

July 24, 2009

Dear Parents/Guardians:

Our students and employees and their welfare and safety are our number one priorities. The concern over H1N1 (swine flu) can make children and parents anxious. Children look to adults for guidance on how to react to stressful events. The best recommendation is to remain informed, calm and reassuring.

Everyone should know the symptoms of swine flu and how it spreads. Symptoms of swine flu include:

- Fever
- Headache
- Sore throat and cough
- Runny nose
- Fatigue
- Body aches
- Nausea, vomiting and diarrhea

The virus is transmitted through the coughing or sneezing of people infected with the virus. People may also become infected by touching something with the flu virus on it and then touching their mouths, eyes or noses.

Here are some ways to protect your family:

- If your child is sick, keep them home. Do not send them to school.
- Teach your children to wash their hands frequently with soap and water for 20 seconds.
- Teach your child to cover coughs and sneezes with tissue or by coughing into the inside of their elbow.
- Teach your children to stay away from people who are sick.
- People who are sick should stay home from work or school.

We have taken measures to enforce prevention habits. This includes placing hand sanitizers in every classroom and in other strategic locations (cafeteria, basketball court, libraries and offices); more frequent hand washing; providing students with informative orientation; sending home students and employees who do not feel well or are sick; and asking parents to keep home any child who is sick, has a fever, or with any other symptoms of illness such as diarrhea, vomiting, sneezing or cough. A child should be free of fever or contagious disease for 24 hours before returning to school.

We will monitor the Swine Flu situation on a case by case basis, the number and the severity of sick children. If we have a “cluster” of flu-like symptoms, we will contact the Department of Health and they will advise us.

We ask that you communicate with the school. Please let us know if your children are sick and keep them home. Talk to your child’s teacher, the school principal, or counselor if your child is having difficulties as a result of anxiety or stress related to the flu. We can give guidance and support to your child at school.

If you have any questions please call us or your health provider.

Cordially;

Nancy Escabi  
Headmaster