



RUMSON-FAIR HAVEN REGIONAL HIGH SCHOOL

74 RIDGE ROAD
RUMSON, NEW JERSEY 07760-1896
www.rumsonfairhaven.org

Stephen Sarles
Principal
ssarles@rumsonfairhaven.org
732-842-1597 x262

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Dear RFH Parent(s)/Guardian(s):

I hope this letter finds you and your family well and excited for the upcoming long weekend. As we enter the season known for the prevalence of colds, flu, COVID, and RSV, I would like to take a moment to address some important considerations regarding the well-being of our students and staff here at RFH. It is imperative that we work together to minimize the spread of these illnesses within our school community.

Please keep a close eye on your student's health. If they display any signs of illness such as a fever, diarrhea, vomiting, or similar symptoms, your student should remain at home until they have been fever-free for at least 24 hours without the use of fever reducing medications. While our goal is to have students attend school regularly, it is equally important to prevent the spread of illnesses that could cause other students to miss classes. As these common illnesses affect individuals differently, reducing their transmission within our school will enhance our ability to maintain a healthy environment and minimize disruptions to learning.

In addition, our students can take everyday precautions to help stop the spread of these illnesses:

- Avoid close contact with individuals who are unwell, and if you are sick, limit your contact with others.
- Cover your nose and mouth when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Refrain from touching your eyes, mouth or nose.

We request that all parents please inform the school if their student is diagnosed with the flu, respiratory illness, Covid, or gastrointestinal illness. Should your student experience any of these conditions, please contact our school nurse, Jane Knific at jknific@rumsonfairhaven.org. This information is important in our efforts to identify and manage any potential outbreaks, ensuring the well-being of all students and staff.

I would like to express my gratitude for your continued support in ensuring a safe and healthy environment for all. Your cooperation plays a crucial role in maintaining the health and wellness of our school community. I hope each of you has a wonderful Thanksgiving!

Stephen Sarles
RFH Principal