



H.E.A.L. HEALTH, EDUCATION & ATTENDANCE FOR LIFE A HEALTH FLYER FOR PARENTS

When students miss too many days of school, they fall behind and struggle to keep up with their classmates. Whether the days missed are due to illness, truancy, or for any other reason, the 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 to help minimize the number of days your student misses school.

MISSED DAYS ADD UP QUICKLY!

- Just a few missed days a month adds up to several school weeks missed in a year.
- Both excused and unexcused absences can 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 third grade.

WORK WITH YOUR CHILD AND YOUR SCHOOL

As the parent, be strong with your child and don't let your child stay home when it is not necessary. This will help your child succeed.

If your child has a chronic disease, make sure that the school staff is aware of the disease so the staff can assist your child if he or she becomes ill. Information about your child's chronic disease should be noted on the school emergency or health information card.

For students with asthma: if your child has asthma, the school needs an Asthma Action Plan completed by his or her doctor. Make sure that all supplies (inhaler, spacer, etc.) needed to manage your child's asthma are at the school.

For students with diabetes: if your child has diabetes, the school needs a Diabetes Management Plan completed by his or her doctor. Make sure that all supplies (insulin, blood sugar meter, test strips) needed to manage your child's diabetes are at the school.

Keep an open line of communication with school staff and teachers. The more the school knows about your child's health, the better prepared everyone will be to work together for your child.

HELPFUL IDEAS:

Make appointments with the doctor or dentist in the late afternoon so 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.

Call the school as soon as you know your child will be absent and tell school staff why your child will be out and for how long.

Obtain a doctor's note any time the student is absent for at least three consecutive school days.

If you need medical advice after business hours, most doctors' offices have answering services 24 hours a day to assist you.

If your child has an emergency, call 911.

For additional information, contact

LPA Central Health Services Coordinator
Brenda Guendelsberger at (520) 721-4205
or Jackie Trujillo at (520) 545-0575.

LPA Lakeside Health Clerk
Kimberly Johnson at (520) 733-7373
or Jackie Trujillo at (520) 545-0575.

LPA South Health Tech
Frances Gonzales at (520) 807-9668
or Jackie Trujillo at (520) 545-0575.

WHEN SHOULD I SEND MY CHILD TO SCHOOL?

The suggestions below are for children 5 to 18 years of age. Recommendations may be different for infants and younger children.

SYMPTOMS AND ILLNESSES

PARENT IS SICK, STRESSED, HOSPITALIZED

CHRONIC DISEASES (ASTHMA, DIABETES, SICKLE CELL, EPILEPSY, ETC.) Chronic disease is a long-lasting condition that can be controlled, but not cured.

CHILD DOESN'T WANT TO GO TO SCHOOL

Frequent crying, fear, anger, not wanting to socialize, behavior change, stomach ache, nausea. These can be signs of depression, anxiety, post-traumatic stress, or fear.

COLD SYMPTOMS

Stuffy nose/runny nose, sneezing, mild cough.

CONJUNCTIVITIS (PINK EYE)

The white of the eye is pink and there is a thick yellow/green discharge.

HEAD LICE

Intense itching of the head; may feel like something is moving.

STRAINS, SPRAINS, AND PAINS

MENSTRUAL ISSUES

FEVER

Fever usually means illness, especially if your child has a fever of 100 or higher as well as other symptoms such as behavior change, rash, sore throat, vomiting, etc.

DIARRHEA

Frequent, loose or watery stool may mean illness, but can also be caused by food and medication.

SHOULD MY CHILD GO TO SCHOOL?

YES – If you are sick, your child still needs to attend school. Your illness does not excuse your child from attending. We all are sick at times, so plan for these days. Get a neighbor, relative or spouse to take your child to school and pick him or her up.

YES – Your child should attend school. School personnel are trained to assist your child with his or her chronic disease and associated needs. Immediately notify the school if the student's symptoms prevent attendance and/or they are hospitalized.

