| Student |
| :--- |
| Spotlight |
| Charley Maranville | 03 Homecoming 12 | Yearbook |
| :--- |
| Ordering | 18 | October |
| :--- |
| Lunch |$\quad 20$



## đ UPCOMING EVENTS

1 October
HS Matchwits
@ Hanover
5:30-8:30 pm

## 23 October

Elementary
Parent/Teacher
Conferences
3:00-8:00 pm

13 October
End of First
Quarter

## 25 October

Picture Retakes

31 October
Elementary Halloween
Parties
2:45-4:00 pm

making a tackle in the homecoming football game

## SPORTS

Results and Highlights from Our School Teams

Volleyball:
vs DCA-W (3-0)
vs Soroco-W (3-0)
vs Hoehne-W (3-0)
vs CSS-W (3-0)
Football:
vs Mcclave- W (55-14)
vs SCHS-W (41-6)
vs Sanford-W (53-0)
vs Fowler-W (47-0)
vs Hoehne W (53-6)


A
Kylie Maranville \& Katie Goetschell getting the block against Calhan



## STUDENT SPOTLIGHT: JOURNALISM STAFF

## CHARLEY

MARANVILLE

This is Charleys first year in journalism. She doesn't have a lot of experience with cameras,
but she knows the basics. Charley is really
interested in taking pictures for sports and
homecoming.

Her favorite types of pictures are candid. Charley is really interested in the graphic design part of journalism and she he has loved picking out the colors and fonts for the yearbook, and can't wait to start designing pages. Charley loves to write instagram captions and is ready to start writing captions for the yearbook.

Charley is excited for this opportunity and is
ready to learn more about photography!

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## TUCKER TIDBITS FOR ELEMENTARY <br> 

KATHY TUCKER ELEMENTARY PRINCIPAL
Congratulations Simla Elementary for receiving the highest overall ating of "Accredited with Distinction" on the state's District Performance Frameworks.
Our school scored $72.7 \%$ on
Academic Achieveme $76.4 \%$ on
Academic Growth which placed us on "Performance".

Your hard work paid off! WE are proud of you, students and teachers!

## REMINDER

If you have not done so yet, parents please fill out the free and reduced form for this school year. Even though all students are currently getting lunch at no charge, this form helps the District with the overall student funding.


Introducing our 2023-2024 STUCO Leaders and members: STUCO Leaders are: Jaxon Hodgson, Zaylaa Vance, Breckyn Amendt, and Westley Hintz STUCO leader alternates: Gabriella Dai and Lyla Richie

October in the elementary means...the National Anthem at the Rockies game, Fire Prevention, Halloween
parties, Trunk or Treat, STEAM family night, Book Fair, Parent/Teacher conferences, Reading month, cooler recesses, beautiful fall colors, and much laughter and learning.

The first few weeks of school have been great! Students and teachers are back in the groove" being challenged and learning new things.

Our enrollment has remained steady and all elementary teachers have returned for another exciting year!

Thank you, parents, for giving us the opportunity to teach your child. We value each and every one that walks through our doors, and as a staff, we work our very best to ensure that each child succeeds and reaches, or even exceeds, their potential because together we will "Make it Count!"

We are all looking forward to an extraordinary school year!


The fifth-grade class, led by Mrs. Stanko and Mrs. Townley, will be leading our Cub's Dens this year. The first meeting was held on September 2 nd , and leaders taught about "School Spirit". Some fourth-grade students will also be assisting the fifth graders this year.
"CHILDREN ARE GREAT IMITATORS. SO GIVE THEM SOMETHING GREAT TO IMITATE."

- ANONYMOUS



## A JOB WELL DONE!

Over 65 elementary students joined others across the state to sing the National Anthem at the Rockies game on September 16, 2023. They did an amazing job representing our school! Thank you, stu-


READ ALOUD MONTH Students will be bringing home an informational letter with pictures of books on the back of the sheet in late September/early October. When your child reads to you or you read to your child for twenty minutes, please have your child initial or color abook. Reading should be age appropriate: older students should read more pages. Then on Tuesday, October 24, your child will need to return the signed sheet to his/her teacher. Eachparticipant who completes this activity will receive an extra recess, treat, and certificate. The extra recess will be on Friday, Oct. 27th. Please help your child complete this activity and read, read, read!!!!!

