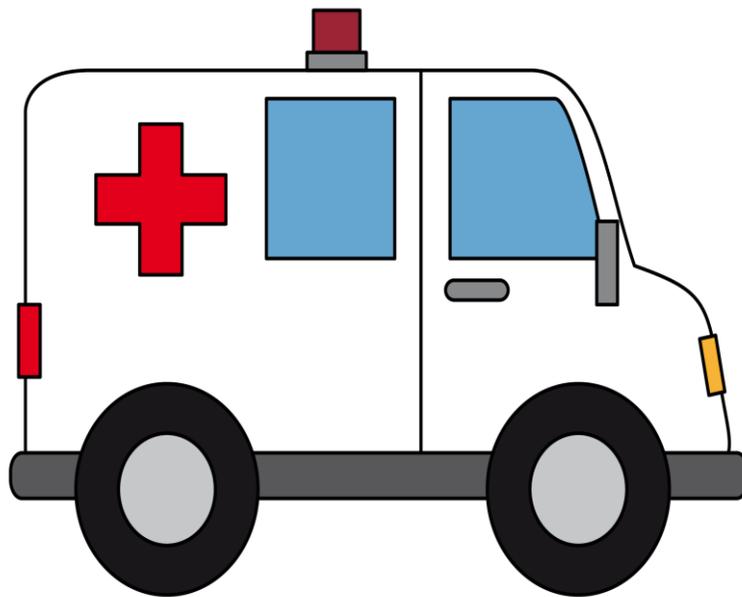


# Parent Education Program School Readiness Health Policies 2024-2025



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# Our Philosophy

- Children need to be in good health in order to enjoy their time at their Mt. Diablo Adult Education Preschool. When your child participates in a group situation such as daycare or a preschool, a certain amount of illness is expected. If your child cannot fully participate in activities offered due to illness, please do not bring your child to school.
- Please notify your child's teacher or the office (925-685-7340, ext. 6720) if your child has an infectious condition such as chickenpox, eye infection (conjunctivitis), measles, mumps, head lice or any other communicable condition that could transfer to another child, so that we may alert other families in your child's class. Confidentiality will be respected.
- We would like your family's experience at preschool to be a happy and healthy one. Following these guidelines will help ensure this goal for all adults as well as children in our classrooms.
- You will be notified immediately if your child becomes ill or injured at school. Please keep your emergency information up to date and leave a number where you can be reached on days you are not staying with your child. It is important that you pick your child up as soon as possible if you are notified to do so.

# When To Stay Home

## **FEVER:**

- Rectal/ear temperature of 100.6 or above within the last 24 hours
- Oral temperature of 99.6 or above within the last 24 hours
- Children may return to school after being fever free for 24 hours without the aid of fever reducing medications.



## **DIARRHEA AND VOMITTING:**

- Either, within the past 24 hours
- Children may return to school after being free of symptoms for 24 hours without the aid of medications.

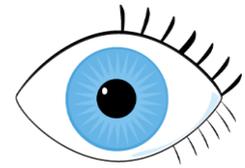
## **COLDS AND SORE THROAT:**

- Copious amounts of nasal discharge
- Continual coughing
- Sore throat or difficulty swallowing
- Note: A fresh cold with clear discharge can actually be more contagious than a green or yellow discharge!

# When To Stay Home- page 2

## **EYE INFECTIONS:**

- Yellow/green discharge in the eye or eyes
- “Pinkeye” (conjunctivitis)
- Children with red, itchy eyes that have a yellow discharge or crusty lids may have conjunctivitis, “pinkeye”. This is very contagious, especially in a preschool setting. Children may return to school after 24 hours of successful antibiotic treatment.



## **RASHES:**

- This includes any rash behind the ears or on the body.
- Some rashes can be difficult to diagnose, therefore any unusual rash should be examined by a medical professional. Some conditions may be associated with impetigo, poison oak, scabies or cold sores. Children may return to school after all sores are dried and crusted over. Please notify your teacher or the school office.

# When To Stay Home- page 3

## **CHICKEN POX:**

- Children with chickenpox may have symptoms such as fever, blistery rash, scabs and general malaise (discomfort, weakness or tiredness). Children may return to school when all sores are crusted over and dried. Please notify teacher.

