

Sleep Recommendations

4 year olds should get approximately 11.5 hours per night.

5-7 year olds should get approximately 11 hours per night.

8-9 year olds should get approximately 10-11 hours per night.

10-11 year olds should get approximately 10 hours per night.

Signs your child is sleeping well:

- They are not tired during the day
- They wake up on their own in the morning or wake up easily and are alert in a short period of time.
- They are in a good mood for the day

For more information please visit <http://www.parents.com/blogs/red-hot-parenting/2012/02/20/health/school-age-kids-and-sleep-guidelines-warning-signs-and-next-steps/>

We want to remind parents and guardians of our expectations when your child is ill. Please notify the school nurse if your child is diagnosed with strep throat or other infectious diseases. If diagnosed and being treated with antibiotics please do not allow your child to return to school until 24 hours after they began treatment and once they have not had a fever (100°F or greater) for the last 24 hours.

Children with any illness that causes a fever (100°F or greater) should remain home until fever free without fever reducing medications for 24 hours.

Encourage frequent and thorough hand washing. Teach children to avoid touching their eyes, nose, and mouth, and avoid kissing and hugging others who are sick. Avoid sharing cups and eating utensils with others and teach and practice good cold and cough hygiene.

Thank you for doing your part in keeping OQS a healthy school!