



September 2, 2009

Dear Grammar School Parents,

We would like to welcome you all to the 2009-2010 school year and thank you for entrusting us with the education of your children. In light of the current global health situation and constant media focus on the Novel H1N1 Flu (“Swine Flu”), we wanted to inform you of what we as a school are doing to prevent the spread of flu and to prepare our school in case the flu becomes more severe.

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu at The Grammar School. We want to keep the school open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

We are working closely with the State of Vermont health department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

For now we are doing everything we can to keep our school functioning as usual. Here are a few things you can do to help.

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, **and to cover their coughs and sneezes** with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school *will be sent home*.

**If the flu becomes more severe**, we may take additional steps to prevent the spread such as:

- conducting active fever and flu symptom screening of students and staff as they arrive at school,
- making changes to increase the space between people such as moving desks farther apart and postponing class trips, and



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- dismissing students from school for at least 7 days if they become sick.

For more information, see the flyer “Seasonal and Novel H1N1 Flu: A Guide for Parents” from the CDC that was sent home with students today and visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our school is doing, visit our school website at [www.thegrammarschool.org](http://www.thegrammarschool.org) or call the school at 802-387-5364. We will notify you of any additional changes to our school’s strategy to prevent the spread of flu.

Sincerely,

Steve Lorenz  
Head of School

Sara Dunbar, RN  
Nurse consultant