ELEMENTARY PARENT/TEACHER CONFERENCES will be held on Monday, October 23, 2023, by appointment. More information will be sent home as the date draws closer. Please communicate with your child's teacher. According to research, when parents are involved in their children's education students will exhibit higher academic achievement, more school engagement, and a greater motivation to succeed. Ou school's goal is 100\% contact with all elementary parents. Please help us achieve our goal!!! During parent/teacher conferences, our new music teacher, Ms. Trowbridge, will be in the cafeteria hosting an
"instrument petting zoo" for fifth graders. This will be great opportunity for par to meet her and ask any questions relating to music. In addition, fifth graders wiir instruments in preparation second semester band class.

## OCTOBER

ACCOUNTABILITY
MEETING
The first meeting of the year The first meeting of the year
was held in September. Officer elections were held, and this elections were held, and this
year's officers are as follows: President-Charley Maranville, Vice president-Dalton Hisle, Secretary/treasurer-Morgan Swennes. Congratulations to our new officers!
Our next meeting will be on Tuesday, October 10, 2023 (3:00-4:00 p.m.) in the library. If you are a parent and or community member interested in serving on our Accountability Committee please email Mrs. Tucker @ktucker@bigsandy100j.org. We would love to have you join o (2)

## OCTOBER IS FIRE PREVENTION MONTH!

On October 26, 2023, Elvis (we have seen him), along with the Simla Volunteer Fire Department, will be Department, will be
presenting their annual fire presenting their annual fire
safety program to ourPreK-5 th grade students. In preparation, please make preparation, please make
sure that your family has a home firesafety escape plan, including a family meeting spot, in case of a fire. This is always an exciting, educational experience for our students. We appreciate our fire department and their commitment to keeping our students, families, and communities safe!



HALLOWEEN PARTIES Halloween Parties will be on Tuesday, October 31, 2023. place on that day as well.

Please note: Students will be allowed to wear their be allowed to wear their the day of their Halloween parties. This is different parties. This is different the past. With that being said, please make sure that your child's sure that your child's learning in the classroom.

## If a part of your child's

costume could be a
distraction, then please direct them to wear that part at recess or at the end of the day. In addition, please do not send your child with weapons/guns, blood, guts or gore. Thank you for your help!
"TRUNK OR TREAT" WILL BE RETURNING THIS YEAR

This will take place in the overflow parking lot in front of the school (same place as last year). If you would like to participate, please let Mrs. Tucker know by emailing her, ktucker@bigsandy100j. org, or by calling the front office, 719-541-2291. Parents, family members, community members, and business owners are encouraged to participate and provide a fun experience for our students. The more, the merrier! The schedule will be as follows:
2:10-2:25 recess
2:30-2:40 parade
2:40-3:10 Trunk or Treat 3:10-3:55 Halloween parties
The annual parade for $K$ through fifth grades will begin at 2:30 p.m. This will
be held outside in be held outside in front of the school in the
main circular driveway, weather permitting.

Then students will make their way down to the Trunk or Treat. All classroom parties will follow. Once parties will folow. Once for supporting students and providing super parties!


PUT THIS
COMING ON OCTOBER
25, 2023!!
More information to
follow as the date approaches...

SCIENCE TECHNOLOGY ENGINEERING ARTS MATH


STUDENT OF THE MONTH: JASON BURGREEN
Our October Student of the Month is Mr. Jason Burgreen. Jason is a first grader in Mrs. Jones class she describes him as a "trustworthy student that can always be counted on to be honest and responsible. He consistently gives his best effort." Thank you, Jason, for being such a great student.



