



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 Wellness Policy.

Individuals with symptoms of infectious illness, such as influenza (flu) or COVID-19, must stay home and should consult with their healthcare provider for testing and care, regardless of vaccination status.

Please keep your child home and notify the school if any of the following symptoms are exhibited:

- Fever (a temperature of 100 degrees F or higher) or chills.
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell
- An unusual rash of any kind. An exception would be a rash due to an antibiotic reaction or eczema.
- Any contagious disease such as (but not limited to): COVID-19, flu, chickenpox, measles, mumps, pinkeye and an active case of head lice. Please report any occurrence of these contagious diseases to the office.
- Any eye infection/irritation with discharge. Your child may return after being examined by doctor and/or is on appropriate medication for 24 hours.
- An ear or throat infection. Your child may return after being examined by doctor and/or is on appropriate medication for 24 hours.
- Irregular breathing symptoms, such as breathing rapidly, nasally with effort or wheezing.
- A diagnosed illness or any symptoms of illness (such as acute cold symptoms or hacking persistent cough).

Please confirm with the school that the criteria listed below has been met prior to your child's return to school. COVID-19 testing may be required for your child to return to school sooner than 10 days after experiencing symptoms:

- A child must stay home until symptoms have improved.
- A child must be fever free without medication (Tylenol, Advil, etc) for at least 24 hours before returning to school.
- After vomiting and/or diarrhea, a child must be free of both symptoms for 24 hours before returning to school.

- After an eye infection/irritation with discharge, your child may return after being examined by a doctor and/or is on appropriate medication for 24 hours.
- After an ear or throat infection, your child may return after being examined by doctor and/or is on appropriate medication for 24 hours.
- After experiencing any of the symptoms highlighted above in yellow, your child may return to school after meeting the following criteria:
 - i. At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; and
 - ii. Other symptoms have improved; and
 - iii. They have met COVID-19 testing requirements (identified below) OR a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma) OR at least 10 days have passed since symptom onset.

COVID-19 Testing to Satisfy Return to School Requirements:

Documentation of a negative antigen or molecular test collected after the onset of symptoms is required for a return to school. If a single antigen tests shows a negative result, it is recommended that the symptomatic student remains isolated and undergoes a second, confirmatory, test at least 12 hours after the first. If using an at-home test, please share with the school a photo of the test card indicating results with the student's name and test date written on the card.

* Testing may not be required if there is a verified medical diagnosis of another illness that accounts for the symptoms.

If your child has tested positive for COVID-19, they may return as early as Day 6 with evidence of a negative test result from a sample collected on or after Day 5, if symptoms are resolving, and the person has been free of fever without the use of fever-reducing medications for 24 hours. On Days 6 – 10, students should wear a mask that fits snugly over the mouth and nose while indoors and when around others outside.

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.

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

- Make sure your child gets enough sleep. Most children need 8-10 hours a night.
- 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.
- Pack water bottles in lunch boxes. Hydration is essential to good attention span.
- Apply sunscreen before school. Children are outside for many activities during the course of their school day. Hats are also advisable.
- Consider a rolling backpack if your child's load is heavy.
- Pack healthy lunches and snacks. Good nutrition impacts your child's immunity, attention span and moods!

Covid-19 Exposure

A student's parents will be notified if the school becomes aware that the student shared a common indoor airspace with a person who was contagious with COVID-19 for 15 minutes or more in a 24-hour period. After exposure,

asymptomatic students may remain in school and are expected to test for COVID-19 on Day 3, 4, or 5 after exposure. The date of exposure is considered to be Day 0.

A student who is exposed to a COVID-19 positive household member should test immediately and again on Day 3, 4, or 5 after the COVID-19 positive household member has ended isolation.

It is strongly recommended that exposed students wear a well-fitting mask indoors around others for at least 10 days following the date of last exposure.

Any student experiencing symptoms after COVID-19 exposure must meet the criteria outlined in the Wellness Policy before returning to school.

Masks

California Department of Public Health strongly recommends that masks are worn in indoor settings. Students' use of masks at school is a family choice. The school will provide a mask to a student who fails to bring one to school but desires to use one.

Ventilation

Ventilation will be optimized in all classrooms:

- Doors and windows will remain open when possible.
- CO2 levels will be monitored.
- Classrooms will be equipped with in-room portable air cleaners with HEPA filters.

Getting tested for COVID-19

- CDPH recommends that antigen tests be considered the primary option for detecting COVID-19 in schools, compared to PCR tests.
- Due to the increased travel and social interactions that often occurs during school-breaks, it is recommended that students get tested for COVID-19 prior to returning to school following major breaks (e.g., summer, winter, spring).
- As indicated above, testing may be required for a student to return sooner than 10 days after the onset of certain symptoms.
- California currently requires parent volunteers to provide the school with evidence COVID-19 vaccination or undergo diagnostic screening testing for COVID-19.

Maintaining Clean Hands

- The school will teach and reinforce proper handwashing to lower the risk of spreading viruses, including the virus that causes COVID-19.
- The school will ensure adequate supplies to support hand hygiene behaviors, including soap, tissues, no-touch trashcans, and hand sanitizers with at least 60 percent alcohol for staff and children who can safely use hand sanitizer.
- The school will teach and reinforce covering coughs and sneezes to help keep individuals from getting and spreading infectious diseases, including COVID-19.

Health/Immunization Forms

Health forms and immunization records are required by the State of California for school entry. Newly enrolled students must turn in this information and re-enrolled students must have up-to-date records. Children will be admitted to school only when all forms have been completed, signed, and returned.