Message from the Principal...

Happy New Year and welcome back! The classrooms and halls are once more filled with the sounds of learning. Second semester is under way and your child is half-way to their next grade level! There is a lot more to be learned and accomplished though.

January is a great time to reflect and set goals for the new year. Reflection and goal setting are things that come naturally to most adults, especially at the end of the year. Children should also be encouraged to reflect on the things they have learned and have done well. After reflection, encouraging your child to think about areas they wish to improve, and then making a plan is a good next step. When students learn to develop goals, they start down a path of empowerment and improvement. Their journey towards their goal(s) helps them stay focused, prioritize, and persevere.

So take the opportunity that the new year affords to hit the “refresh” button. As your child works towards their goal(s), I hope you too identify your part in helping them. If their goal is completing and turning in homework each day, maybe your part is setting a schedule and creating a space where they can work on that goal. If
Message from the Principal, continued...

their goal is to improve their reading fluency or understanding, maybe your part is enforcing a “no technology” hour when everyone in the family reads (or is read to). If their goal is to become fluent in their math facts, maybe your part is quizzing them during drives in the car or during their bed time routine. No matter what their goal, your support will surely help them achieve it.

Please continue reading our January newsletter to see all of the events and activities planned for this month, as well as important information to keep you in the know. It’s going to be another busy but fun month filled with learning, community building, and engaging activities!

“Always bear in mind that your own resolution to succeed is more important than any one thing.” -- Abraham Lincoln

See you in the morning!

Sincerely,
Danielle Feeney
Principal, High Plains School
Parent-Student Handbook

Stay in the know! Please check out the HPS Parent/Student Handbook, especially pages 5-7 for reminders about home and school communications, as well as HPS’s PBIS and counseling services. There are a lot of field trips in second semester, so please check out page 9 for information on those fun, educational trips and how you can support and take part.

Interesting Parent Read

At your wits' end with a screen-obsessed kid? Read this article short from NPR on kids and screen time: NPR: Kids and screen time

Reminder for Late Start Wednesday

Thank you families for doing a wonderful job remembering each Wednesday is a late start for schools throughout TSD. This time allows educators to collaborate in their planning and professional growth opportunities to better support students. Students may be dropped off on campus beginning at 9am on Wednesdays.

Parents are encouraged to take advantage of Base Camp offerings, as well as Chess offerings on Late Start Wednesday mornings. Please read further for more details on those offerings and how to register.

School Accountability Advisory Committee

Our School Accountability Advisory Committee will be meeting again on Monday, February 3rd from 5:15-6:15pm. Agenda topics are being determined but possible topics for discussion are: safety and security, discipline referral process, preparing for student led conferences, and school budget. Childcare will be available.
Chessmates

Chessmates will be starting up again in late January. Please check the HPS website under activities for details.

Student Perception Survey

In the month of January students in grades 6th-8th will participate in a student perception survey (SPS). The questions in the survey will ask your child to give feedback about his or her teacher and learning experiences. The goal is for teachers to use student survey results to become even better teachers. *A permission slip is not needed; we simply want to keep you informed.*

What This Means for Your Child and Other Students

Your child should know that his or her voice and classroom experiences matter. The student survey is a way for students to communicate their thoughts to teachers without any negative consequences. The survey results will be confidential. Teachers will not receive student names with their survey results.

Every student in the district will most likely take the survey at least once, and some students will take it more than once (for different teachers). While we want all teachers to receive feedback from their students, we are also trying to make sure that students are not completing multiple surveys when it’s not necessary.

What This Means to You as a Parent

We know that having a great teacher is the most important school-based factor in your child’s success. The student survey is one of many tools our school district can use to provide teachers with feedback to help them improve. Schools will be stronger and your child’s teachers will be better. Ultimately, your child’s learning will improve, too.

What This Means for Teachers and Schools

The purpose of the SPS is to provide educators with more feedback about how they can improve to increase student learning. Common practice in teacher evaluations is for principals to observe a teacher instructing a lesson and to provide him or her with feedback on strengths and weaknesses. While the principal’s feedback helps teachers improve their instruction, teachers can improve even more when given information from students who are in their classrooms every day. The surveys are *not* designed to measure whether students like or dislike their teacher. Rather, the focus is on how teachers and the classroom environment help students learn.
Office news

Reminder for Late Start Wednesdays -

Thank you families for doing a wonderful job remembering each Wednesday is a late start for schools throughout TSD. This time allows educators to collaborate in their planning and professional growth opportunities to better support students. Students may be dropped off on campus beginning at 9:00am on Wednesdays.