## SECONDARY PRINCIPAL NOTES: <br> SAMMI SWENNES <br> YEAR-TO-DATE

The 2023-24 school off to a great start. Our students are working hard in the classroom because they are being challenged by our outstanding teaching staff. Our high school is currently at 99 students and the junior high is at 77 students-and all of our Cubs are off to a great start of the year. Our fall sports programs are underway. We invite you to come to any of our high school and junior high sports to see our student athletes in action.
We had a great week for Homecoming and 'Rode the Wave to Victory' in both our volleyball and football games.
check out the gym this year we got the Senior Student Athlete Banners up for the Class of 2024!! Come in the gym and check them out.
 academic clubs/teams lik E-sports, Matchwits, Future Business Leaders of America and National Honor Society Students may also participate in Student Council, TrueSport, and Fellowship of Christian Athletes in the high school and C.U.B.S. Crew in the junior high.

Congratulations to the Big Sandy School District for their Accredited rating from the
State of Coloradol State of Colorado! Both the

junior high and high school sonally invite you and your achieved the highest rating family to come to one of our of 'Performance', which is
amazing. We are extremely meets to watch our students proud of our students and in action.
demic demic achievement.
We are very proud of all o the students that participate in these extra-curricular ac tivities! They are
willing to commit the time and dedication to make Simla Junior High and High School the best that it can be. I would like to per-

ATTENDANCE: A KEY TO YOUR STUDENTS SUCCESS
Parent Institition of The Parent Institute, the following clip was published. It stresses the importance of regula Research shows that children who are in school most of the time do better on state tests.

Here's how you can improve Here's how you can improve your child's school attend1. Talk the importance of about school regularly.
2. Avoid scheduling family trips or doctor appointments during school hours.
during school hours.
3. Make sure your child stays 3. Make sure your child stays
healthy by eating nutritious food and getting enough sleep and
sleep and
4. Don't accept excuses for why your child "must" miss or be late to school.
From the Principal's Desk
5. Discuss with your child what happened at school each day.
6. Support school rules and consequences for skipping class and being tardy.
7. Show your child why education is important and give specific examples of how education
helps people succeed.
Thus far, we have done a wonderful job of being present and ready to learn. Our secondary school reported a $94 \%$ attendance rate this past year. This year we want to try to do even better. Thank
you, our students and parents, for the commitment to Big Sandy Schools and our drive for excellence. With all that being said, we do want your child to stay home if they are sick. As much as we want
students in school, we want them in school healthy even more. Please call the office if your child isn't
feeling well, and if you do go to the doctor, please bring a doctor's note back to the office when your
child returns to school. Let's all work together to stay healthy and stay in person this year!

We invite youto come to any of our high school and junior high sports to see our student athletes in action!

## 1/2 DAY POLICY

 Secondary students participating in participating inextra-curricula sports and clubs) must betities (sports and clubs) must be
in attendance a $1 / 2$ day in order to practice or play in an event for that same day The definition of a $1 / 2$ day is 4 hours of attendance in a school day. If a bus is leaving after 12:00 p.m. the student must be in attendance for 4 hours of that school day. If the bus is leaving earlier that 2:00 p.m. the student must be in attendance for all hours in that school day

## WE ARE SIMLA

 FACEBOOK PAGE Be sure to follow the "We are sima Facebook page for updates on athletic and activities events and times. Mrs. Swennes works each week to post a weekly calendar of secondary student activities and athletic events with the game times and game order. chool closures and delays will also be posted on the We are Simla page.
## EXPECTATIONS OF

 STUDENTS AT GAMES f your child attends a bal game, please make sure tha he/she is supervised and watches the game.If staff needs to correct a student, then the student will receive consequences such as a lunch or after school detention and the student will need to sit with

## COUNSELOR CORNER

## CHAD THIEMAN

Happy Fall everyone! The Counseling Office operates with an open-door policy. If I can assist any student or parent, my door is open to you - stop in anytime! Parents - please call in advance ( 719.541 .2291 ) so that I can be sure to be available. You may also email questions to me at: cthieman@bigsandy100j.org. We also have a student advocate, Alicia Lee, who meets with students as needed for mental health check-ins and support.

## SENIORS

Our seniors are currently researching degree programs and college/vocational \& technical
school/apprenticeship options. We have been making use of online resources including state-sponsored website known as My Colorado Journey. This site provides guidance in career planning, college planning, and financial aid. Currently the seniors are working through the College Application Month materials in preparation for the FREE college/university application day which will actually be over 3 days: October 17 th -19 th . I recommend that parents check out this website to use as a resource as well. The web address is: www.mycoloradojourney. com.

