

WEST ORANGE PUBLIC SCHOOLS LIBERTY MIDDLE SCHOOL



IMPORTANT REMINDER FROM SCHOOL'S HEALTH OFFICE

- If vision, hearing or scoliosis referral is sent home with your child, please have him/ her evaluated as soon as possible. Your child's academic success in school depends on having the tools to make this happen.
- Make sure your child had a good healthy breakfast.
According to the American Dietetic Association, "*children who eat breakfast perform better in the classroom; have more strength and endurance to engage in physical activity, with better concentration, problem solving skills, and eye-hand coordination.*"
- Encourage your child to wash his/ her hands frequently, scrubbing for 20 seconds before rinsing. This should be practiced often and encouraged especially before meals, after toileting, playing outside or athletic activity.
- Teach your child to avoid touching their face and rubbing their eyes or nose.
- Drink plenty of fluids. Get plenty of sleep.
- Have your child cover coughs and sneezes with tissue or use the crook of their arm. Wash their hands immediately afterwards.
- If your child reports that they are not feeling well, please investigate their complaints before sending them to school, as this could be an indication of the beginning of an illness.
- If your child has become ill please keep him or her home. Avoid close contact with those who are already sick.
- We ask that students be free from fever, vomiting and / or diarrhea **for 24 hours, without taking medication for relief, before returning to school.** Please keep your child home for fever of over 100.0 F.

If we all work together, we can avoid spreading illness throughout school and home. Your cooperation is needed and vital to keep our school community healthy.