Parents are encouraged to take advantage of Base Camp offerings if need be.

Mybasecampkids.org

Attendance Line:

970-679-9870

Please call the attendance line if you know your student will be absent from school or late to school. This number will connect you directly.

VITAL/Volunteering:

We are halfway done with the year and lots will be going on. You do not want to miss out on chaperoning a Field Trip or an opportunity to help out in your students class because you didn’t get cleared by VITAL. Anyone that wants to chaperon a field trip or work in a classroom MUST be cleared by VITAL first. VITAL does take a while and does close down towards the end of the school year so do not wait. Do it now to avoid any mishaps. Click here to register today.
Words from Wardlow

Here is the next edition of The ABC’s to Success at HPS L is for Listening, M is for Mediation, and N is for Nothing

L is for Listening. Why is listening such a vital skill? Listening is a part of communication. We often view communication as expressive. But in reality, effective communicators listen with purpose. Listening puts other’s thoughts, emotions, and experiences over your own. It allows you to engage in more productive conversations. This active listening can also help eliminate misunderstandings or confusion. Listening also gives us the opportunity to be patient, to slow time, and be more present to the things around us. I know I often feel in such a hurry. When we rush, time moves very quickly and it’s hard to stay in the moment. By slowing down, you not only listen to understand but you add worth to the words of the other person. Take the time to listen, value the words of those around you, learn as much as you can.

M is for Mediation. Conflict in school is unavoidable. When issues arise at HPS we work to use a restorative approach. Mediation is a form of conflict resolution that brings together peers or peer groups to address concern. The intended outcome is to teach students how to resolve conflict with respect. Meditation empowers everyone involved to resolve their differences without the need to fight it out. We have an adult facilitator who is a neutral party. Students are taught how to use an “I message” to share their perspective. There is no blame, it is about the harm and the feeling that goes along with it. We support our students with a script; _____ when you _____ I felt _______. I need you to _______/ Mrs. Wardlow, when you didn’t call me back I felt disrespected. I need you to return my call within 24 hours. The mediation opens up communication, supports the skill of listening, and gives those involved a chance to repair the friendship and/or make a plan to treat each other with kindness.

N is for Nothing. How many times have you heard “Nothing” when you ask your child(ren), “What did you do/learn in school today?” Probably too many to count. Here are some things to consider; avoid asking yes or no questions or questions that do not require a detailed answer. “Did you have a good day?” could be phrased, “What made you happy at school today?” “How was math today?” could be “What was the topic in math today?” Start your questions with “What did you think about...... or How did you decide......?” Share details from your day to model how you’d like the conversation to go. Nothing NEVER happens at school!
**Yearbook**

The yearbook staff is excited about the 2020 yearbook and has been working hard to include all of the great stories and students of *High Plains*. We will soon be finalizing the number of books that we will be ordering, but there is still time to order your yearbook if you have not done so already. From **January 20th – January 31st** the yearbook will be on sale for **$35**. You can place your order online at [jostensyearbooks.com](http://jostensyearbooks.com). Don’t miss out on your last chance to guarantee and personalize a 2020 yearbook for your child. If you have already purchased a book, thank you! This year’s book is one you won’t want to miss! Any questions, please email Mark.Kubichek@thompsonschools.org

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**Music**

Hello Bison Family,

Happy New Year!! Mrs. Lemons is back and ready to get to work. We have a LOT going on this semester, and we will need support, volunteers, and a bunch of eager musicians! Please glance over the HPS music event calendar for the remainder of this year and include these events on your family calendars. As always, this information is also shared on the music website (www.HPSmusic.com) and our Instagram (@_hpsmusic). If changes occur, they will be communicated throughout the same channels as soon as possible. You’ll notice the biggest update is the elementary concert schedule. I will still group kids K-1/2-3/4-5, but will instead have ALL K-5 perform in one night, on March 4th at the MVHS Auditorium. We are putting on a Disney themed show! The Kindergarten & 1st grade students will perform at 6:00pm, 2nd & 3rd graders at 6:30, and we will end the show with 4th & 5th grade singing at 7:00pm. You and your family are more than welcome to stay for the whole show, or just come for the portion that your musician is in, but please, come in and leave during clapping or intermissions only to not disrupt the performances. All K-5 students will need a blue performance shirt/black on the bottom (including shoes/visible socks). Please purchase these performance shirts from Mrs. Lemons for $6 (cash or check accepted) before the concert date, please.

