

Director: D. Crawford	Principal: R. Cicchelli Board Chair: J. Van Heck			
Superintendent: L. Demers	Vice-Principal: F. Torti	Trustee: J. McCann and L. Ward		
School Secretaries: P. Goodall and C. Frayne				

Transition into March



Ash Wednesday on February 26 marked the beginning the Easter journey for this year. We thank Deacon Lyle for joining and leading our school in receiving ashes, as well as Mr. Harding's grade 5/6 class. The resurrection of Christ is the greatest hope of our faith. It tells us that no matter what weighs us down – deadlines, illnesses, deaths, disappointments – they are not the end of the story. Resurrection or New Life will follow for the faithful who place their hope in

Arriving Late - Our school community continues to encourage being at school on time each day, as attendance does matter and have an impact on student learning! The school day begins at 8:50 am. Instruction begins quickly. It is very important that all students be at school on time and ready to start their day. Every minute your child is late, is instructional time lost

Please review the important dates in March.

Meteors Congratulate, Welcome, and Acknowledge We welcome Mrs. Murphy to our school community as our grade 6 teacher, replacing Mrs. Stewardson. We also welcome Mrs. Banninga to our school in the Educational Assistant role, replacing Mrs. Zealand.

Congratulations to all athletes who are part of our Senior Boys and Girls Basketball Teams. We thank Mr. Devlin, Mrs. Andali, Mr. Solinas and Mr. Donahue for mentoring and coaching!

Should you have any questions, please feel free to contact us by phone or by e-mail at rob.cicchelli@sccdsb.net, and frank.torti@sccdsb.net

School Communications

In an effort to be environmentally friendly, all newsletters will be shared with home via email to all parents. Please reach out to school to update your email address if needed.

We will also send out periodic reminders and new information as they occur via social Media through at:

Web site <u>www.st-clair.net/sms</u>

and Facebook: https://www.facebook.com/StMatthewSarnia/

EDSBY Update: Edsby will be the primary communication tool used by our school. Please contact the school if you need support in this area.

Kinderstart & Registering your Child for 2020

Our school Community had a very successful Kinderstart day where potential Junior Kindergarten students were registered for the September 2020 start. Please know that at any time you can drop into the main office or contact us by phone in order to register your child in our school.

Important Dates in March

March 2 - Mass at St. Benedict's - 9:30 AM

March 4 – Pizza Food Day (Originally March 5th)

March 6 - February Recognition Assemblies

March 8 - SMS Sarnia Sting Hockey Game (4:00PM)

March 9 - Earth Rangers School Assembly

March 10 - Subway Food Day

March 11 – Graduate Photo Day

March 11 – Catholic School Council Meeting 6:00 PM

March 13 - Student/Staff Basketball Game

March 16 to 20 - March Break - School is closed

Our Catholic School Community

St. Matthew Catholic School 720 Elm Ave. Sarnia, N7T 4H3 519-332-4300

Our Catholic High School

St. Patrick's High School 1001 Rapids Parkway, Sarnia, N7T 6X8

519-332-3976

Our Values

Respect rooted in love

Excellence for all love

Accountability to God, self and others

Engagement in our work

Called to serve our world

Our Pastoral Theme: Caring for Our Common Home is based on the values of our new Strategic Plan.

We believe that living these values every day while *Caring for Our Common Home* will help us to transform tomorrow. Our Catholic faith shapes us into staff and students who are believers, thinkers, communicators, contributors, lifelong learners, responsible citizens, and loving family members

We aim to form intentional disciples of Jesus by using these resources:

- Pope Francis' <u>Laudato Si: On Care for our</u> Common Home
- Bishop Fabbro's invitation during this Year of Prayer
- <u>Growing in Faith Growing in Christ</u> religion program (parish/home/school curriculum)
- Development and Peace 2019/2020 resources
- SCCDSB's resources (eg: Living our Faith website)
- Staff and student faith experiences

School Mentor Text



Our School Community has accepted this book as a guide for our actions this year. The text also challenges us to begin using the golden rule ourselves, each day.

"You, it all begins with you"

As a staff, we will continue to make the following our priorities:

Learning and Innovation – Teaching transferable skills, critical thinking and creativity.

Faith and Well Being – Living Catholic Values to foster caring, inclusive and safe spaces.

Partnerships – Engaging families, parish and community.

Catholic Citizenship – Inspiring ethical, responsible stewardship.

