



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.

In most situations, any student who develops new, unexplained symptoms should not return to campus until it is clear that symptoms are mild and improving or are due to a non-infectious cause (e.g., allergies). This includes waiting until 24 hours have passed since resolution of fever without the use of fever-reducing medications. Additionally, if symptoms are concerning for COVID-19, it is strongly recommended that students wear a mask and get tested immediately. Students should also follow CDPH recommendations for isolating if results are positive.

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, or an active case of head lice. Please report any occurrence of these contagious diseases to the office.
- Any eye infection/irritation with discharge.
- An ear or throat infection.
- 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.

- A child should stay home until it is clear that symptoms are mild and improving or are due to a non-infectious cause.
- 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.
- Students with suspected or confirmed COVID-19 infection should follow [CDPH COVID-19 Isolation Guidance](#).
- 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 a doctor and/or is on appropriate medication for 24 hours.

Please assess the comfort of your child before coming to school. If your child is listless, pale or unusually irritable, this would be a 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.

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 a 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 Testing:

Students with [COVID-19 symptoms](#), regardless of vaccination status or previous infection, should:

- Self-isolate and test as soon as possible to determine infection status. Knowing one is infected early after symptom onset enables (a) earlier access to treatment options, if indicated (especially for those who may be at risk for severe illness), and (b) notification of exposed persons (close contacts) who may also benefit by knowing if they are infected.
- For symptomatic persons who have tested positive within the previous 90 days, using an antigen test is recommended because PCR tests can detect noninfectious viral fragments for up to 90 days.
- If symptoms persist, after testing negative with an antigen test, consider continuing self-isolation and retesting with an antigen or PCR test in 1–2 days if testing negative with an antigen test, particularly if the negative test result was obtained during the first 1–2 days of symptoms. Consider repeat testing every 1–2 days for several days if symptoms continue.

Covid-19 Exposure

A student is considered a close contact if they 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 should 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.

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 trash cans, 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.