*continued on next page*
Music, continued...

January 25 [Tuesday] 1 pm- TSD 4th Grade District Music Field Trip FACE Concert @ TVHS Auditorium
February 24 [Monday] due by midnight - TSD Honor Band Auditions DUE!
    (only offered for 7th &amp; 8th grade band students)
March 4 [Wednesday] 6:00 pm - K-5 Concert @ MVHS Auditorium
March 25 [Wednesday] 4-7 pm - Instrument Placement &amp;
    Rental Event with Music &amp; Arts @ HPS Music Room
March 28 [Saturday] 8 am-1 pm - HPS Instrumental Solo &amp; Ensemble Festival @ HPS
    (only offered for 6-8th grade band)
April 7 [Tuesdays] 3:45-5:00 pm every Tues. through April/May (6 total) -
    5th grade Beginning Band rehearsal @ HPS
April 13 [Monday] 5-6 pm - TSD Honor Band reading rehearsal @ CBMS
April 15 [Wednesday] 7 pm - HPS Middle School Band &amp; Choir Concert @ MVHS
April 24 [Friday] 9-5 pm - UNC Jazz Festival
    (field trip and performance for Jazz Band members) @ UNC Campus, Greeley
April 29 [Wednesday] 5-7:30 pm - TSD Honor Band rehearsal @ MVHS
April 30 [Thursday] rehearsal 8-3pm; concert 6pm (call time of 5:30) -
    TSD Honor Band Rehearsals AND Concert @ MVHS

Take care and keep on making music together!

--

Mrs. Shawna Lemons
K-8 Music Director
www. HPSmusic.com
970.679.9817
Bison Sports Information January 2020

Upcoming:
- 1/6 - Girls 6-8 basketball fundraiser camp @ HPS 3:35pm-5:30pm
- 1/7 - Girls 6-8 basketball fundraiser camp @ HPS 3:35pm-5:30pm
- 1/8 - Girls Basketball tryouts
  - Girls 6th and 8th grade basketball tryouts @ HPS 3:35pm-5:30pm
  - Girls 7th basketball tryouts @ HPS 5:30pm-7:30pm
  - 1/9 - Girls Basketball tryouts
  - Girls 6th and 8th grade basketball tryouts @ HPS 3:35pm-5:30pm
  - Girls 7th basketball tryouts @ HPS 5:30pm-7:30pm
  - 1/10 - Girls Basketball tryouts
  - No 6th grade tryouts or practice
  - Girls 7th and 8th grade tryouts @ HPS 3:35pm-5:30pm
  - Girls Basketball Team meetings will be determined by the grade level coach
  - 1/23 - 8,7 Girls basketball @ Walt Clark 4:30pm
  - 6th Girls basketball vs. Walt Clark @ Truscott 4:30pm
  - 1/29 - 7,8 Girls basketball vs. Conball @ Truscott 4:30pm
  - 1/30 - 7,8 Girls basketball vs. Severance @ Truscott 4:30pm
  - 6th Girls basketball @ Severance 3:30pm
  - 2/3 - 6th Girls basketball @ Windsor 3:30pm
  - 2/5 - 8,7 vs. Windsor @ Truscott 4:30pm
  - 2/6 - 8,7 vs. Turner @ Truscott 4:30pm; 6th @ Turner 4:30pm
  - 2/10 - 6th vs. Con Ball @ Truscott 4:30pm
  - 2/12 - 7,8 @ Con Ball 4:30pm
  - 2/13 - 7,8 vs. BRMS @ Truscott 4:30pm; 6th @ BRMS 4:30pm
  - 2/19 - 8,7 vs. WCMS @ Truscott 4:30pm
  - 2/20 - 8,7 vs. Erwin @ Truscott 4:30pm; 6th @ Erwin 4:30pm
  - 2/24 - First round of NCAC tourney TBA
2/26 - Final 4 - 6th @ Severance, 7th @ Erwin, 8th @ Windsor