Safe Arrival: Absences and Lates

In the case of the absence of your child please contact the office, leave a voice mail with the secretary at any time. If you leave a message, please state the reason why your child/children is/are absent and the name of their teacher(s). If they are, absent for more than one day please call the school every day or send a note indicating a reason for their absence. It is school and Board policy to ensure the safe arrival of all students. It is our intent to confirm a student's absence if we do not hear from you. We will call parents/guardians at home, and then at work and if necessary we will call the emergency contact person to find out the reason for a student's absence.

Attendance is taken daily at 8:50 a.m. and 12:30 p.m.

In accordance with Board policy and for the safety of all children and staff, all parents, guardians and guests are asked to check in at the office with our secretary when entering the school. Parents who are picking up or dropping off students outside of the normal times are asked to do so at the front doors by the office and report to the office. If you are dropping off personal items, (lunches, backpacks etc) please ask for assistance at the office so that we can make the transition during one of the natural breaks in the school day to limit the disruption of class time.

*Due to direct supervision policies, children who are ill are asked to remain at home until they are able to participate fully in all classroom activities and outdoor recesses.

*Students who normally remain at school for lunch must submit **dated parent notes** to teachers if they wish to leave the school grounds during the instructional day.

In case of inclement weather, we are in **ZONE 2** Listen to your local radio station, visit www.schoolbusinfo.com or download the mobile app at www.mysbi.ca for information on bus delays/cancellations.

- When buses are cancelled in the morning due to road conditions (ice, snow), they will not run at the end of the day.
- When buses are cancelled in the morning due to fog, they will run at the end
 of the day. In both cases, the school will be open. If bus students do not attend
 on these days, an attendance call will not be made on these days.

If students who are walkers and do not attend on either of these days, an attendance call will be made to home.

ALLERGY ALERT!

Nut allergies are a serious concern for us at St. Matthew Catholic School. We have several students with severe allergies. Therefore, we ask students and staff to NOT bring food with nuts to school. Even foods that may list traces of nuts could cause a serious reaction that may lead to death. We ask you to please abide by the rule and not send foods to school with any kind of nut.

Appropriate Dress: THE COOLER WEATHER

CONTINUES! Please support your children in dressing for the cooler weather each day. Our students are outdoors for 70 min each day, and require layers of clothes to keep warm. Students are also encouraged not to wear jewelry that can catch on to clothing or cause a choking hazard and potential harm to themselves. Thank you for your attention to these safety concerns. Please be sure that your child's clothing is appropriate for our Catholic school setting.

St. Matthew Catholic Parent Advisory Council

Here is your Parent Advisory Council executive for 2019-2020: Chair – Kevin Van Balen Secretary – Jenn Melville

Our next meeting is March 11, from 6:00 – 7:30 p.m. Please join us!



"Footsteps of Faith"

Catholic schools have been founded based on inculcating gospel values and have long nurtured the academic, social, emotional and physical development of students through their spiritual well-being. Our Catholic Graduate Expectations embody these values. We shall be teaching the students the importance of these virtues by emphasizing that God has called us to model the respect shown by Christ.

During the month of February, our Catholic Schools are celebrating the character virtue of **Love**. Students for the month of February will be recognized for **showing Love** on Friday March 6th, 2020. **March Virtue is generosity.**

<u>Important information from Lambton Public Health About Your Child's Immunization</u>

If you have received a notification from Lambton Public Health, it means the health unit does not have a record of your child's immunizations, or the record is not up-to-date. It is important that you contact Lambton Public Health to provide the information required.

Here are your options for reporting:

Online: www.lambtonpublichealth.ca

• Call: 519-383-8331 ext. 3594, toll free: 1-800-667-1839

Deliver to our office: 160 Exmouth St., Point Edward ON N7T 7Z6

Scan and email to: immunization@county-lambton.on.ca

<u>Children whose immunization information is not updated will be suspended from school</u> by order of the Medical Officer of Health, effective March 3, 2020.

Vaccines are fundamental in protecting children from diseases and outbreaks that can happen in schools and in the community. If you have any questions, please contact Lambton Public Health at 519-383-8331 Ext. 3594; or Toll Free 1-800-667-1839.



Kindergarten Registration for Classes Beginning September 2020

If you missed our kinderSTARt event ... don't worry! You still have plenty of time to register. Parents and guardians can now submit the Kindergarten registration form directly online!

It's another option for you - choose the option that best suits you!

