



**Dr. Thomas J. Douglas**  
**Superintendent**

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Dear Parents and Guardians,

As we move through the winter months, we want to share a few important updates and reminders to help keep students healthy and engaged.

**Staying Healthy This Season: A Reminder from School Health Services**

As respiratory virus season continues, please keep your child home if they have a fever of 100.4°F or higher, vomiting or diarrhea in the past 24 hours, a new rash or open sores, severe ear pain, a significant cough, trouble breathing, or are too ill to participate. Students may return once symptoms improve and they have been fever-free and free of vomiting/diarrhea for 24 hours without medication. Students must also stay home after hospitalization, ER visits, surgery, or significant injury until cleared by a medical provider. All return-to-school notes should be provided to the school nurse.

Students who test positive for COVID-19, flu, or RSV should also stay home and may return once symptoms improve and they have been fever-free for 24 hours without medication. Please notify the school nurse of any infectious disease. Practicing good hand hygiene and staying home when sick helps prevent spread. For questions, contact your school nurse or visit the [School Health Services webpage](#).

**Playground Safety**

As a reminder, playground equipment may be temporarily closed during winter due to freezing temperatures, snow, or ice. Slippery or frozen surfaces reduce the protection of playground surfacing and can increase injury risk. For more than a decade, the District has followed national playground safety guidelines and regularly evaluated conditions to determine when equipment can be safely used. Thank you for your understanding as we continue this winter safety practice.

**Spring Sports Registration**

Spring sports registration opens next month. Ensure your student-athlete has a current physical dated within the past year and submit it to the school nurse or upload to FinalForms. Information on registration dates is available at the [Athletic Department webpage](#).

Thank you for your continued partnership as we support our students this winter. Questions may be directed to your child's school office or [hcsdinfo@horseheadsdistrict.com](mailto:hcsdinfo@horseheadsdistrict.com).

Sincerely,

Dr. Thomas J. Douglas  
Superintendent of Schools  
Horseheads Central School District