- 3/2 - Track and Field practice begins @ MVHS 5:45pm-7:15pm
  - All paperwork and payments for track must be turned in by the end of school on 3/2/20
  - 3/25 - Home Track Meet @ LHS 4:30pm
  - 4/1 - Track @ Windsor HS 3:30pm
  - 4/8 - Home Track Meet @ MVHS 4:30pm
  - 4/15 - Track @ Bill Reed 4:30pm
  - 4/22 - Home Track Meet @ MVHS 4:30pm
  - 4/28 - 6th grade NCAC championship meet @ Windsor HS 3:30pm
  - 4/29 - JV NCAC championship meet @ Turner MS 4:30pm
  - 5/5 - NCAC Varsity Championship Meet Day 1 @ Berthoud HS 4:30pm
  - 5/7 - NCAC Varsity Championship Meet Day 2 @ Berthoud HS 4:30pm
Drama Club

We would like to take this time to thank the following people for helping to make our presentation of “Scrooge” a roaring success.

PTCO – for purchasing 4 hanging mics
Danielle Feeney – support and help
Mark Kubichek – music/choir/sound
Brian Guttmann – Assistant Director/sound
Nikki Glantz - pianist
Lisa Haynes, Mario and Maria – custodial help
Nancy Payton – clerical help
Colorado Coffee – Donating their huge cinnamon buns
Sarah Cohera – ghost make-up
Sarah Marsh – seamstress help
Janelle Joers and Danette Ericson – bake sale organizers
Shauna Johnson – parent assistance/props/costumes
Laura Stroud – parent assistance/bake sale/cast make-up
Ben Zarzana (dad) – made Tiny Tina’s crutch
Olivia Zarzana – Scrooge’s chair and other props
Kirby Family – Use of their partition frame
Cathy McLaughlin – donation of Cratchit’s desk
Miguel Martinez and Toby Anderson (students) – for stage set up help
Everyone who donated goods for our Bake Sale.

You are all appreciated and we could not have made this play the success it was without your help. The students worked diligently to memorize lines, songs, and dance movements for three months. They are elated with their achievement and I am so proud of them. Thank you for making our first ‘musical’ such a great success!!!

Nanci LaBianca
News from the Library

A New Year and New Books!

As we enter a new year, a great activity for both entertainment and the development of literacy skills is reading. HPS students can access a wealth of digital resources at any time and away from school. Thousands of ebooks for all ages can be accessed by following these five easy steps:

1. Visit our school's website (highplainsschool.org).
2. Select "Library" under the "Resources" tab.
   Either click on the Destiny (HPS books) icon or select Sora (OverDrive--TSD books) from the menu; for each, students simply log in using their district user name and password. Books can be read through a browser or on any device using the free OverDrive or Sora apps. Have fun browsing and selecting, and happy reading!

Help Support High Plains by Eating at Panera at
1550 FallRiver Drive, Loveland on
January 15th from 4:00-8:00

See the school website for the flyer.
High Plains PTCO
What’s Up!

Everyone is a member of the PTCO, there are no membership fees and we welcome anyone interested in supporting our school to attend our monthly meetings! Meetings are held at the school on the 3rd Tuesday of each month at 6:30 pm. Free childcare is provided!

Last month the PTCO Funded $1,570 to Help Support Our School!! Items approved include:
Deposit for 2020-2021 6th Grade Outdoor Ed Fieldtrip

We Appreciate Your Support
Thank you to everyone who came out to Chipotle for our Spirit Night on December 16th. We had a great turn out and raised $387.01 for our school!

Mark Your Calendar!!
- Wednesday, January 15th from 4:00-8:00 pm – Panera Restaurant Spirit Night!
- Tuesday, January 21st at 6:30 pm – January PTCO Meeting – FREE Childcare!!
- Friday, January 24th from 6:30-7:30 pm – Bingo for Books Family Night!
Thursday, February 20th ALL Day 10:30 am – 9:30 pm - Panda Express Spirit Night!

Panera Bread Restaurant Fundraiser Night: Support High Plains School by eating at Panera at 1550 Fall River Dr, Loveland, CO 80538 on January 15th, 2020 from 4-8 pm! Panera will donate 20% of your meal to High Plains School when you show the flyer. Get some great food while supporting our school!

Bingo for Books: On Friday, January 24th, from 6:30-7:30 pm, we will be having a family bingo night where you will have a chance to win gift cards for books!! This will be a FREE family night held in the school cafeteria and everyone is invited!! Look for more information to come home!

