

Is Your Child Avoiding School?

If you notice an increase of health complaints from your child, please first contact your child's health provider to discuss causes. If there is no known medical cause found, consider that your child may be avoiding school

Common Avoidance Behaviors

- sudden disinterest in school;
- frequent physical complaints on school days:
 - headaches,*
 - stomach aches,*
 - feeling tired,*
 - nausea or stomach pain;*
- less complaints on weekends/non-school days;
- increase in tardiness or absence from school;
- increase in temper tantrums or crying before school;
- frequent requests to go to the nurse's office or home with no known illness;
- difficulty getting out of bed in the morning.

Common Reasons for Avoiding School

ANXIETY ABOUT:

- school failure (testing, homework);
- being teased or not accepted by others;
- social situations: on the bus, in cafeteria, classroom, and transitions between classes;
- stressful events: performing before others in class or gym.

TO GET:

- attention from parents like wanting to stay home or go to work with them.

TO DO:

- preferred activities like sleeping late, watching TV, playing with friends or siblings.

What Parents Can Do

FAMILY

- contact your child's health provider to see if health complaints have a medical cause;
- talk with your child about their feelings about school (anxieties, fears) and home.

SCHOOL

- discuss concerns with your child's teacher, principal, school nurse, social worker or guidance counselor;
- contact family resource center;
- if there is a school health center, the nurse practitioner or social worker can provide individual, group and family support.

COMMUNITY RESOURCES

- Clifford W. Beers Clinic:
 - ⇒ family counseling services;
- City of New Haven Department of Parks and Recreation;
- New Haven Boys and Girls Club;
- community health centers have medical, behavioral, and social supports:
 - ⇒ Fair Haven Community Health Center,
 - ⇒ Cornell Scott Hill Health Center.

A collaboration between NHPS School Health Centers and New Haven Health Department



New Haven School Change
NEW HAVEN PUBLIC SCHOOLS

Healthy Attendance Matters!

HEALTH GUIDELINES *for parents*

- *When to keep your child home*
- *When to return to school after illness*
- *When to send your child to school*
- *Is your child avoiding school?*





If you are not sure your child is well enough to attend school, contact your health provider, school health center nurse practitioner, or school nurse and follow the guidelines below. Our SHCs now offer a walk-in health check or parents can CALL the NP to discuss symptoms before school. See SHC numbers below.



While monitoring your child at home, contact your health provider immediately if symptoms continue or worsen after 24 hours.

When to KEEP Your Child Home & Monitor



When Your Child Can RETURN to School



When Your Child Can ATTEND School



Your child should **NEVER** go to school with a fever. **Fever = temp of 100 degrees or more.**

Flu-like Symptoms:

Body aches, headache, coughing, sneezing, and fever.

Vomiting / Diarrhea:

Your child has vomited or had diarrhea more than once and a **fever** in the past 24 hours.

Severe Asthmatic Episode:

Persistent coughing, difficulty breathing, not improving with treatment.

**see health provider if no improvement*

Contagious (Spreadable) Illness:

Examples: strep throat, scabies, flu, and stomach flu.

Rashes:

A new or sudden rash that is over any part of the body with a **fever** and/or other symptoms - contact health provider.

Pink Eye (Conjunctivitis):

One or both eyes are red with thick yellow/green discharge.

Pain With or Without Injury

- New or increasing complaints of pain within past 24 hours.

Examples: tooth, ear, muscle, joint.

- Wakes child up at night.
- Swelling at site of pain.
- Child is visibly uncomfortable.

Temperature below 100 degrees for at least 24 hours without medication like Tylenol or Motrin.

Once cleared by health provider with a note to return to school.

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- Once cleared by health provider with a note to return to school.
- Must contact school nurse before returning to school for follow up and medication plan.

After 24 hours of medication or once cleared by health provider with a note to return to school.

Cleared by health provider with a note to return to school.

24 hours of medication for eye infection and cleared by health provider with a note to return to school.

Cleared by health provider with a note to return to school.

Minor Cold

Clear runny nose, cough, sneezing, sore throat and **NO FEVER.**

Seasonal Allergy Symptoms

Itchy, watery eyes, sneezing, clear runny nose and **NO FEVER.**

Mild Stomach Ache

No vomiting, diarrhea or fever, OR if your child vomited or had diarrhea once in the past 24 hours and **NO FEVER.**

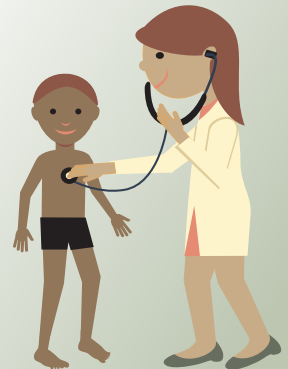
Head Lice

Suspected: If you think your child has lice, please contact your school nurse, SHC nurse practitioner or other health care provider before school.

Treated: If your child has received treatment for head lice, please contact your school nurse before sending your child back to school. School nurse will determine if child is excluded for head lice.

SHC Telephone Numbers

| | |
|------------------|----------------|
| Clinton Ave | (475) 220-3318 |
| Fair Haven | (475) 220-2643 |
| Hillhouse | (475) 220-7555 |
| Brennan-Rogers | (203) 946-2934 |
| King Robinson | (475) 220-2791 |
| Wilbur Cross | (475) 220-7444 |
| Lincoln-Bassett | (475) 220-8516 |
| Roberto Clemente | (475) 220-7617 |
| Career | (475) 220-5041 |
| Davis | (475) 220-7815 |
| Mauro Sheridan | (475) 220-2815 |
| Hill Central | (475) 220-6119 |
| Truman | (475) 220-2122 |
| Troup | (475) 220-3076 |
| Barnard | (475) 220-3584 |
| Riverside Acad. | (475) 220-6700 |
| Martinez | (475) 220-2017 |



HEALTHY kids make BETTER learners!