

# Reiche School News

Volume 2, Issue 9, January 14, 2019

Reiche Community School | 166 Brackett Street, Portland, ME | 207.874.8175

## A Note From Nurse Tina

Our beautiful winter season also means the season of colds and flu. Sometimes it can be hard to know when to keep a child home from school. Good school attendance is very important. But keeping very sick children home helps to minimize the spread of illness. Here are a few guidelines to help you decide if your child is too sick for school:

1. *Fever.* Children should stay home with a fever greater than 100 degrees. The child can return to school after s/he has been fever free for 24 hours without fever-reducing medicine (such as Tylenol or ibuprofen).
2. *Diarrhea/vomiting.* A child with diarrhea or vomiting should stay home until they are symptom free for 24 hours.
3. *Strep or bacterial infections.* Following a diagnosis of strep throat or other bacterial infection, the child can return to school 24 hours after the first dose of prescribed medication. Please let the school nurse know if your child has this type of infection. We try to look for patterns.
4. *Coughs and colds.* A child with a constant cough should stay home. Anyone with a cough lasting more than two weeks should see their healthcare provider to be evaluated for pertussis or other illness. A child with constant thick nasal discharge should stay home, especially young children who cannot effectively blow or wipe their nose and wash hands afterwards. This can spread illness quickly.

Please feel free to contact Nurse Tina with any questions or concerns about your child. If your child will be absent due to illness, please call the front office before 9:00am that day, at 874-8175.

## Winter Fest 2019

The previous issue of Reiche School News stated that The Reiche Winter Festival will take place on a Sunday. This year's Winter Fest will take place on Saturday, February 9<sup>th</sup>, 2:00-5:00pm.

Reiche's Winter Fest is an annual school event that brings Reiche students, families, and staff together for an afternoon of fun. Bring the whole family! There will be swimming, gym activities, crafts, board games, face painting, a book table, and hot cocoa. Dinner will be served at 4:00pm.

## Free Things to Do

Here are some free (or almost free) things to do with your family when playing outside is just too cold:

**Portland Museum of Art** – Free to everyone on Fridays 4-8pm. Always free to children under 18.

**Reiche Community Pool** – Only \$1 for children under 12. Open swim on Saturdays, 12:30-1:30pm.

**Portland Public Library:**

- *Legos!* - Every Tuesday, 3:30-5pm. Legos allow children to collaborate, invent, and build!
- *Come, Sit, Read!* - Tuesday, Jan 15, 3:30-5pm. Emmie the golden retriever offers a furry, friendly ear to encourage reading. Make an appointment with Emmie at the library.
- *ARLGP Pets Program* - Wednesday, Jan 16, 3:30-4:30pm. Come meet and read to and animal from the Animal Rescue League of Greater Portland.
- *Creative Movement.* Saturday, Jan 19, 10:30-11am; for ages 4-7.

## Important Dates

Wednesday, Jan 16  
2:30 Dismissal

Thursday, Jan 17  
Math Night  
5:30-7pm

Monday, Jan 21  
No School  
MLK Jr. Day

Tue, Jan 22 –  
Fri, Jan 25  
National No Name-  
Calling Week

Tuesday, Jan 22  
Talent Show Info  
Meeting  
3:35-4pm

Wednesday, Jan 23  
2:30 Dismissal

Wednesday, Jan 30  
2:30 Dismissal

Wednesday, Jan 30  
PTO Meeting  
6-7:30pm

Wed, Feb 6 – Sat,  
Feb 9  
Annual Book Fair

*Thank you for reading our bi-weekly newsletter!*

*Please contact Anne Baltren with questions or suggestions (baltra@portlandschools.org).*

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