- Visit the Board website at https://kreg.sccdsb.net/ to complete then submit the registration form online. You will be contacted by the school to confirm your registration.
- Or, you can download and print the registration form, fill it out and bring it to the school
- . Or, make an appointment or drop by the school and pick up a registration package.

We look forward to welcoming your child to Kindergarten next September!



Essay Contest

Sponsored by Knights of Columbus 4th Degree

Grade 7 to 12 Students

Deadline for Entries: May 1, 2020

Eligibility and Contest Rules

- ✓ Topic Patriotism
- ✓ Maximum of 2,000 words use word count
- ✓ The essay must include three distinct parts:
 - Introduction
 - o Body
 - o Conclusion
- ✓ Sub-headings may be included, but are not required.
- ✓ Each paragraph must have a unique idea that the reader may distinguish.
- ✓ Be careful not to use run-on sentences or run-on paragraphs.
- ✓ Grammar and punctuation are an integral part of the essay.
- ✓ Verb tense and examples must be consistent and coherent with the topic.
- ✓ References in the essay must be accompanied by appropriate annotations at the end of the essay.
- ✓ All Grade 7 to 12 students are eligible.

Prize Structure

- ✓ Grades 7 and 8 \$50
- ✓ Grades 9 and 10 \$100
- √ Grades 11 and 12 \$200

How to Enter

- ✓ Essays should be submitted to faithfulnavigator0885@yahoo.ca
- ✓ Entry deadline is May 1, 2020
- ✓ All entries become the property of the Knights of Columbus

PREPARE YOURSELVES!

Follow our Solidarity Calendar on Facebook and In

Visit: devp.org/lentcalendar for more info.

Place our Solidarity Jar sticker on a recycled container and use it to collect money during Lent, which you can then donate to Development and Peace!

When you see these icons:





go to **devp.org/lentcalendar**

Teachers, each Friday, explain the weekend actions so your students know what to do at home!

February 27

For our Common

Home. What can

you do to care

for the Farth

March 17

February 26 Let's honour our **loving Creator** God and care for our common

February 28

Do you buy things you don't need? Learn the difference between needs and wants so you can be a smart consumer! Explore this theme through our fun group activity!

March 16

Human dignity

we are all made in His

have an inherent dignity

that must be respected

come from or how

February 29

Lord Jesus, help

the whole human

and destruction.

family care for our

planet Earth, so that

we may sow beauty

rather than pollution

1st Sunday of Lent Lord Jesus, be with us in our commitment to care for our Donate 25¢ for and all its inhabitants.

Teaching (CST) and the work of Development and Peace. Each Monday, discover a CST principle and learn how it helps build the Kingdom of

March 13

kikawinaw askiy

This means, "Let us

Earth" in Cree. What

do you know about

Indigenous

communities

Can you say:

Solidarity Calendar pledge for our

March 4 m

Indigenous and traditional peoples in the Amazon are threatened for protecting their land and water. Let us pray for

March 5 March 6

The Amazon school students is home to 1/3 of are speaking up the Earth's forests. for the planet How can we better Find out what protect our forests they have to and their quardians?

March 7

It's baking time! 🍊 With family and friends, make muffins

March 8 International Warch 8 Women's Da

2nd Sunday of Lent Lord Jesus, let us pray for the women who courageously defend the land, water and people Learn about Berta Cáceres or Sr. Dorothy Stang.

Preferential Option for the Poor

March 10

(1) need of our solidarity.





The Indigenous Mura people in the Brazilian Amazon live by fishing, hunting and gathering. Their sustainable way of life is

threatened by a Canadian-The Muras are also threatened by cattle ranching. The buffalos are destroying their crops and Watch their testimonial.



contamination by companies.

to become monthly Development and Peace donors to help build

devp.org/shareyearround

financed mine. Pray for

March 20

April 12

Happy Easter!

Alleluia, Alleluia.

Lord Jesus, as we

celebrate your rising,

may we be a joyful

Easter People, who

help you usher in a

kingdom where all

abundance of life.

may live the

The Muras were not asked when a company made plans to mine on their territory. How would you feel if this happened to vou and vour

March 21 Give \$2 to support Development and Peac partners, such as REPAM

4th Sunday of Lent communities have their rights respected. light offer strength to the Indigenous and traditional peoples of the Amazon. Please protect their drinking water from

World Water Day

Solidarity Loving our neighbour has global dimensions. We are 'all in this togethe and as such, we are all part of a human family that is interconnected. Development and Peace stands with our partners as equals.