Seniors need to remember to sign up in the scholarship book to receive the applications that arrive in my office. We continually update scholarship list and are always looking for new information to add. If you find out about a scholarship opportunity that is not included on our list, please let me know. We also have a link to our scholarship spreadsheet on the school

Senior, Conner Clucker, on the winning homecoming float


6th grade
homecoming float


Kids hanging out and watching the parade
website: www.bigandy100j.com. Another useful online resource to search for scholarships is found at www.fastweb.com
iors are present and participating in class Keep these college admission

## ere are several scholarship

## JUNIORS \& SOPHMORES

Keep these college admission
equirements in mind when
applications that are open right now assessment the the ligital PSAT/NMSQT FYI - students who take Algebra I and seniors should be working on This optional test for 10 th \& 11 th graders during their 8th grade year are still and sentic it is important to not is a practice for the SAT and is the qualifier required to 3 more high those applications. It is important to not is a practice for the SAT and is the qualifier required to complete 3 more high wait until the last minute to complete applications! regularly remind our time during senior seminar class to me during senior seminar class to complete all of their applications - they school to accomplish all that needs to be done! rship program Entry into the scholarship arship program. Entrmin the scholarship their 9 th and 12 th grade years PSAT/NMSQT score. This is thely by the Our expectation is that each high that our students will take this assessment complete Algebra 1, Geometry, and digitally. See Mr. Thieman for more details Algebra 2 as a regular course of and to sign up for the test if you would like mathematics study.

Our seniors will be attending a college
Each Tuesday morning the eligibility Our seniors will be attending a college The next ACT test date is Saturday, Octo- report is posted for all junior high and 11th .Senior seminar participation policy: Virtually all of the content of the enior seminar course is given in class through direct student/teacher ber 28 th. The regular registration dead line has passed but it is possible to submit high school students. If a student has rect student/teacher $\quad$ which the regular registration is open is Fail list. If a student has less than a . $\quad 60 \%$, then their name appears on the e in class for this instruction, we have 3 gistration deadline is through November Failing list. Students must be on the a clear participation policy. If a student register for the ACT. All enrolled juniors will is present and participating, they re- take the SAT here at the school during the ceive 5 daily points. If a student is not month of April 2024. present or is not participating, they do
not receive the points for that day. The only non-participation excuses accepted are:
college visits/job shadows, 2. other school related events such as arly dismissal for athletics 3. a doctor's written release from attendance/participation.

## ALL HS GRADES

Romeet the Higher Education Admissions colleges
and universities, graduating students
should have completed:
4 years of English;
4 years of Math (Alg. 1 and higher); 3 years each of Science and Socia Studies;
pation points for the day, they will have 1 year of Foreign Language
te opportunity to complete an extra (Simla offers Spanish)
credit assignment at the end of the 2 additional years of academic electives quarter to earn additional points. This (**Foreign Language is not required for policy is graduation at Simla and only 3 years of
necessary to help ensure that our sen-

form information program, Infinite Campus, offers parents and students a portal to check current grades, attendance information, etc. Call (541-2291) or email (ttucker@ bigsandy100j.org ) Mr. Tucker for in formation on how to get a login to access the system. There is a link for the portal on our school website www.bigsandy100j.com

Students and parents: stop by my office and say, "hello" anytime! Enjo the fall - the best weather of the year (in my opinion)!


Juniors hanging out on the class float.

