



## Wellness Policy

The health and well-being of our students and community are always a priority at TCS. In order for us to protect our children and staff, we ask you to read and adhere to our revised Illness Policy.

### **Please keep your child home if he/she exhibits any of the following:**

1. A fever (a temperature of 100 F or higher). A child must be fever free without medication (Tylenol, Advil, etc) for at least 24 hours before returning to school.
2. An unusual rash of any kind. An exception would be a rash due to an antibiotic reaction or eczema.
3. Any contagious disease such as (but not limited to): flu, chickenpox, measles, mumps, pink-eye and an active case of head lice. Please report any occurrence of these contagious diseases to the office.
4. Any eye infection/irritation with discharge. Your child may return after being examined by an MD and/or having been on appropriate medication for 24 hours.
5. An ear or throat infection. Your child may return after being examined by an MD and/or is on appropriate medication for 24 hours.
6. Has had vomiting or diarrhea. Your child must be symptom free for 24 hours before returning to school.
7. If your child has been breathing rapidly, nasally with effort or wheezing.
8. Has been diagnosed as ill or is behaving ill in any way (acute cold or flu symptoms, hacking persistent cough, headache).

Please assess the comfort of your child before coming to school. If your child is listless, pale or unusually irritable, this would be reason to keep your child home. Notify the school office the same day if your child stays home due to illness. Should your child become ill during the school day, the parents will be notified and possibly asked to pick up the student. When the school calls and asks parents to pick up a sick child, parents are expected to pick up the child within the hour.

When there is an exposure to a communicable disease, families will be notified.

### **Let's Stay Healthy!**

Here are some basic recommendations for keeping your child healthy during the school year:

1. Make sure your child gets enough sleep. Most children need 8-10 hours a night.
2. Reinforce the importance of good hand washing. Sinks and soap are available in the classroom and children are encouraged to wash hands after toileting and before eating.
3. Pack water bottles in lunch boxes. Hydration is essential to good attention span.
4. Apply sunscreen before school. Children are outside for many activities during the course of their school day. Hats are also advisable.
5. Consider a rolling backpack if your child's load is heavy.
6. Pack healthy lunches and snacks. Good nutrition impacts your child's immunity, attention span and moods!