

Dear Allen Bowden Families,

We have had many students come to school this week already sick. They reported vomiting at home either the night before or that morning or both. Some have come in with horrible congested coughs, fevers, severe headaches with fever, and other symptoms. This puts other students and staff in danger of becoming sick as well, and it keeps spreading. In addition, if your child comes to school sick, he/she does not have the opportunity to rest and heal. For the health and safety of all, please follow these guidelines:

**Symptom**

**Return**

Temperature of 100 or higher

Fever free for 24 hours without the use of fever reducing medication (Tylenol, Motrin, etc.)

Vomiting

Free from vomiting for at least 2 solid meals

Diarrhea

Free from diarrhea for at least 24 hours

Body rash with itching or fever

Free from rash itching or fever, evaluated by doctor if unsure

Itchy head, active head lice

Treated with appropriate lice treatment and proof is provided to office

Redness, itching, and/or crusty eyes

Evaluated by doctor with note to return

Hospital stay and/or ER visit

Released by medical provider to come to school with note from provider given to school

Remind your students to wash hands often, especially after using the restroom, before eating, and after coughing/sneezing/blowing nose. Thank you for helping us keep everyone as healthy as possible! Remember, we do not stock over-the-counter medications for all students. If your student needs any over the counter treatment during the day, please provide it with a note of instruction and signature. Students are not allowed to carry medication with them to class, including cough drops. If they need to bring some, they should be kept in the office. Sometimes they like to share, and that could put others at risk.

**Inclement weather and other school closing notification**

We now use One Call to send mass messages. We send a report with your phone numbers straight from Teacherease, our online student information system. Please contact us ASAP if you have changed phone numbers. It sends to mom, dad, and/or whoever is the legal guardian. It does not send to other contacts. If we have a school closure, we will send a message as soon as possible. We will also notify the major local news stations, so check their lists. We will also post on the official Allen Bowden Public Schools Facebook page, as well as the Bowden Community page. Please be patient during winter weather. Nobody besides school officials is authorized to announce school cancellations, so be careful where you get the information. Our administration and transportation staff make the best decision they can when considering the weather and the safety of students and staff. If we ever have to close early due to weather, please be available to pick up from school or bus stop ASAP. We want our staff to get home safely also. We will not leave kids alone, and waiting a long time could put staff in danger during bad driving weather.

**LICE**

This is also the time of year when we see an increase of head lice. Please remind your students not to share clothes, hats, blankets, or other items where lice can live. Also remind your students not to hug or hang on other students, as this is another easy way to transfer lice and nits. If your child has lice or nits, **DO NOT SEND THE STUDENT TO SCHOOL.** Please treat the lice according to proper instructions on a lice treatment product. If your child is treated for lice, they must be checked before returning to class.

Thank you!