Meadow Nuesbaum sinking an ace

the parent or with the adult who brought him/her to the game. Students who are not playing in the athletic event that night, should not be in any of the locker rooms for ANY reason. If students are in the locker rooms, they will be asked to sit with thei parents. Also, students and adults should not use the north doors off of the lock er rooms to enter the gyms Please come in the main doors through the gate. If inappropriate behavior con tinues then the student will need to stay home and not attend extracurricular activities until the adminis ration decides that he or she is ready to follow the ules. Thank you for your cooperation. We have these ules so the patrons can watch the games and to try and ensure student safety.
EXPECTATIONS PARENTS AND FANS AT GAMES
Our expectation for all parents and fans at games is to have appropriate behavior at all times. The use of inappropriate language heckling of the opposing teams' players and coaches heckling of our own players and coaches, and nappropriate behavior and anguage towards an official are inexcusable. If behavio from any of our parents or fans is inappropriate in any

way you may be asked to leave the game by a school administrator. School administration will then determine if you will be allowed to attend future extracurricula events. Our goal is not to remove parents or fans from games, but instead hold our parents and fans to the same high sportsmanship standards that we hold our students too.

## SCHOOL STORE

The Freshmen Class is sponsoring the School Store this year. The store is currently open from 7:45- 7:55 a.m. and then again during break from 9:58 - 10:03 a.m. Students can buy snacks to eat throughout the school day

## HONOR ROLL

## DRAWING

This year the Honor Roll will be divided into three levels determined by the GPA student acquires in a nine-week period: Blue - 3.00-3.49 GPA Gold - 3.50-3.99 GPA Superintendent's - 4.00 GPA At the end of each nine week period, teachers will post their grades and student GPAs will be determined. Names will be posted outside of the prin cipals office and sent the Ranchland News for publication. In addition to the publicity, students on the Honor Roll will receive a tangible prize each
time they attain this feat

## PARENT/TEACHER

 CONFERENCESThe Fall Parent/Teacher conferences were held on September 18 th. If you were unable to attend on
this date, and you would like to visit with your child's teachers, feel free to call the school office and
set up a time to visit with your child's teacher, during their planning time.

## END OF 1ST QUARTER

It is hard to believe that we will complete the first quarter of school this month! The quarter ends on October 13 th. Report cards will be sent home the following week.

## NHS GUIDELINES

Students having a 3.5 GPA after the first semester of their sophomore year are considered for
membership by a faculty committee. The committee also looks at a student's character, leadership abilities, and community service. Mrs. Bauer is sponsoring NHS this year. If you have any questions, feel free to contact her.

## CHOIR CONCERT

Great job to our Junior High and High School Music students -they had their first concert on September 27 and did a fantastic job!!

 against Calhan at the volleyball game on August 29th in Simla


## HIGH SCHOOL DRAMA PRODUCTION

Join the High School Drama and Drama Tech classes:

## When: Wednesday November 15th at

 7p.m.
## Where: in the

auxiliary gym
For: "Twice Upon A Time" by Tracy Wells
(produced by special arrangement with Pioneer Drama Service, Denver, CO.)

Set on Christmas Eve in "Twice Upon A Time"
is a fun mix of fractured fairy tales!
Grandma has always been an adventurer- preferring pirates and astronauts to princesses and fairies... so it
is no wonder that when her grandkids ask for fairy tale bedtime stories, Grandma puts he
them!
"Twice Upon a time..." Grandma begins each goofy retelling of a once-familiar classic. Cindy-Rella is now an insufferable neat freak not inclined to leave her chores to attend the prince's barbecue, even if there will be a bouncy castle there Grandma seems to have forgotten about the Big Bad Wolf, so her stories pull Big Bad Bear away from his porridge to threaten both Little Red Riding Pants. Eve Goldilocks is confused why she has cameo appearanc es in both these stories! Despite the children's occa sional protests at Grandma's absurd revisions, they beg

for more. She forges on to tell the tales of Snow White and the Four Dwarves (because four is plenty, thank you!), and Grumplegrapeskin and all the rest of the wacky characters in this charming and enchanting play packed with five tales that will really crack you up!

