



Ichabod Crane Central School District

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CENTRAL OFFICE

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Principal
Daniel E. Farley
Assistant Principal
Paul Thompson
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Principal

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Steven M. Marotta

SCHOOL LUNCH

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Todd L. DiGrigoli

TECHNOLOGY

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Juan H. González

ADULT EDUCATION

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<http://www.ichabodcrane.org>

October 26, 2009

Dear Parents and Guardians:

This letter is to inform you that we are beginning to see an increase in flu-like illnesses within our schools. The New York State Department of Health (NYSDOH) has stated that the majority of influenza viruses recently sub-typed at the NYSDOH Wadsworth Center have been novel influenza A (H1N1) virus. Therefore, the flu virus that is currently circulating in our communities is most likely the H1N1 flu virus, as per the Columbia County Department of Health. Most people infected with the Novel H1N1 flu virus have experienced mild to moderate illness, similar to seasonal flu. Treatment for the novel H1N1 flu is the same as for the seasonal flu.

Our school health staff is monitoring your child's health in school and will notify parents if there are any concerns. The flu can easily spread from person to person, but there are preventive measures you can take to help us significantly reduce the incidence of the flu in our school community.

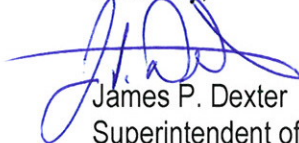
The Center for Disease Control recommends that you:

1. **Teach your children good hygiene.** Teach children to cover their coughs/sneezes with their elbows, use good hand washing habits, and keep their hands away from their face. Soap and water is the most effective way to avoid germs. Please stress the importance of not sharing personal items such as water bottles, drinks, food or utensils.
2. **Know the symptoms of the flu even if they are mild.** Symptoms include fever (100.8 degrees or higher), cough, sore throat, runny nose and body aches. Some children vomit or have diarrhea.
3. **Keep your children at home when they are sick.** Students who develop flu-like symptoms should stay home, rest, drink plenty of fluids, see their health care providers and remain home from school until they are free of fever for 24 hours without the aid of fever-reducing medication. Please follow the District's procedures for reporting absences by contacting your child's school.
4. **Consider the H1N1 flu vaccine, as well as the seasonal flu vaccine.** Please consult your pediatrician to determine if your child should receive either flu vaccine.

The District will continue to monitor flu-like illness in our schools and follow the recommendations of the County and State Health Departments with cleaning and disinfecting our buildings.

For more information about the flu, please visit the District's Web site at www.ichabodcrane.org or www.flu.gov Thank you.

Sincerely,



James P. Dexter
Superintendent of Schools

MISSION STATEMENT: In our quest for excellence, the Ichabod Crane Central School District is dedicated to preparing all students to meet the challenges of our future and to appreciate the value of their own lives by nurturing each individual's unique talents, instilling a desire for lifelong learning, and fostering a strong spirit of community.

NON-DISCRIMINATION COMPLIANCE STATEMENT: The Ichabod Crane Central School District hereby advises students, parents, employees, and the general public that it offers educational opportunities including vocational opportunities without regard to sex, race, color, national origin, handicap or religion. Inquiries regarding this non-discrimination policy may be directed to: Title IX and Section 504 Compliance Officer, Maureen VanDeusen, Assistant Superintendent for Instruction, Ichabod Crane Central School District, Valatie, NY 12184, (518) 758-7575. A copy of the "In Compliance with Section 1.4 (a)" is available in the Superintendent's Office.