

Hello St John's families,

Please consider these health topics as we are approaching the spring season.

COVID

While the Center of Disease Control (CDC, a national organization) has changed their recommendations concerning COVID and isolation, Massachusetts COVID guidelines remain the same. Students must isolate for 5 days after symptom onset. When Massachusetts changes their guidelines, we will reassess our policy.

Strep

Strep has been noted at each grade level. If your child has a sore throat please call your child's pediatrician for guidance. Strep does not always present with a fever and it can cause stomach upset.

The CDC (Center of Disease Control and Prevention) has a great resource [here](#) concerning strep.

Your child should remain home for a minimum of 24 hours after the start of antibiotics. Their symptoms should also be considered when returning to school. They should be fever free for at least 24 hours and be well enough to make it through a school day.

Norovirus

Symptoms of Norovirus are also continuing at Chickering.

Please take these precautions:

- Have your child stay home after vomiting or diarrhea and the CDC [recommends](#) for two days after symptoms stop
- Encourage [hand washing](#) especially after using the bathroom and before eating

Ticks

Spring is the start of tick season. Please check your children for ticks especially when they have been outside playing in tall grass or in the woods. If you find a tick please refer to these CDC [guidelines](#) for removal.

Lice

Lice do not pose a health risk and are instead considered a health nuisance. They are a common occurrence in the elementary age group. Head lice are not a sign of unclean people or homes.

Please take these precautions:

1. Check your child's hair for eggs at least weekly (also called nits).
2. If you suspect your child has head lice, ask your health care provider to diagnose the problem and recommend appropriate treatment.
3. Remind your child to not share personal items including hats, hair accessories, sweatshirts, etc.
4. Tell us if your child is diagnosed as having head lice.

Here is an [information sheet](#) from the Department of Public Health.

Seventh Grade Screening

Seventh grade will begin hearing screening on Tuesday, March 12th. Postural screening to follow starting on Tuesday, March 25th. A more detailed email concerning postural screening will be sent out to families of a seventh grader.

As always do not hesitate to reach out to the health office with any questions or concerns.

Thank you,
Stephanie Curran RN