## JUNIOR HIGH DRAMA



Join the JH Drama Tuesday
December 5th
6:30p.m. Big Sandy Schools in the small gym
for the production of "Fairy Tale Misfits" by Jeff Fluharty, (produced by special arrangement with Pioneer Drama Service, Denver, Colorado.)
When a mysterious talkin groundhog steals young Elie's homework, she takes off down a hole after it and finds herself in a place where nothing is as it seems - the Land of Rejected Fairy Tale

Characters. Here, Ellie meets Queen White-Out and her a crazy assortment of misfits eraser minions, Pink Pear who were cut from the fairy and Big Mistake, have oth tales we all know and love. er plans. Will the misfits be There's her shadow-fearing erased forever, or will they sidekick, Groundhog; Mac, find their own happily ever the eighth and world's largest after?
dwarf; Jacqueline, the great Bursting with quirky humor Giant Slayer armed with a and featuring a large cast of magic polka-playing whimsical and endearing accordion; and more - characters, Fairy Tale Misfits Indecisive Goldilocks, fits the bill for a large cast o Sleepless Beauty, Little Red young actors looking to Robin Hood, Fairy Godfather, deliver big laughs. and even Big Bad Platypus. Groundhog and the rest of the misfits make a deal to help Ellie find her way back home if, in return, she writes them into stories that can

SUPERINTENDENT NOTES CONTINUED.......
to thank the Simla Fire Department, Simla Police Department, Colorado State Patrol, Town of Simla, Simla Cubs Booster Club, Ranchland
News, Student Council News, Student Council,
Simla Cheer Team, Alumni, Big Sandy Alumni Association, Parents, Staff and Community for a great Homecoming Week!

## SCHOOL CLOSURE

 INFORMATIONFinally, we try and make the decision on school closures by 6:00 a.m. Our first contact is with
www.flashalert.net. FlashAlert then contacts all media outlets in Colorado Springs, Denver, and Pueblo. These media outlets then
post school closures on post school closures stations, and television stations. We also use ShoutPoint. ShoutPoint is an automatic calling system and e-mailing system that will call/e-mail each family to give out this type of information; please let Alisa Easler, in the main office, know if you need to update a phone number, e-mail address, or address.

We hope you and your
children have a great school
year!

## WELCOME TO 1,000 BOOKS BEFORE KINDERGARTEN

Brought to you by Pines \& Plains Libraries and paid for by the Growing Readers Together Grant.
Enjoy books together now and reap the benefits as your child gains skills that will prepare him or her for learn ing to read independently. Every child enrolled in the program receives a notebook where parents can log the book that their child reads, a free book to get started, and list of great books to read before kindergarten. The books list provided are just
suggestions. You can even read theirfavorite book over and over and it counts each time toward their 1,000 book goal.It is important to read what you and your child enjoy together.

How-to Guide:

- When you have read 100 books with your child, bring the notebook back in (and your child too!) and we'll give them a sticker. Repeat for each set of 100 books you read together.
-When you complete 500 titles, you get a cool book mark.

When your child reaches 1,000 books, he/she will receive a cute teddy bear to keep. They will also get a certificate and be photographed to appear on the 1,000 books wall of fame.

- You can do this for every child in your family, from in fant up to kindergarten.


Even if your child is in pre- Simla Library will be school you can participate, having Trunk or Treat in you may need to read Six the parking lot on October books or more a day to fin- 31, 2023 at 5:00pm. ish by the first day of school. But the skills learned are so important; you won't want to miss out. You may surprise yourselves with how quickly you can achieve this goal! Swing by the Simla library today to sign up and begin your 1,000 book journey.

Everyone is welcome to participate and attend.

Show us your creativity and spooky sense of fun!
Kamber Watts,
Pines \& Plains Libraries Activities Service Guide

## 2024 YEARBOOK 2024 ORDERING $\operatorname{ax}^{2}$ IS LIVE! <br> Hey there, high schoolers! Time to put down your emoji-laden smartphones and listen up situation on our hands. You see ordering a yearbook ASAP is like securing a ticket to a nostalgia rollercoaster, and trust me, you won't want to miss that ride. Sure you might think you'll remember every awkward cafeteria <br> encounter and epic football game moment, but alas, memory tends to fade faster than last season's fashion trends. <br> So, here's the deal: get your paws on that yearbook before you're haunted by the ghost of teenage hairstyles past. And don't even <br> 等  0 <br> think about relying on Instagram to capture all those precious memories. The yearbook is the real OG when it comes to preserving the moments that'll make you smile, cringe, and wonder what on earth possessed you to wear that outfit on picture day. So, fellow teens, don't procrastinate, lest you be hazy recollections and regret-filled sighs. Order that yearbook pronto, and let the printed, ink-on-paper perfection! \#MEMORIESMATTER <br> YEARBOOK <br> The Big Sandy yearbook captures today's memories to enjoy for a lifetime Don't miss out - reserve your copy today <br> WAYS TO ORDER: <br> ORDER ONLINE OR PICK UP AN ORDER FORM FROM THE JOURNALISM STAFF TODAY! <br>  <br>  <br> MAKE READING COUNT!!