Good Friday

Pope Francis is

asking us to listen

to the cry of the

Earth and the cry

walk with Christ

to Calvary today,

those cries are

of the poor. As we

March 23

April 9

Learn more

watching this

on his encyclical

Holy Thursday

Did you know that

Pope Francis wrote

a letter about our

April 8

Our world is

interconnected.

from industrialized

people in the Global

South. Convert our

hearts, O Lord, that

The pollution

countries like

Canada impacts

March 24 (1)

March 25

The *seringueiros* are artisanal rubber tappers in Brazil who have lived in harmony with nature for decades. Their rubber trees are now being cut down by logging companies. Pray that way of life is

April 7

Thank you for your solidarity!

March 14

spreads over

9 countries.

March 26

The *seringueiros* are defending their logging. Watch

April 6

Care for Creation

The Earth is sacred. We

to protect and cherish

its ecological diversity,

properties. Together, we

uture generation:

March 27

Climate change affects us all, but it is the poorest communities who suffer the most. We must buy less and use what we have. How can you live more simply?

March 12

Earth must be

Indigenous peoples

believe that: Mother

respected. Learn more

about the Harakbut's

relationship with nature

Lord Jesus.

give us the

courage to

be advocates

for those who

suffer unjust

poor people have 1 show your support.

April 3

(1)

the Global South.

Ask yourself,

around vou:

struggles of

peoples in the

Amazon similai

Indiaenous people

How are

March 11

"In 50 years, will we be able

eat gold?" This is what Yesica

Indigenous community in Peru,

is asking companies using

the Amazon for profit.

Pray for ecological ustice all over the world.

March 28

to breathe money, drink oil and

Patiachi, member of the Harakbut

Bring your jar of donations to mass today for the Solidarity Sunday collection or give online at <u>devp.org/give</u>. THANK YOU!

March 30

Each person has the right to access what they need to thrive, like water, food and shelter. We also have the responsibility to ensure those rights. And don't

indoor seedina!

Now would be the time to start your

April 1

April 2 students are speaking up for the planet. Find

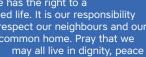




Everyone has the right to a dignified life. It is our responsibility to respect our neighbours and our common home. Pray that we

out what they





























































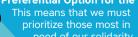






























































































Meet Susan Mariela 14 uears old

"Hi! My name is Susan Mariela and I'm from Puerto Luz, Peru, which is in the Amazon. I speak the Harakbut language and am happy to come from an Indigenous community. I like how different we are. The Amazon, for me, is important. It's where I come from and where I feel at home. I'm always surrounded by animals and fruit trees, and I'm constantly learning new things.

can see that contamination is increasing and logging is becoming excessive. Oil extraction is also polluting our rivers. I think people don't realize they are hurting others with their actions. There are Indigenous people who go out and fish but find the waterways polluted. They can't find drinking water or places to wash.

I want us to protect nature. My community and I are asking that we all take care of the forest. Please spread the word and let others know about us. We Indigenous peoples need to ensure that our way of life will not be destroyed and our people will not become extinct."

In Peru, Development and Peace - Caritas Canada is working with the Amazon Center of Anthropology and Practical Application (CAAAP) to protect the Amazon rainforest and the rights of its Indiaenous communities.

See what Susan Mariela and her peers at the Santa Cruz school in Puerto Maldonado, Peru, have to say about the Amazon and our common home.

Draw your solidarity



As part of the For our Common Home campaign, we are asking Canadians to stand in solidarity with the Muras and the seringueiros of Brazil. You are invited to sign our Solidarity Letter at devp.org/act, or draw your own message of solidarity.

Scan or take a picture of your drawing and send it to: action@devp.org by April 30, 2020.

The drawings will be published in a Flickr photo album and then given to the communities in July 2020 by a Development and Peace youth delegation.

Let's play!

1. What are the threats to the Amazon? Circle all correct answers:

A. Cattle ranching



B. Industrial agriculture



C. Logging and



D. Mining



E. Hydroelectric dams



Eat local

fruits and

vegetables

2. How can we live more simply? Colour in red what you and your family can do less or use less. Colour in green what you can try to do more often.

A Ride a bike





B Take your car everywhere



H Recycle your



Ride the bus



Update electronics as soon as you can



Take a plane



Reuse - Repair



E Eat lots of meat



K Buy many things (more than you



Answers: 1.A, B, C, D, E. 2. In red: B, D, E, I, K, L. In green: A, C, F, G, H, J.



