



# ISLAND TREES PUBLIC SCHOOLS

Penny E. Fisher, Ed.D.  
Principal

J. FRED SPARKE ELEMENTARY SCHOOL, 100 Robin Place, Levittown, NY 11756-5202

516.520.2126 Phone  
516.520.0987 Fax

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Dear Parents/Guardians,

As the weather turns colder, please keep in mind the following guidelines to help all of our students and staff stay healthy throughout the upcoming winter season.

**Fever:** Keep your child home if his/her temperature is 100 degrees or higher. He or she should be fever free for at least 24 hours without fever-reducing medications such as Tylenol or Advil, Motrin, etc.

**Strep Throat:** Please keep your child home until you receive the results of the 24-hour culture. DO NOT rely on the rapid strep results unless your physician provides you a note stating that your child is NOT contagious. Your child may return after taking the prescribed antibiotic for 24 hours and is fever free. Please notify me if your child has a positive throat culture.

**Vomiting/Diarrhea:** Keep your child home if your child vomited the day before or that morning. Your child should be without vomit or diarrhea for a full 24 hours and able to tolerate regular food before returning to school.

**Cough/Cold:** Please keep your child home if he/she has a persistent and productive cough, especially if accompanied by a thick or constant nasal drainage.

**Pink Eye (Conjunctivitis):** Keep your child home if the eye is pink or reddened with any oozing or crusting coming from the eye. Please see your doctor for a diagnosis and prescribed antibiotics. Your child may return to school after being on antibiotics for a full 24 hours and NO drainage or discharge is coming from the eye. If results are positive, please provide a doctor's note upon return.

**Help Us by Being Proactive.** Please reinforce appropriate hand-washing at home. The children should be encouraged to thoroughly wash all sides of their hands for 30 seconds (the time it takes to sing *Happy Birthday* or the alphabet song). Please also encourage children to cover their cough or sneeze, and to cough or sneeze into the bend in their elbows, rather than their hands.

As always, it is essential that you notify me at the health office at **520-2129**, if your child is going to be absent. Any absences must be followed up with an absence note to the classroom teacher confirming the reason for the absence.

Thank you for your cooperation. As always, if you have any questions, please do not hesitate to contact me.

Sincerely,

  
Christine Zabrowski, R.N.  
School Nurse