YES – You should keep your child in school, but try to determine what is causing the changes. Talk to school personnel and consult a health care provider. Your child may be experiencing bullying or trauma, may be behind in his or her schoolwork or not getting along with others. These and other issues may require your or school personnel's attention.

YES – If your child is able to participate in school activities, send him or her to school.

NO – Call a healthcare provider to prescribe medication/treatment.

YES – Your child can be in school if he or she has had an initial treatment of shampooing of hair with a product for lice.

YES – If there is no known injury and your child is able to function (walk, talk, eat) he or she should be in school. If pain is severe or doesn't stop, consult a healthcare provider.

YES – Most of the time menstrual issues (periods) should not be a problem. If they are severe and interfering with your daughter attending school, consult with a healthcare provider.

NO – If your child has a fever of 100 or higher, keep him or her at home until the fever is below 100 for 24 hours without the use of fever-reducing medication. If the fever does not go away after two to three days or is 102 or higher, you should consult a healthcare provider.

NO – If, in addition to diarrhea, your child acts ill, has a fever or is vomiting, keep him or her at home. If stool is bloody or if the child has abdominal pain, fever or vomiting, you should consult a healthcare provider.

SYMPTOMS AND ILLNESSES

VOMITING

Child has vomited two or more times in a 24-hour period.

COUGHING

Severe, uncontrolled, rapid coughing, wheezing, or difficulty breathing.

RASH WITH FEVER

STREP THROAT

Sore throat; fever; stomachache; and red, swollen tonsils.

RASH WITH FEVER

VACCINE PREVENTABLE DISEASES

CHICKEN POX – fever; headache; stomachache; or sore throat, then a red itchy skin rash develops on the stomach first and then limbs and face.

MEASLES & RUBELLA (GERMAN MEASLES) – swollen glands, rash that starts behind ears, then the face and the rest of the body, sore joints, mild fever and cough, red eyes.

MUMPS – fever; headache; muscle aches; loss of appetite; swollen, tender salivary glands.

PERTUSSIS (Whooping Cough) – many rapid coughs followed by a high-pitched “whoop,” vomiting, very tired.

SHOULD MY CHILD GO TO SCHOOL?

NO – Keep your child at home until the vomiting has stopped for 24 hours. If vomiting continues, contact a healthcare provider.

NO – Keep your child home and contact a healthcare provider. Asthma – if symptoms are due to asthma, provide treatment according to your child’s Asthma Action Plan and when symptoms are controlled, send your child to school.

NO – If a rash spreads quickly; is not healing; or has open, weeping wounds, you should keep your child at home and have him or her seen by a healthcare provider.

NO – Keep your child at home for the first 24 hours after an antibiotic is begun.

NO – If a rash spreads quickly; is not healing; or has open, weeping wounds, you should keep your child at home and have him or her seen by a healthcare provider.

NO – Keep your child at home until a healthcare provider has determined that your child is not contagious.

This information is based upon recommended guidelines from reliable sources to include the Centers for Disease Control (CDC), American Academy of Pediatrics, Public Health Association and has been reviewed by La Paloma Academy's Health Office.



WHEN IS SICK, TOO SICK FOR SCHOOL?

Send me to school if

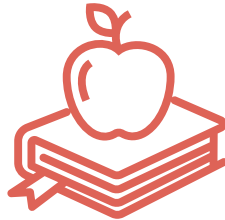


I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever-reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.

Keep me at home if



I have a temperature higher than 100 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.

I have been diagnosed with strep throat. (I can return once I have been on antibiotics for at least 24 hours.)

I have an unexplained rash.

I have chest congestion, deep cough, or discolored nasal discharge.

I have a communicable illness.

Call the doctor if



I have a temperature higher than 100 degrees for more than two days.

I've been throwing up or have diarrhea for more than two days.

I've had the sniffles for more than a week, and they aren't getting better.

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).