your child is recovering from an illness, a note from you is appreciated. We then evaluate your child before each recess. If your child has been acting normally during class time and doesn't appear ill, your child will be instructed to dress warmly and walk around in the fresh air. They may also be instructed to only participate in half of the recess time. If there are other issues that complicate your child's illness, please be sure to discuss these with the teacher and nurse. Our goal is always to help your child be as successful as possible in the classroom.

#### **When to Keep Your Child Home**

Children should not be sent to school if they have vomited during the night, have diarrhea, have had a fever of 100° or greater during the past 24 hours, or have a frequent, persistent cough. These conditions do not allow your child to participate in the educational environment of the classroom and are usually contagious to the other children and the staff. In addition, if you feel your child needs an over-the-counter cold, flu or pain reliever in the morning due to illness, please don't send him/her to school. In most cases students who have received such medication are not able to remain in the classroom once the medication has worn off.

Thank you for partnering with us to help provide the most healthful environment possible for your child and for all of us in our school.