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1 888 234-8533 | devp.org



Lent calls us to three actions: praying, fasting, and almsgiving.



Praying

We pray to grow closer to God - the source of our strength and the inspiration for how we live in the world.



Fastina

We fast from things that distract us from God, or make a sacrifice to give up things we enjoy.



Almsgiving

We give alms because we are inspired by God's love for every part of His creation. We respond with charity - helping others in their need – and with justice – bringing transformation into systems, policies, and ourselves. We do this in participation with God, to build His kingdom on Earth.

Solidarity Calendar



The Earth is full of beauty and wonder and of one of its natural wonders is the Amazon rainforest.

The Amazon is the largest tropical rainforest, spanning nine countries in South America. It is home to half of all living plants and animals on the planet, and to more than 30 million people, of whom three million are Indigenous. The Amazon also helps to cool the planet and plays an important role in limiting climate change.

Yet, the Amazon and its people are under threat. Big companies want its natural resources because they can sell them or use them to make other products. They are building highways and railroads, cutting down trees and polluting the waterways. Indigenous and traditional peoples are trying to protect the Amazon, which is important for all of us, but they are facing intimidation, persecution and violence.

This Lenten season, Development and Peace -Caritas Canada invites you to stand in solidarity with the guardians of the Amazon, as we care for our common home.

Let's put our love for the world and our love for our neighbours into action by living in harmony and caring for nature.



DAY CAMP (Sarnia-Lambton)

YMCA Day Camps create experiences that last a lifetime! Built on the principles of YMCA Healthy Child Development and our Y values: caring, honesty, respect, responsibility and inclusiveness; our experienced and well educated staff ensure your children receive the highest level of care.







AGE GROUPS

YMCA Day Camps are structured around the developmental age and stage of your child. Our unique age groupings allow our programs to be progressive, adding new and/or more challenging activities as your child grows with us.

ROVERS: 4-5 YRS, STAFFING RATIO 1:8

Promotes creativity, imagination and increases cooperation with peers and adults.

TRAILBLAZERS: 6-8 YRS, STAFFING RATIO 1:10

Promotes learning through play and increases awareness of self and others.

EXPLORERS: 9-10 YRS, STAFFING RATIO 1:12

Promotes a healthy lifestyle and active participation. Builds teamwork and fosters group learning.

MAVERICKS: 11-12 YRS, STAFFING RATIO 1:12

Promotes responsibility and empathy towards others and offers leadership opportunities. (Explorers and Mavericks are bussed to the Learning and Careers Centre at 9:15am each day and return at 2:15pm)

CAMP BIG DAY FRIDAYS

All YMCA Day Camps hold a special BIG DAY every Friday to celebrate another awesome week at camp. Look forward to themes such as Y's Got Talent, Back in Time, and Summer Olympics. Ask your camp supervisor for more information.

SUBSIDY & FINANCIAL ASSISTANCE

Subsidy is available through the County of Lambton. Financial assistance is available through the YMCA Strong Kids program.

EXTENDED CARE

Members: No charge | **Non-members:** \$36/week, \$8.50/day Extended care is semi-structured, supervised play time.

YMCA AUTISM CAMP (Campers 4-21 years old)

SARNIA EVANGELICAL MISSIONARY CHURCH

Weekly: \$305, **Short week:** \$245, **Daily:** \$70

This 7-week camp is designed specifically for children who have been diagnosed with Autism Spectrum Disorder. Staff will work with their camper in a 1:1 ratio to ensure everyone can grow, have fun and stay safe.

WK 1: June 29-July 3* **WK 2:** July 6-10 **WK 3:** July 13-17 **WK 4:** July 20-24 **WK 5:** July 27-31 **WK 6:** August 4-7*

WK 7: August 10-14

YMCA DAY CAMP (Campers 4-12 years old)

YMCA JERRY MCCAW FAMILY CENTRE

Members: \$160/week, \$140/short week, \$34.50/day **Non-members:** \$185/week, \$165/short week, \$40.50/day

WK 1: June 29-3* (Western Roundup)
WK 3: July 13-17 (Animal Planet)
WK 5: July 27-31 (Ooey Gooey!)
WK 6: August 4-7* (Splish Splash)

WK 7: August 10-14 (Summer Olympics) **WK 8:** August 17-21 (Storybooks & Fairy Tales) **WK 9:** August 24-28 (Hero Week) **WK 10:** August 31- September 4 (Y's got Talent)