## **Also, please keep your child home:**

- For the first two days on oral antibiotics
- If they are extremely sleepy, tired or fussy
- If they have pain anywhere in the body

**Children should be healthy enough to participate in all activities offered during the school day.**



# How to Tell if Your Child Is Too Sick For School

Many parents ask themselves this question when they are unsure of the wellness of their child. It is so often impossible to get a clear answer from any child, especially a very young one. Most children will let you know in one form or another when they are not feeling well. The following are some guidelines for keeping your child home from school.

- Your child is simply quieter than usual—not “themselves” (listless, unexplained tiredness, loss of appetite, etc.)
- You notice that the cold your child got over a week ago is just not getting better—your child is still looking pale, has a runny nose or is still coughing.
- A green runny nose discharge with a fever. This can be a sign of an infection.
- Your child has a “fresh” cold—one that began within the past few days.
- Your child has had a fever within the past 24 hours. They can return **ONLY** when they have gone 24 hours *without a fever* and *without fever reducing medication* such as Tylenol or Motrin/Advil.
- Do not bring your child if they have diarrhea for any reason.
- Please stay home if your child has an undiagnosed rash of any kind.
- Any obvious communicable illnesses, such as Chickenpox, Strep throat, Ringworm, Pinkeye, Fifth’s disease (slap cheek), pinworms, Hand, Foot and Mouth (Coxsackie virus), Impetigo, lice, tuberculosis, etc.
- Your child has an ear infection. Most children simply don’t feel well when their ear is infected, and they may not wish to participate in the activities of the day.
- Swollen glands, sore throat or persistent cough. Most children are still coughing after several days, but remember that they can still spread germs even though they may be feeling better. Teach them to cough into their elbow or inside their shirt.
- The same health standards apply to you as a working parent in the classroom. You are expected to be in good health and ready to be as helpful as possible.

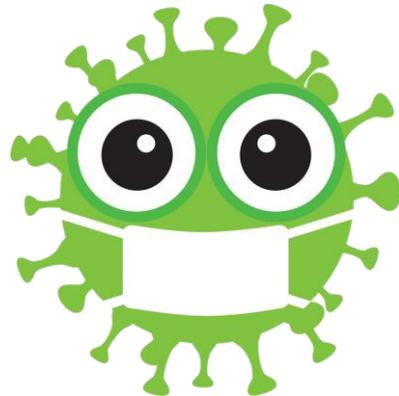
**Your cooperation with the above health policy is not only appreciated and expected, but necessary to maintain a healthy environment for all**

# COVID-19

**People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms.**

## **Possible symptoms include:**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- **This list does not include all possible symptoms.**



If you are experiencing any of these symptoms, consider the following options:

- [Get tested for COVID-19](#)
- If you have already tested positive for COVID-19, learn more about CDC's [isolation guidance](#)

# Positive Test Results & Return Guidelines

**Students with a positive test result must stay home and isolate, regardless of vaccination status. The timeline to return is:**

- **Option 1: May return on day 11 with no testing necessary.**
- **Option 2: May return after negative test on OR after day 5. May return as early as day 6.**

## WITH SYMPTOMS

- symptoms are improving
- No fever for 24 hours (without medicine)
- Negative test on day five or after (or) you have been isolated for
- 10 days, with test day as day 0

## WITHOUT SYMPTOMS

- Negative test on day five or after (or) you have been isolated for
- 10 days, with test day as day 0

## TESTING

- All positive cases are confidential and will only be shared with necessary staff.
- District testing sites: <https://mdusd.org/covidtesting>

# Head Lice

Every year thousands of homes and schools are invaded by head lice. You and your child need to know that anyone can get lice, without regard to social status or cleanliness. Lice actually like clean hair best!

What are lice

A louse—singular for lice—is a tiny insect.

It is as big as a sesame seed. It has six legs and claws.

They need to feed on other animals or plants to live.



They need small amounts of blood from the animal or plant they

Lice do not hurt, but they make a person's head itch or tickle. They live close to the scalp, where they can feed on the blood. Female lice lay eggs or nits on the hair, close to the scalp, usually in clumps. Nits are yellow or tan when they are in the egg, and mature into lice after 3-14 days. The empty eggs are white after the lice hatch.

How do people get lice

There are different ways that lice can move from one person to another person.

One way they move is head-to-head contact; for example during sports activities or hugging.

The lice cannot move to another person without direct contact with the

other person. Lice can move when people share things that have been touched by another person's head or hair. They can move when people share hats, helmets,

scarves, barrettes, combs, towels, headphones or pillows. You need to tell your child not to share these items with other children. Many times children do not know they have lice and it will spread to other people in the family.

