

# CANYON CREEK DAY SCHOOL

## ILLNESS POLICY 2023 – 2024 School Year

Promoting wellness and keeping our students healthy is, and always has been, a top priority at Canyon Creek Day School. Today, more than ever, we will strictly enforce all health guidelines.

### General Illness

- Do not send your child to school if they show **ANY** signs of illness.
- Children must be free of fever, vomiting, and/or diarrhea for 24 hours before returning to school for standard childhood illnesses.
- Children sent home from school with fever, vomiting, and/or diarrhea may **not** return to school the next day.
- Do not send your child to school on any fever-reducing medication.
- A doctor's note will be required for your child to return to school should they exhibit any symptoms similar to symptoms of COVID-19.
- Children that present with a fever but have non-contagious issues such as ear infections or sinus infections may return to school with a doctor's note after they have been fever-free for 24 hours. If needed, we can administer an antibiotic at school.
- Children that are too sick to go outside are not well enough to be at school. This is a state-mandated rule. You may request that your child sit on a bench outside where they may enjoy a book or toy.

### COVID-19 Guidelines

- If a child or staff member tests positive for COVID-19 they may not return to school for 5 to 7 days regardless of their symptoms. We will identify individuals who had regular or close contact with the affected person. In some cases, this may necessitate closing a single classroom for one week, possibly ten days. In some cases, the class will remain open, and we will notify those families and allow them to make the choice whether to attend class.

After reading this page, please initial here \_\_\_\_\_

## **Wellness Recommendations**

Promoting wellness is a combined effort of school and home. Please adhere to the following recommendations to assist in our efforts to keep your children well.

- Eating well-balanced meals with plenty of protein helps children maintain focus, provides energy, and helps fight illness.
- Make sure your child gets **plenty of sleep**. When children do not get 10 to 12 hours of sleep per night, their bodies become run down and susceptible to disease.
- Children should be bathed daily to eliminate germs.
- Children should wear freshly washed clothes each day.
- No toys, trinkets, blankets, or other items will be allowed to be brought from home to school.

**I will not hold Canyon Creek Day School responsible or liable should my child contract any illness.**

**I have read, understand, and agree to the above rules and guidelines. By signing this agreement, I will abide by these rules.**

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**Parent Signature**

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**Date**