We NEED Your Support!! We are recruiting replacements on the PTCO board for the following positions: Vice President, Treasurer, Secretary, Faculty Liaison & Volunteer Coordinator. If this is something you are interested in or would like to know more about, please ask a current board member questions or send an email to HighPlainsK8PTCO@gmail.com

Crayola ColorCycle Program: an amazing program devised to re-purpose used markers rather than sending them to landfills! The ColorCycle program uses the most advanced plastic conversion technologies available today to make wax compounds for asphalt and roofing shingles as well as to generate electricity that can be used to heat homes, cook food, and power vehicles. Last year our school alone sent in 19 pounds of markers!!

continued on next page
High Plains PTCO
What’s Up!

- Please help support our efforts by sending your kids in with any used markers you may have around the house - even non-Crayola brands! Highlighters and dry erase markers can also be included.
- A container will be located in the office for your child to deposit the markers.
Thank you in advance for participating! With the help of parents like you across the country, the Crayola ColorCycle program can continue to keep tons of plastic out of landfills each year. Remember, don’t throw out that used marker—ColorCycle it! Learn more at http://www.crayola.com/colorcycle

Box Tops: Here is how it works for traditional box tops:

- When you see the label above, clip it and send it to school. Bundle traditional box tops in a baggie, envelope or similar container. Be sure to write your teacher’s name on the outside of the baggie/container. This will help to make sure that the correct class receives the credit.
- Box Top bundles can be turned into your classroom teacher or placed in the box top collection bucket located in the office!!

- Here is how it works with the NEW Box Top App:

   Eventually the Box Tops program will become digital-only. Participating brands are changing their packaging from a traditional Box Tops clip to the new Box Tops label seen below:

   o If you see this label on products you have purchased, do not send it to school. Instead, use the new Box Tops app to scan your receipt within 14 days of purchase.

In order to give your child’s class credit for the competition, first you must scan your receipt and then tap the star icon to enter your “Give Credit” memo. Please write the name of child’s teacher in the memo so that the correct class gets credit!

Caps4Cash - Morning Fresh Dairy Products - You can earn cash for our school by drinking milk or juice! Caps4Cash is a Morning Fresh Dairy program where High Plains School can earn cash by collecting caps from Morning Fresh Dairy bottles.

   Each bottle cap earns 5¢ for our school and all you have to do is save your bottle caps, bring them to school and drop them off in the collection bucket located in the office!
High Plains PTCO
What's Up!

We can earn even more money by getting our friends and family involved! Ask them to save Morning Fresh bottle caps for our school too!

King Soopers Gift Card fundraiser - King Soopers is changing its community rewards program and it is now much easier for your purchases to benefit our PTCO!
• First, make an online account and link your rewards card to it.
  Then, search for "High Plains PTCO" or "GK190" as your organization (don't mix it up with High Plains Elementary PTCO, choose the one in Loveland on Buffalo Mountain Dr.). Better instructions and more information is available at [https://www.kingsoopers.com/topic/community-rewards-9](https://www.kingsoopers.com/topic/community-rewards-9).
If you don’t have a card yet, **Sign up online** to get your card
5% of your everything you spend will benefit the High Plains PTCO!!

Amazon Smile: Did you know you can earn money for High Plains School while shopping on Amazon?? AmazonSmile is the same Amazon that you know. Same products, same prices, same service. Follow these 3 easy steps and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to the High Plains PTCO. Thank you for helping support our school!
• Go to smile.amazon.com and login to your amazon account.
• Search for and select High Plains PTCO in Loveland, CO.
Start Shopping!! The same Amazon products you love will be available!

** In order to support the PTCO you must always start your shopping at [www.smile.amazon.com](http://www.smile.amazon.com).

Volunteer Opportunities  All Volunteers must register online: [www.thompsonschools.org/volunteer](http://www.thompsonschools.org/volunteer)
  Current Opportunities: [www.highplainsptco.com/volunteer](http://www.highplainsptco.com/volunteer)

The High Plains Parent Teacher Community Organization (PTCO)
Visit our website to learn about who we are, why we are here, and how you can help!
[www.highplainsptco.org](http://www.highplainsptco.org)
Have questions? Would like to volunteer? Shoot us an email! [highplainsk8ptco@gmail.com](mailto:highplainsk8ptco@gmail.com)
Like us on [Facebook](https://www.facebook.com) for up-to-date information!