## **What do you do when you find lice**

If your child is scratching his/her head a lot, you need to check the scalp and hair. You can look closely at the hair behind your child's ears and at the back of the neck. You need to check the hairline and make parts in the hair over the scalp in order to inspect all areas of the scalp and hair. If you find any sign of lice, you will need to use lice shampoo and/or a special comb.

It might be best to take your child to a salon that specializes in the treatment of head lice to make sure that every nit/louse is completely gone.

You can purchase the proper head lice shampoo and spray at most drug stores such as CVS, Walgreens, Walmart, Target or many grocery stores.

It is VERY important to read the directions on the container before you use it. The shampoo is very strong and has chemicals in it to kill the lice. Do not blow dry your child's hair after use of the shampoo. The chemicals in the shampoo may catch fire.

You will also use the special comb that comes with the shampoo, after the hair has been treated. The teeth on the comb should be 0.1mm apart. You may need to shampoo again after a few days. You also need to check other people in the household for lice. Pets, like dogs and cats cannot get lice. Do not use the medicated shampoo on a pet. Lice can live up to 30 days on the head of a person, and two days off of a person.

## **Cleaning etc.**

It is important to clean your house and car if you have found lice.

Make sure to::

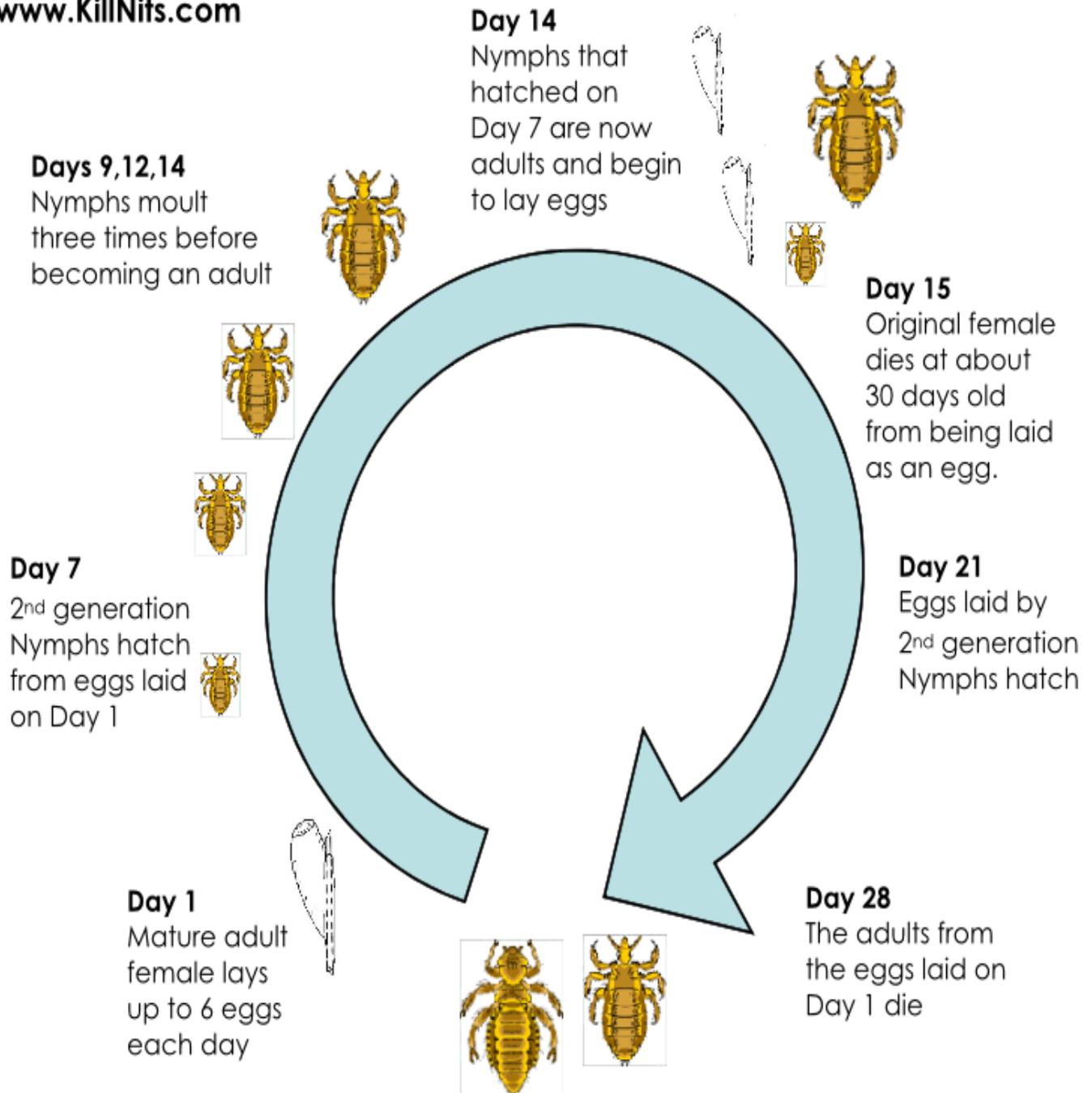
- Vacuum rugs, mattresses, furniture and car seats
- Wash bedding and towels in HOT water and put them in a HOT dryer to dry.
- Vacuum all dolls and stuffed animals or put them in a closed plastic bag with no air in it. Leave the toys in the bag for 10 days or more to kill off any lice
- Wash all combs and brushes and any hair accessories on HOT water
- All clothing worn recently should be washed in HOT water and dried.

