

RIVERVIEW GARDENS

SCHOOL DISTRICT

Deirdre Liddell,
*Executive Director of
Student and Community
Support Services*

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1370 Northumberland Drive
St. Louis, MO 63137
Office 314.869.2505 x 20119
www.rgsd.k12.mo.us

Dear Parent or Guardian:

MISSION

*Collaboratively educate and
empower our scholars to
thrive in challenging
environments*

VISION

RGSD will be a district where:

- There are high expectations for all.
- There will be healthy, loving, empathetic and kind relationships.
- Students are at the center of our decisions.
- Supports are provided so students become grade-level ready.
- There is transparency, accountability, timely, clear communication, and high levels of customer service.
- All stakeholders have a voice
- There is a focus on college and career readiness.

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This letter is to provide you information about the flu outbreak many schools are experiencing around the world. To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. Contact your scholars school and inform them of the absence. To decide whether or not to send your child to school, please consider the following guidelines:

Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever-greater than 100°F and your child should stay home until at least 24 hours after they no longer have a fever. This should be determined without the use of fever-reducing medicines (any medicine that contains ibuprofen or acetaminophen).
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croup cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing.
- Using a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick

Colds and influenza are the most contagious during the first 48 hours. A child who has a fever should remain at home until they are "fever free" for a minimum of 24 hours. Often when a child awakens with vague complaints (the way colds and flu begin), it is wise to observe your child at home for an hour or two before deciding whether or not to bring them to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will help minimize the spread of infections and viruses in the classroom.

It is recommended everyone 6 months of age and older get a seasonal flu vaccine each year.

Thank you in advance for helping this school year be as healthy as possible.