

Flu Season Reminders:

This time of year is flu season. Frequent handwashing is vital to keeping this illness at bay. It is a good time to review proper handwashing practices with young children. Using soap and rubbing vigorously under running water for about 30 seconds to one minute is important to get rid of the germs that cause the flu. Asking young children to "sing the ABCs" at a steady rate while washing will help them reach the 30 second mark.

As always please keep children at home if they have flu-like symptoms or are running a fever. We ask that children be free from fever for 24 hours before returning to school to prevent illnesses from spreading. If you keep your child at home we appreciate a phone call letting us know of the absence. Our Child Safe program necessitates that we know when children are out of school. Thanks for all you do at home to keep your children healthy and in school.