THE 2023
FALL SCHOLASTIC BOOK FAIR IS ON ITS WAY!


| Where: Our school library | Book Fair flyers will be sent out ahead of the book fair. | emphasize the importance of reading and literacy in our school and community. |
| :---: | :---: | :---: |
| Time: More information to follow - we're working | Come check out the amazing selection of books available to your young readers and help make this year's book fair a success! | If you have questions or need more information, please contact: Mrs. Jeni Montague at school (541-2291, ext. 3301). |
| on the details! | Our book fair profits are used to develop classroom libraries and to |  |




TREVEN KOCERHA
FIGHTING FOR THE



COLORADO
Department of Public Health \& Environment

## Communicable Disease

## How sick is too sick?

Public guidance document

Available languages: Españo
This document outlines guidance for routine decisions about when children and staff should stay home from school or child care. There may be situations where public health determines more stringent return-to-school requirements.

## There are four main reasons for children and adults to stay home:

1. The child or staff member could infect others with a contagious illness, either because of symptoms, a diagnosis, or recent exposure to a contagious illness.
2. 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.
3. A child needs more care than teachers and staff can give while still caring for the other children.
4. The child or staff member has symptoms or an illness on this list, and staying home is required.

## When to seek emergency medical attention

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

These are not all possible indications of a medical emergency. Call 9-1-1 or your health care provider for any other symptoms that are severe or concerning to you.

| Guidance for symptoms <br> not due to a specific <br> disease | Child or staff must stay home? |
| :--- | :--- |
| Severe or new cough | Yes - Severe cough is often present in people with infectious respiratory illness. A <br> person with severe, uncontrolled coughing, wheezing, or rapid or difficulty <br> breathing (if new or worsening from baseline) should not attend school or child <br> care and should talk to a health care provider. <br> If all symptoms are consistent with the usual symptoms of a known chronic <br> condition and the person is otherwise well enough to return to school, no further <br> evaluation is necessary. <br> Students and staff may return to school following discussion with a health care <br> provider, even if the cough is not fully resolved. |

## Diarrhea

Frequent, loose, or watery stools (poop) compared to normal ones that are not caused by food or medicin

## Fever

Fever is a temperature of
$100.4^{\circ} \mathrm{F}$ or greater. Babies who are 3 months or younger need to see a health care provider right away for a fever of $100^{\circ} \mathrm{F}$ or higher. Call your health care provider for any fever in an infant aged 6 months or younger.

Flu-like symptoms
Fever with sore throat or cough

Other flu symptoms can include runny nose, congestion, fatigue, body aches, vomiting and diarrhea.

Yes - Unless the diarrhea is related to an existing chronic condition, is explained by a diagnosed condition not requiring the person to stay home, or is consistent with the person's baseline.

The child or staff member may return to school or child care 24 hours after their last episode of diarrhea unless the diarrhea is caused by an illness that requires them to stay home longer. If the diarrhea is explained by a specific illness, then the child or staff can return to school or child care following exclusion guidelines for that illness.

Yes - The child or staff member may return to school or child care if the fever has been resolved for 24 hours without fever-reducing medications unless the fever is caused by an illness that requires them to stay home longer.

If the fever is consistent with the usual symptoms of a known chronic condition and the person is otherwise well enough to return to school, no further evaluation is necessary.

A temporary, elevated temperature due to overexertion or overdress, without other symptoms of illness, should not be considered a fever.

For more information about fever, read Children's Hospital Colorado's recommendations on fever care for children.

Yes - Children and staff may return to school or child care as long as they are fever-free for 24 hours without the use of fever-reducing medications and other symptoms are improving, unless the symptoms are caused by an illness that requires them to stay home longer. If the symptoms can be explained by a specific illness, then follow the exclusion guidelines for that illness.

