



January 14, 2014

Dear SMS Parents:

As a part of our mandate to provide a safe and healthy school environment for all students, Foundations for the Future Charter Academy in conjunction with the Alberta Health Services has prepared a plan in response to the risk of an influenza pandemic and the current outbreak of H1N1 in our Calgary area. For this reason it is important for us to be proactive in our communications with each family, and to confirm the importance of promoting healthy habits to be used by school and home to help prevent the spread of germs.

People suffering with influenza can exhibit symptoms that may include fever, cough, muscles aches, lethargy and lack of appetite. Some people with influenza like illness (ILI) symptoms have also reported runny nose, sore throat, nausea, vomiting and diarrhea. **Parents MUST plan for keeping their children home for at least 7 days from the onset of influenza like illness (ILI) symptoms. If symptoms last longer than 7 days, then they MUST stay home until 24 hours after the symptoms are gone. (Alberta Health Services).**

STUDENTS WHO ARE SHOWING INFLUENZA LIKE ILLNESS (ILI) SYMPTOMS AT SCHOOL WILL BE SENT HOME IMMEDIATELY. WHEN CONTACTED BY THE SCHOOL, PARENTS WILL BE REQUIRED TO ARRANGE FOR THE IMMEDIATE PICK-UP OF THEIR STUDENT FROM SCHOOL. We ask that parents have in place a plan for this should a call from the school arise. In this way, we can work together to help prevent further spread of the influenza virus.

As a proactive measure, health officials want people to protect themselves against pandemic influenza. Here are some ways to protect your family:

- **Keep children who are sick with influenza like symptoms at home. Don't send them to school.**
- Teach your children to wash hands often with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick.
- People who are sick should stay home from work or school and avoid other people until they are better.

For more information please visit one of the following sources:

- Calgary Health Link – call 1-866-408-LINK (5465) or visit www.healthlinkalberta.ca
- Alberta Health Services at <http://www.albertahealthservices.ca>.

In the event that you need to report your child's absence from school please describe the symptoms your child is suffering from as a way of helping us to provide important data to the Alberta Health Services. We would like to thank you for your efforts in helping to prevent the spread of germs by promoting healthy habits at home.

Yours in education,

A handwritten signature in black ink, appearing to read "Justin Fox".

Principal Educator