*The purpose of the High Plains PTCO is to enhance and support the educational experience, to develop a close connection between school, home and community by encouraging parental involvement, and to improve the environment at High Plains School through volunteer and financial support.*
How Sick is Too Sick?
When Children and Staff Should Stay Home from School or Child Care

There are three main reasons to keep sick children and adults at home:
1. The child or staff member does not feel well enough to take part in usual activities. For example, a child is overly tired, fussy or will not stop crying.
2. A child needs more care than teachers and staff can give while still caring for the other children.
3. The symptom or illness is on this list, and staying home is required.

Remember, the best ways to stop the spread of infection is through good hand washing and staying home when sick.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Child must stay home?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diarrhea</td>
<td>Yes - if there are other symptoms along with the diarrhea (such as vomiting, fever, abdominal pain, jaundice, etc.), the diarrhea cannot be contained in the toilet, there is blood or mucus in the stool, the child is in diapers or the staff member handles food or bottles. Children and staff may return 24 hours after their last episode of diarrhea unless the diarrhea is caused by an illness that requires them to stay home longer.</td>
</tr>
<tr>
<td>Fever</td>
<td>A child should not be excluded if they have a fever with no other symptoms unless they are 4 months old or younger. Yes - if there is also a rash, sore throat, throwing up, diarrhea, behavior changes, stiff neck, or difficulty breathing.</td>
</tr>
<tr>
<td>“Flu-Like” Symptoms</td>
<td>Yes - for at least 24 hours after the fever is gone. The fever needs to be gone, without using medicine that reduces the fever (acetaminophen or ibuprofen).</td>
</tr>
<tr>
<td>Coughing</td>
<td>Yes - if the coughing is severe, uncontrolled, or the child has wheezing, rapid or trouble breathing. Medical attention is needed for wheezing, rapid or trouble breathing. Note: Children with asthma may go to school with a written health care plan and the school is allowed to give them medicine and treatment.</td>
</tr>
<tr>
<td>Mild Respiratory or Cold Symptoms</td>
<td>No - children and staff may go to school if they able to take part in usual activities. Children and staff should stay home if the symptoms are severe. This includes fever and if a child is not acting normally and/or has trouble breathing.</td>
</tr>
<tr>
<td>Vomiting/Throwing Up</td>
<td>Yes - until 24 hours after throwing up stops or a doctor says it is not contagious. If a child has a recent head injury, watch for other signs of illness and for dehydration. Adults who handle food and bottles must be excluded.</td>
</tr>
</tbody>
</table>

See second page for a list of illness that may require children or staff to stay home.
<table>
<thead>
<tr>
<th>Illness</th>
<th>Child must stay home?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Pox</td>
<td>Yes - until the blisters have dried and crusted (usually 6 days).</td>
</tr>
<tr>
<td>Conjunctivitis (pink eye) and thick yellow/green discharge</td>
<td>No - children and adults do not need to stay home unless they have a fever or are not able to participate in usual activities. Call your doctor for advice and possible treatment.</td>
</tr>
<tr>
<td>Croup (see Coughing)</td>
<td>Call your doctor for advice. <strong>Note:</strong> Children and staff may be able to go to school unless they are not well enough to take part in usual activities.</td>
</tr>
<tr>
<td>Fifth’s Disease</td>
<td>No - the illness is no longer contagious once the rash appears.</td>
</tr>
<tr>
<td>Hand Foot and Mouth Disease (Coxsackie virus)</td>
<td>No - unless the child or adult has mouth sores, is drooling and is not able to take part in usual activities.</td>
</tr>
<tr>
<td>Head Lice or Scabies</td>
<td>Yes - children may stay at school or child care until the end of the day but cannot return until after they have had the first treatment.</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>Yes - until 1 week after the illness starts and when the child or staff is able to take part in normal activities. Children and staff should not go to another facility during the period of exclusion.</td>
</tr>
<tr>
<td>Herpes</td>
<td>No - unless there are open sores that cannot be covered or there is nonstop drooling.</td>
</tr>
<tr>
<td>Impetigo</td>
<td>Yes - children and adults needs to stay home until antibiotic treatment has started.</td>
</tr>
<tr>
<td>Ringworm</td>
<td>Yes - children may stay at school or child care until the end of the day but cannot return until after they have had the first treatment. Keep the area covered for the first 3 days if participating in sports with person to person contact.</td>
</tr>
<tr>
<td>Roseola</td>
<td>No - unless there is a fever or behavior changes.</td>
</tr>
<tr>
<td>RSV (Respiratory Syncytial Virus)</td>
<td>No - children and staff can go to school unless they are not well enough to take part in usual activities and/or they have trouble breathing. Call your doctor for advice.</td>
</tr>
<tr>
<td>Strep Throat</td>
<td>Yes - for 12 hours after starting antibiotics unless the doctor says that it is okay to return to school sooner. Children and staff also need to be able to take part in usual activities.</td>
</tr>
<tr>
<td>Vaccine Preventable Diseases (Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough))</td>
<td>Yes - Children and staff can return to school once the doctor says they are no longer contagious.</td>
</tr>
<tr>
<td>Yeast Infections (Thrush or Candida diaper rash)</td>
<td>No - follow good hand washing and hygiene practices.</td>
</tr>
<tr>
<td>Other Symptoms or illnesses not listed</td>
<td>Contact the child care center director or school health staff to see if the child or staff member needs to stay home.</td>
</tr>
</tbody>
</table>

