

**Dates to Remember In August/September**

Tomorrow Lower School Back-To-School Night 5:30 p.m.  
9/6 Labor Day – No School

**Important Information**

\* **Friday Dress** – This Friday and every Friday is Spirit Dress Down Day at Sayre School. Students may wear jeans and Sayre t-shirts or blue and gold, every Friday.

\* **Illness Policy** - It is imperative for the welfare of our entire school community that children with communicable illness stay home. Please follow the guidelines below.

1. Fever: Any child with a fever (any temperature 100 degrees or above) must be kept at home. Your child may return to school once he/she has remained fever free, without fever reducing medication, for a full 24 hours.
2. COVID: If your child is exhibiting any sign or symptom of COVID, please do not send them to school. We strongly encourage testing and can provide resources if needed. Please see our regularly updated COVID policy to determine how to proceed should you be concerned that your child has contracted or been exposed to COVID.
3. Vomiting/Diarrhea: If your child has vomited or had diarrhea during the previous day or night, please keep your child at home. Children must be kept home for a full 24 hours after the last bout of vomiting and diarrhea and should not return to school until their energy level is back to normal. Be sure to consult your child's doctor if symptoms continue more than 48 hours or worsen instead of improving.
4. Strep Throat: If your child is diagnosed with strep, he or she must stay home for a full 24 hours after beginning to take prescribed antibiotics and after fever has resolved for 24 hours without the use of fever-reducing medications.
5. Pink Eye/Conjunctivitis: There are two forms of conjunctivitis commonly seen in children. One is bacterial and requires antibiotic treatment for a full 24 hours before returning to school. The other form is viral and highly contagious. Parents should consult a physician before allowing children to return to school if you suspect that he/she has pink eye.

**Our school nurse is available to answer any health related questions that you may have.**

\* **Snacks** - We cannot over stress the importance of parents working with us to help keep our students safe and healthy. Children function best throughout a school day when snacks are healthy and not full of sugar. We encourage you to consider nutritional value as you choose what to send with your child for snack each day as you are fueling both his/her body and brain! In addition, we recognize that proper hydration is important to health and learning. We welcome children to bring non-spill, unbreakable water bottles to school with them for use during the day. Bottles should only be filled with plain water- please do not send sugary or staining beverages to school both for health reasons and in order to help us keep our building clean. Water is all that children should need during the school day other than at lunch when the Buttery also serves milk and juice. In addition, in response to the growing numbers of children who have anaphylactic reactions to nuts, Sayre Lower School and Buttery are nut-conscious environments. This means that any food you send in with your child for snack or lunch must be 100% nut free. Please read the ingredients of all items and keep them at home if you see any nuts (peanuts and/or tree nuts) in the ingredients, OR if it says that it was processed on equipment that also processes peanuts or tree nuts. Even if the snack is only an individual snack for your child, it must be screened by you prior to being sent to school. If a child were to have a snack containing nuts in our classrooms or in the Buttery, it could contaminate the desk surfaces or other surfaces touched by a child's hands. Please help us keep all of our children safe by respecting our rule that no foods containing nuts or processed on the same equipment as nuts enter our building. **IMPORTANT:** Due to continual changes in manufacturer packaging, please read the ingredient label of all snacks each time you purchase them to ensure that they do NOT contain any of the following: peanuts /tree nuts, peanut/tree nut butter, peanut oil, peanut/nut flour, peanut/nut meal, or any variety of the statements, "Contains peanuts," "May contain traces of peanuts and/or tree nuts," or "Manufactured in a facility or on equipment that also processes peanuts (and/or other nuts)."

- \* **Birthdays** - Birthdays are very meaningful to young children and they are eager to share their special day with their friends. Because of the range of allergies in classrooms, we are now requesting that parents who wish for their children to celebrate their birthdays at school provide nut-free, dairy-free popsicles to be shared with their friends. This is a fun, inexpensive, tasty treat loved by children which eliminates the challenges faced by both families and the school in screening birthday treats. Popsicles will be the **ONLY** treat allowed to be brought to school for birthday celebrations. We will still continue to allow other nut-free foods be brought for Halloween and Valentine's Day Parties, but only popsicles will be allowed at birthday celebrations. Freezer space will be available to keep items frozen until served.
- \* **Birthday Invitations** - Invitations may be distributed at school **ONLY** when all students in a class are invited or when all members of one sex are included.
- \* **Visitor Policy** - All unescorted visitors (including parents) to all buildings on Sayre's campus are directed (via a sign on the entrance doors) to come to the office to sign-in and sign-out while on campus. Visitors/parents will receive a "visitor pass" to wear while they are on campus.
- \* **Early Pick-up Policy** – Please remember, if you are picking your child up early from school, you must **call** the office and let us know you are picking up your child. Parents are asked to come to the back parking lot and ring the bell to pick up children. Mrs. Stiles will call the classroom and have your child meet you at the door.
- \* **Labeling Clothes** - Please write your child's name on his/her clothes (jackets, sweatshirts, P.E. clothes etc.). This will facilitate a faster return if they are lost.
- \* **Cell Phones** - For safety reasons, cell phones should not be used during drop-off or pick-up. We have many young children in the parking lot and careful attention is required.
- \* **Raincoats** – Please remember that we leave our building during the day. Watch the weather report every day and be sure that your child has a rain poncho or raincoat (no umbrellas) that stays at school. Labeling your child's rainwear is very important. Sayre ponchos look alike!
- \* **Early Tuesday Dismissal** - All divisions of Sayre School will dismiss early on Tuesdays. The Lower School will start calling students outside at 2:05 for dismissal. The Middle and Upper Schools will follow at 2:30 pm. This early dismissal is designed to provide faculty with time for professional development.