

KEEPING A HEALTHY CENTER!!!

The Pre-school teachers and board members have had discussions on how we can continue to keep a healthy center and still meet the needs of parents who need to have care for their pre-schoolers. We have asked for input from three local pediatricians.

We have found that there are certain criteria that we can use to determine if a child is highly contagious but there are varying ideas on how contagious a child is when they have a cold, sinus infection or allergies. We have made the decision to set our guidelines so children can attend school only when they are well enough to have a full, active day at pre-school without spreading their germs to others from coughing, sneezing or drainage from the nose or eyes. Our concern is not only for the children who will contract an illness from another child, but also is for the child who is ill. We have had experience with children whose medication causes them to exhibit negative behavior, children who are so tired they are falling asleep in class and others who will not eat or drink during the full day of school. We know that when we do not feel 100%, we would prefer to be at home lounging around and relaxing in your own surroundings. The children feel the same way. They do not always know how to communicate how they are feeling but we, most often, can see the changes in their behavior that give us a good indication.

Many young children cannot care for a common cold or allergies by themselves. It is difficult for them to wipe their nose with a tissue constantly while playing, therefore, they usually use their sleeve or hand to wipe the mucus and then continue playing. This is a sure way to spread germs. A cough or sneeze is difficult to always cover when playing, and when germs are airborne after a cough or sneeze, other healthy children are bound to come in contact with the germs.

We have a 24 hour rule for all symptoms. Your child must remain away from preschool for 24 hours after having any symptoms of an illness that could possibly be contagious to others. CHILD SHOULD BE SYMPTOM FREE WITHOUT MEDICATION!

The following guidelines are for the health of all teachers and children and we will enforce them in order to keep the healthiest center possible.

1. If a teacher has to wipe a child's nose 5 times in a 30-minute period – it is too excessive and the child will be sent home.
2. If a child coughs or sneezes 5 times in a 30-minute period – it is too excessive and the child will be sent home.
3. Any mucus or redness in the eyes must be treated and have a doctor's note to return to school.
4. Allergies and sinus infections are not necessarily contagious, but a child who cannot control the mucus from the nose is spreading germs and should not be at school. Sinus infections need to be discussed with a doctor.
5. A child with a rash of any kind must be removed from school until the cause is determined.
6. Diarrhea or an abnormally loose stool can be a sign of illness – children should remain out of school for at least a 24 hour period after these symptoms.
7. Asthma affects many of our students. We often have to assist with breathing treatments for students who are chronic, but if your child is not acting well enough to have a semi-active day at school, we will send them home.

WE CARE ABOUT EACH AND EVERY CHILD AND WE KNOW PARENTS WANT WHAT IS BEST FOR THEIR CHILD, AND SOMETIMES, WHAT IS BEST FOR THE CHILD IS TO BE HOME WITH A FAMILY MEMBER WHEN THEY ARE NOT FEELING WELL.