*All day camps closed on Wednesday July 1, 2020 and Monday August 3, 2020





YMCA JERRY MCCAW FAMILY CENTRE

Members:\$190/week, \$170/short weekNon-members:\$215/week, \$195/short weekWK 1:Crazy ConstructorsWK 2:ScienceWK 3:Mini ChefsWK 4:Creative ArtsWK 5:Creative Arts - DramaWK 6:Crazy ConstructorsWK 7:ScienceWK 8:Mini ChefsWK 9:Creative Arts

WK 10: Creative Arts - Drama

NEW Experience day camp with our new theme - Sports Camp!

Learn a new sport, take your game to a new level and build new relationships.

WK 1: Soccer **WK 2:** Basketball **WK 3:** Junior Lifeguard Club

WK 4: Baseball WK 5: Multisport WK 6: Soccer WK 7: Basketball WK 8: Junior Lifeguard Club WK 9: Baseball

WK 10: Multisport

ADVENTURE CAMP (Campers 8-12 years old)

YMCA LEARNING & CAREER CENTRE

Members: \$165/week, \$130/short week
Non-members: \$180/week, \$145/short week

YMCA Adventure Camp is based on challenging yourself to insight, self-growth and development. Activities will include: High ropes, low ropes, daily swim, teambuilding,

sports and games, confidence building, and more!

 WK 1: June 29-July 3*
 WK 2: July 6-10
 WK 3: July 13-17

 WK 4: July 20-24
 WK 5: July 27-31
 WK 6: NO CAMP

 WK 7: August 10-14
 WK 8: August 17-21
 WK 9: August 24-28

WK 10: August 31-September 4

NEW BRIGHTS GROVE DAY CAMP (Campers 4-12 years old)

ST. MICHAEL ROMAN CATHOLIC SCHOOL, BRIGHTS GROVE

Members: \$160/week, \$140/short week, \$34.50/day **Non-members:** \$185/week, \$165/short week, \$40.50/day

Outdoor adventures, building confidence, friendships and lasting memories. These are just a few options that await your child at our new YMCA Day Camp in

Brights Grove — an excellent site for camper adventures this summer!

WK 1: June 29-July 3* (Western Roundup)

WK 2: July 6-10 (Back in Time)

WK 3: July 13-17 (Animal Planet)

WK 4: July 20-24 (Carnival)

WK 5: July 27-31 (Ooey Gooey!)

WK 6: August 4-7* (Splish Splash)

WK 7: August 10-14 (Summer Olympics) **WK 8:** August 17-21 (Storybooks & Fairy Tales) **WK 9:** August 24-28 (Hero Week) **WK 10:** August 31- September 4 (Y's got Talent)

TYPICAL DAY AT CAMP			
7:30am-8:30am	Optional extended care		
8:30am-9:00am	Camper drop-off		
9:00am-9:20am	Camp starts with an opening circle		
9:20am-12:15pm	Campers break off into age-based activity groups		
12:15pm-12:45pm	Lunch		
12:45pm-3:30pm	More camp fun!		
3:30pm-4:00pm	Closing circle — Camp shout outs		
4:00pm-4:30pm	Camper pick-up		
4:30pm-5:30pm	Optional extended care		

When is my child too sick for school?



Send me to school if...

- I have a runny nose or a mild cough, but no other symptoms and can participate in school activities.
- No fever is present for 24 hours and no medication taken to reduce symptoms during those 24 hours.
- No throwing up or diarrhea for 24 hours and no medication taken to reduce symptoms during those 24 hours.



Keep me at home if I have...

- A temperature higher than 37.7° C (99.9. ° F)
- Been throwing up or had diarrhea in the last 24 hours.
- Painful red eyes with discharge that keeps coming back during the day.
- Body aches, headaches and feel fatigued.
- A sore throat with a fever
- A harsh cough and don't feel able to participate in school activities.
- An undiagnosed rash.



Follow up with my Health-Care Provider if I have...

- A fever for more than 2 days.
- A sore throat and fever for several days.
- Been throwing up or had diarrhea for more than two days.
- A cough for more than a week and it isn't getting better.
- A fever and now have a rash.
- Any urgent medical concerns.

For more information contact our infectious disease prevention and control team at 519-383-8331 or 1-800-667-1839. Resource adapted and revised with permission from Chatham-Kent Public Health.



