



South Amboy Elementary School

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Sean Dunphy
Principal

Dr. Martin Gurczeski
Vice Principal

February 7, 2020

Dear Parent/Guardian(s)

Cold and flu season is in full swing, please know that the members of the South Amboy Elementary School's facilities and maintenance department are working diligently to reduce the impact of these viruses on our building. We are heading into our long stretch of school days and want to make sure that all of our students are safe and healthy.

Here are some basic guidelines for helping prevent the spread of illness:

1. Wash hands often with soap and water for 20 seconds. Washing hands correctly is the most important thing you can do to stay healthy.
2. Avoid touching eyes, nose, and mouth with unwashed hands.
3. Avoid close contact, such as kissing, hugging, and sharing cups or utensils, with people who are sick.
4. Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
5. Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
6. The school nurse urges children who have severe colds, sore throats, and/or constant coughs be kept home. Children with temperatures of 100° orally should be excluded from school until they are fever free for 24 hours without fever reducing medication. Any child returning to school manifesting questionable symptoms will not be allowed in the classroom until checked by the school nurse. Ill students should be picked up in the nurse's office.
7. Please be sure to layer children's clothing as the temperature may vary in different areas of the building.
8. Send your child to school dressed for the weather conditions. Label hats, gloves, scarves, sweatshirts, boots, and jackets to ensure they remain with their rightful owners!
9. Watch the news for the most up to date weather forecast! We have experienced days where the temperature starts out warm and then drops by 20 degrees for dismissal.

As always if your child is going to be absent from school please notify the main office at 732-525-2118 ext 1. Also please be sure to send your child(ren) in with a doctor's note to add to their file. If there are any questions or concerns please feel free to reach out to us and we will be more than happy to assist.

Sincerely,

Sean Dunphy
Principal
South Amboy Elementary School