This was developed in collaboration with the Children’s Hospital of Colorado School Health Program. The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor’s advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

References
¿Qué tan enfermo es demasiado enfermo?
Cuándo los niños y el personal deberían quedarse en casa y no asistir a la escuela ni a la guardería

Existen tres razones principales por las cuales los niños y adultos deben quedarse en casa:

1. El niño o el integrante del personal no se siente lo suficientemente bien como para participar de las actividades habituales. Por ejemplo, un niño está excesivamente cansado, irritable o no deja de llorar.
2. Un niño necesita más cuidado del que los maestros o el personal pueden brindarle sin descuidar a los demás niños.
3. El síntoma o la enfermedad se encuentran en esta lista y es necesario que se quede en casa.

Recuerde, la mejor manera de evitar que se propague una infección es una buena higiene de manos y permanecer en casa ante una enfermedad.

<table>
<thead>
<tr>
<th>Síntomas</th>
<th>¿Debe quedarse el niño en casa?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diarrea</td>
<td>Si: si se presentan otros síntomas junto con la diarrea (como vómitos, fiebre, dolor abdominal, ictericia, etc.), la diarrea no puede contenerse en el inodoro, se observa sangre o mucusidad en las heces, el niño usa pañales o el integrante del personal manipula alimentos o biberones. Los niños y el personal pueden regresar 24 horas después del último episodio de diarrea.</td>
</tr>
<tr>
<td>Fiebre con cambio en el comportamiento u otra enfermedad. Los bebés de 4 meses o menos deben ser evaluados por un médico de inmediato en caso de fiebre de 100.0°F o más.</td>
<td>Un niño no debe ser excluido si la fiebre no está acompañada de otros síntomas, a menos que tenga 4 meses de vida o menos. Si: si también se observa sarpullido, dolor de garganta, vómitos, diarrea, cambios en el comportamiento, rigidez en el cuello o dificultades respiratorias.</td>
</tr>
<tr>
<td>Síntomas “gripales”</td>
<td>Si: al menos 24 horas después de que haya desaparecido la fiebre. La fiebre debe desaparecer sin el uso de antipiréticos (acetaminofén o ibuprofeno).</td>
</tr>
<tr>
<td>Tos</td>
<td>Si: si la tos es grave, no está controlada o el niño presenta sibilancia, agitación o dificultad para respirar. Se requiere atención médica en caso de sibilancia, agitación o dificultad para respirar. <strong>Importante:</strong> Los niños con asma pueden asistir a la escuela con un plan de atención de la salud escrito y la escuela tiene permitido administrar la medicación y el tratamiento.</td>
</tr>
<tr>
<td>Síntomas respiratorios o de resfriado leves llariz tapada con secreciones transparentes, estornudos y tos leve.</td>
<td>No: los niños y el personal pueden asistir a la escuela si pueden participar de las actividades habituales. Los niños y el personal deben permanecer en casa si los síntomas son graves. Esto incluye fiebre y si un niño no presenta un comportamiento normal o tiene dificultad para respirar.</td>
</tr>
<tr>
<td>Vómitos</td>
<td>Si: hasta que no haya vómitos por 24 horas o un médico indique que no es contagioso. Si el niño tuvo una lesión reciente en la cabeza, esté atento a otros signos de enfermedad y a la</td>
</tr>
</tbody>
</table>
otros síntomas además de los vómitos (como fiebre, diarrea, etc.). deshidratación. Los adultos que manipulan alimentos o biberones deben ser excluidos.

