

## Office of Curriculum, Instruction, and Assessment

**Julie Colello Nichols, Director**

**Lisbon School Department**

December 11, 2022

Dear Lisbon School Department staff and families,

I am writing today to share information related to health and safety protocols that the Lisbon School Department will be utilizing, reviewing and updating on a regular basis as we move through the current influx of illnesses and into the winter months. I am also sharing reminders of illness and school attendance expectations as well as keeping you informed of any requirements placed on us by DHHS or the Maine DOE. All of this is in an effort to collaborate as a school community in the best interest of our students' and staff well-being.

### **What we need your help with:**

- Please do not mask fevers in children. When a child has a fever, it is an indication that their body is fighting something that can possibly be transferred to others. Children should not come to school within 24 hours of a fever 100.4 or higher without fever reducing medication.
- Children that have any uncontrolled or consistent cough, diarrhea, vomiting, runny nose, or sore throat should not be in school.
- Please do not give your child medication to curb the symptoms listed above and send them to school. While this makes them feel somewhat better temporarily, they are still spreading illness to others. As you know, when medication wears off they no longer feel able to be in school and this creates an overwhelming effect on the nursing offices.
- Children who are not feeling well enough to make it through an instructional day should stay home to rest.
- Please ensure that your child maintains a good sleep and healthy eating pattern to support their immune system as well as wear appropriate clothing for the weather and to receive fresh air time during the day.

### **What you can expect from us:**

- The school nurses will communicate daily with the Central Office concerning the number of students and staff absent and for what reasons. **Why?** *The state requires that when 15% of a school population is out for illness reasons that a report be made to the DOE Health Department.*

- The Director of Curriculum will send a communication home when any school in the district reaches this threshold. **Why?** *Informing you of this level of illness allows you to be informed of our status and the measures that we are taking to help reduce the transmission of communicable illnesses.*
- The district nurses will send health related reminders as needed, such as this one, containing helpful strategies you can use at home to keep your family well. **Why?** *When schools and homes are following similar routines, it helps to provide consistent preventative measures and shows students that we are all on the same page working to keep everyone healthy.*
- When you call your student out for the day, we must ask if it is for physical illness or another reason. **Why?** *If it is for physical illness, the secretaries have been required to ask if there are symptoms or a diagnosis you are able to share. This is not to pry into your privacy, but to best inform our nurses of how they may help and to help us determine the percentage of students out for illness. If you wish to speak directly with the nurse, you can always ask.*
- We will continue to find support that your family may need in your time of struggles. If you are experiencing illnesses in your home and you need community help, please let us know and we can connect you with support. **Why?** *You are the reason we are here- to educate your child(ren) and support you as a district community member! We have contacts to reach out to within many realms of the community, county and region.*

We hope that you find this information helpful and understand that if we are all doing what we can to keep illness from school, there will be less disruption to your child(ren)s' education. Working together in keeping wellness at the top of our priorities needs to be a community effort. We thank you in advance for understanding that this year will still require everyone to be flexible and patient. If you have any questions, please feel free to reach out.

Sincerely,

*Julie Nichols*