



October 14, 2016

Parents and Guardians:

As we approach the end of the first nine weeks of school and move into what is typically the time of the year where we see an increase of Colds, Strep Throat and the Flu, I want to remind you how important it is that you reinforce healthy habits with your children.

Colds, Strep Throat, Flu and even Mumps are viral infections which mean they are passed to others by sneezing, coughing, contact with saliva and sharing of food and drink. The best way we can stop these illnesses from spreading throughout our student body is for the home and the school to reinforce healthy habits. I hope you will join with your school in reinforcing the practice of good hand washing with soap and water to prevent the spread of illness, by covering your mouth and nose when you cough or sneeze, preferably with a tissue, and then disposing the tissue in a trash can, and reinforce to your child to avoid sharing food and drink with others.

It is also very important that you do not send your child to school when they are sick, especially if they are running a fever. Fact sheets included with this letter will help you identify the common illnesses that affect students in school. If you have any health questions, please contact your health care provider or the Kay County Health Department at 580.762.1641.

Sincerely,

David Pennington, Ed.D.
Superintendent of Schools

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