Consulte la segunda página para ver una lista de enfermedades que requieren que un niño o integrante del personal permanezcan en casa.

<table>
<thead>
<tr>
<th>Enfermedad</th>
<th>¿Debe quedarse el niño en casa?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varicela</td>
<td>Sí: hasta que las ampollas se hayan secado y tengan costra (generalmente, 6 días).</td>
</tr>
<tr>
<td>Conjuntivitis Ojo de color rosado y con secreciones espesas de color amarillo/verdoso</td>
<td>No: no es necesario que los niños y adultos permanezcan en casa a menos que tengan fiebre o no puedan participar de las actividades habituales. Llame a su médico para recibir asesoramiento y un posible tratamiento.</td>
</tr>
<tr>
<td>Difteria (ver TOS)</td>
<td>Llame a su médico para recibir asesoramiento. Importante: Los niños y el personal pueden asistir a la escuela, a menos que no se sientan lo suficientemente bien para participar de las actividades habituales.</td>
</tr>
<tr>
<td>Quinta enfermedad</td>
<td>No: la enfermedad ya no es contagiosa una vez que aparece el sarpullido.</td>
</tr>
<tr>
<td>Enfermedad de mano, pie y boca (virus de Coxsackie)</td>
<td>No: a menos que el niño o adulto tenga llagas en la boca, babee y no pueda participar de las actividades habituales.</td>
</tr>
<tr>
<td>Piojos o sarna</td>
<td>Sí: los niños pueden permanecer en la escuela o la guardería hasta el final del día, pero no pueden regresar hasta haber recibido el primer tratamiento.</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>Sí: hasta 1 semana después del inicio de la enfermedad y cuando el niño o el miembro del personal pueda participar de las actividades normales. Los niños y los miembros del personal no deben ir a otra instalación durante el periodo de exclusión.</td>
</tr>
<tr>
<td>Herpes</td>
<td>No: a menos que haya llagas abiertas que no puedan cubrirse o la persona babee constantemente.</td>
</tr>
<tr>
<td>Impétigo</td>
<td>Sí: los niños y adultos deben permanecer en casa hasta que se inicie el tratamiento con antibiótico.</td>
</tr>
<tr>
<td>Tiña</td>
<td>Sí: los niños pueden permanecer en la escuela o la guardería hasta el final del día, pero no pueden regresar hasta haber recibido el primer tratamiento. Mantenga el área cubierta durante los primeros 3 días si practica deportes de contacto.</td>
</tr>
<tr>
<td>Roséola</td>
<td>No: a menos que haya fiebre o cambios en el comportamiento.</td>
</tr>
<tr>
<td>RSV (virus respiratorio sincitial)</td>
<td>No: los niños y el personal pueden asistir a la escuela, a menos que no se sientan lo suficientemente bien para realizar las actividades habituales o tengan dificultad para respirar. Llame a su médico para recibir asesoramiento.</td>
</tr>
<tr>
<td>Faringitis estreptocócica</td>
<td>Sí: durante 12 horas después iniciar el tratamiento con antibióticos, a menos que el médico indique que puede regresar a la escuela antes.</td>
</tr>
<tr>
<td>Enfermedades que pueden prevenirse con vacunas</td>
<td>Los niños y el personal también deben poder participar de las actividades habituales.</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td>----------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Sarampión, papera, rubéola (sarampión alemán), Pertusis (tos ferina)</td>
<td>Sí: los niños y el personal pueden regresar a la escuela cuando el médico indique que ya no hay contagio.</td>
</tr>
<tr>
<td>Candidiasis candidiasis oral o del pañal</td>
<td>No: procure un buen lavado de manos y buenas prácticas de higiene.</td>
</tr>
<tr>
<td>Otros Síntomas o enfermedades que no se incluyen</td>
<td>Comuníquese con el director de la guardería o el personal de salud de la escuela para saber si el niño o el miembro del personal deben permanecer en casa.</td>
</tr>
</tbody>
</table>

 Esto fue desarrollado en colaboración con el Programa de Salud de Escuelas de Children's Hospital of Colorado. La información presentada solo tiene fines educativos. No pretende reemplazar el consejo de su médico personal y no tiene como fin el diagnóstico, el tratamiento, la cura o la prevención de ninguna enfermedad. La información no debe usarse para reemplazar una visita, llamada o consulta o asesoramiento de su médico u otro proveedor de atención médica.

 Referencias


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