In consultation with a health care provider, additional evaluation for flu-like illnesses, sore throat, and upper respiratory symptoms may be appropriate,
including evaluation for strep throat. including evaluation for strep throat.

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| HOW SICK IS TOO SICK |  | CUBREPORTER | 25 |
| :--- | :--- | :--- | :--- |


| Guidance for symptoms <br> not due to a specific <br> disease | Child or staff must stay home? |
| :--- | :--- |
| Vomiting | Yes - Unless the vomiting is related to an existing chronic condition or is explained <br> by a diagnosed condition not requiring the person to stay home. If the vomiting is <br> unexplained and inconsistent with the person's baseline state of health, the child <br> or staff member may return 24 hours after their last episode of vomiting. If the <br> vomiting can be explained by a specific illness, then follow the exclusion <br> guidelines for that illness. <br> If a child with a recent head injury vomits, seek medical attention. |


| Guidance for specific <br> diagnosed illnesses | $\quad$ Child or staff must stay home? |
| :--- | :--- |
| Chicken Pox | Yes - Exclude until the blisters have dried and crusted (usually 6 days), or <br> in immunized people without crusting, until no new lesions within <br> 24-hour period. |
| Conjunctivitis (pink eye) <br> Pink color of eye and thick <br> yellow/green discharge | No - Children and adults do not need to stay home unless they have a <br> fever or are not able to participate in usual activities. Practice good hand <br> hygiene. |
| COVID-19 (clinical <br> diagnosis, symptoms after <br> known exposure without <br> testing, or a positive <br> diagnostic test) | Yes - Children and staff who have suspected CovID-19 (have symptoms <br> following a known exposure) or who have been diagnosed with CoVID-19 <br> must be excluded and follow CDC's isolation guidance. |
| If a CovID-19 test is negative and the symptoms are explained by <br> a specific illness other than COVID-19, then the child or staff can <br> return to school or child care following exclusion guidelines for <br> that illness. <br> If the CovID-19 test is negative and the illness is not explained by |  |
| a new illness or a known chronic condition, the person may return |  |
| to school as long as all symptoms are improving and fever, |  |
| diarrhea, and vomiting have been fully resolved for 24 hours. |  |$|$

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| Guidance for specific <br> diagnosed illnesses | Child or staff must stay home? |
| :--- | :--- |
| Norovirus | Yes - Exclude children and staff for at least 48 hours after their last <br> episode of vomiting and/or diarrhea. During an outbreak, exclusion may <br> be increased to 72 hours after the last episode of vomiting and/or <br> diarrhea. |
| Ringworm | Yes - Children may stay at school or child care until the end of the day, <br> but cannot return until after they have had the first treatment. Keep <br> the area covered for the first three days if participating in activities <br> with person to person contact. |
| Roseola | No - Exclusion is not necessary unless there is a fever or behavior <br> changes. |
| Croup, RSV (Respiratory <br> Syncytial Virus) | Yes - Children and staff should remain out of school or child care until <br> they are fever-free for 24 hours without the use of fever-reducing <br> medications and other symptoms have been improving for 24 hours. <br> During an outbreak or when case rates are high, exclusion times may <br> be increased to protect hospital capacity. |
| Strep Throat | Yes - Exclude for 12 hours after starting antibiotics. |
| Other vaccine-preventable <br> diseases Measles, Mumps, <br> Rubella (German Measles), <br> Pertussis (Whooping Cough) | Yes - Children and staff can return to school once they are no longer <br> contagious (see Infectious Disease Guidelines). Public health consultation <br> may be necessary. |
| Yeast infections <br> Thrush or Candida diaper <br> rash | No - Follow good hand washing and hygiene practices. |
| Other <br> Symptoms or illnesses not <br> listed | Contact the child care center director or school health staff to see if the <br> child or staff member needs to stay home (see Infectious Disease <br> Guidelines). Public health consultation may be necessary. |

This document was developed in collaboration with pediatricians, medical epidemiologists and public health professionals.
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

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