

## Helpful Kindergarten Tips:



- Children should be able to use the bathroom independently, but accidents will happen. Students also often get wet or dirty at recess and it is nice to have extra clothes available. Clothes can be kept in backpacks all year.



- Help develop healthy habits: wash hands, brush teeth, keep body, hair and clothes clean. Encourage a regular bedtime with 10-12 hours of sleep, and provide healthy meals. Encourage regular exercise and movement through playtime.



- All medications sent to school (including cough drops) will need a doctor order and parent consent in order to be given at school. Please feel free to discuss any special needs, medical problems, or illnesses with the nurse.



- In the event that your child must go home from school please have a plan for pick up and keep phone numbers current.

Please help us limit the spread of germs and illness between all our new friends with these tools:

### I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
temperature of 100 or higher	within the last 24 hours	within the last 24 hours	body rash with itching or fever	Live lice	red/itchy eye with drainage	Hospital stay and/or ER visit

### I AM READY TO GO BACK TO SCHOOL WHEN I AM ...

Fever free for 24 hours without the use of fever reducing medications. (Tylenol/Motrin)	Free from vomiting for 24 hours	Free from diarrhea for at least 24 hours	Free from rash OR evaluated by a physician if needed	Treatment done and checked by nurse prior to return to school	Eye is no longer red and drainage free OR evaluated by a doctor with a note to return to school	Released by a medical provider to return to school
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