**Your child can return to school when treatment has been started and no live lice are visible.**

Please let the teacher or the Parent Education office know if your child has lice. This will give us the opportunity to inform other parents (respecting confidentiality) and clean the classroom appropriately

## Life cycle of Head lice

[www.KillNits.com](http://www.KillNits.com)



# Food Policy

We are very proud of our diverse preschool population. We enjoy the benefits of the many cultures represented in our classrooms. Within those sub-cultures lies a richness of unique and varied human beings. We may be diverse in many ways, but we are alike in our love for our children. We wish to support each family in their individual goals and be sensitive to their needs, and we value the gifts that each and every family brings to our program.



We have attempted to keep the needs of each family in mind while developing our food policy for the entire program. All families make different choices about how they feed their children, and they all do what they feel is best for them. The ideals of mutual respect, tolerance, good humor, self-expression and the joy of sharing together guide us as we continually develop our program.

# Food Policy

## GOALS:

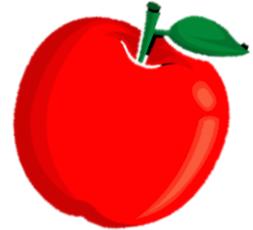
- To promote good nutrition and food habits
- To provide a pleasant and supportive environment to try new foods
- To accommodate special food allergies and other needs
- To encourage cultural expression, diversity and tolerance through food
- To learn about food, new foods and the latest in nutritional research
- To develop self-sufficiency and self confidence in children

## GUIDELINES:

- Minimize choking hazards- What is appropriate will depend on the age group of the class. The following are inappropriate in all classes: candy, gum, and large, hard- to-chew foods.
- Be aware of and follow food allergy guidelines posted in your classroom.
- All classrooms are NUT FREE.
- Bring a balanced snack with plenty of variety. We would like to see each food group represented in a variety of ways such as taste, texture and color.

# Food Policy- SNACKS – Page 2

## A snack should include the following:



- A protein source
  - A fruit/vegetable or both
  - A source of calcium/dairy
  - A healthy whole grain-based food
- Please do not bring foods with low nutritional value such as sugary drinks, potato chips, cookies or “fast food”. If your child does bring these foods to school (for those who bring their own snacks) your teacher will put them back in their lunchbox to be eaten at home. All teachers have extra food in their classrooms if we need to supplement.
  - We are providing time a SNACK- please make portions small.
  - Parties and celebrations- We do not have parties and celebrations that include sugary treats. We consider these “sometimes” foods. Please discuss with your teacher before bringing treats.
  - We encourage you to bring items that represent your culture. It can be exciting and educational for children to experience foods they do not get the opportunity to try at home.
  - Please let your teacher know if you have any questions or concerns.

# Additional Online Resources

MDUSD COVID Response:

<https://mdUSD.org/covidresponse>

CDC COVID Information:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

CDC Information Sheet - Chickenpox:

<https://www.cdc.gov/chickenpox/index.html>

CDC Information Sheet - Fifth's Disease (Slapped Cheek):

<https://www.cdc.gov/parvovirusb19/fifth-disease.html>

CDC Information Sheet – Head Lice:

<https://www.cdc.gov/parasites/lice/head/index.html>

Contra Costa county Public Health Department:

<https://cchealth.org/public-health/>

