

Preschool Health News

Welcome to a new school year! Health is defined as "a state of complete physical, mental, and social wellbeing." The school is anxious to work with parents to set such a goal for each child. This is the first time your child/children will be in a school setting, and they will be experiencing many new changes. To learn to their full capacity, it will be important for each child to come to school ready to learn. They must have a nutritious breakfast, and should be dressed in clean clothes for play. They will be extra tired and will need plenty of sleep and perhaps a nap or quiet time after the school day.

FIRST AID AND ILLNESS

When children enter school for the first time they are often exposed to colds and flu. Please do not send your child to school if he or she experiences the following:

1. Severe cough or sore throat
2. Illness during the night
3. Fever within the last 24 hours
4. Rash associated with a children's disease
5. Head lice
6. Diarrhea or vomiting
7. Eye infection

Parents will be notified if a child becomes ill or injured during school time. Upon return to school after an extended illness or communicable disease, the child will need a doctor's note stating the child can return to school.

SPECIAL HEALTH NEEDS

If your child has a special health need (Example: Asthma, bee sting allergies, seizure disorder, etc.), please notify the teacher and school nurse so that we can make special arrangements.

FOOD ALLERGIES

If your child has a food allergy or requires special accommodations or substitutions by food services, a food allergy form (or doctor's order) must be completed by your child's doctor each school year.

MEDICATIONS

If it becomes necessary for the child to take medication at school, the Education Code and Central Unified School District have established the following procedures:

1. The school must have a written request from both the doctor and parent stating the medication, time and dosage to be given.
2. Medication must be clearly labeled and in the original container.
3. Specific instructions from the physician should be included for emergency treatment of allergic reactions, such as bee stings. The type of reaction and emergency treatment should be clearly stated.

EMERGENCY CARDS

Please update your child's emergency card with current phone numbers and addresses. Provide emergency phone numbers of friends or relatives who can be contacted in the event a parent is unable to be reached. Make sure the back of the emergency card is filled out and emergency authorization signed.

HEAD LICE

Central Unified School District has a head lice free policy. This means a child **cannot** attend school if he or she has active head lice in the hair, and will be sent home for treatment. They will be checked by our staff to be sure they are lice free upon returning to school.

IMMUNIZATIONS

Central Unified follows the state recommended "No Shots, No School" policy. Children who have not completed all immunizations needed for school will be admitted conditionally **if immunizations are in the process of being obtained and completed at due dates.** Once obtained, a copy must be provided to the school.

IMPORTANT! ORAL HEALTH (DENTAL)

It is recommended that your child have an oral health assessment (Dental Check-up) by a Licensed Dentist or a Registered Dental Health Professional in the 12 months before or during kindergarten or first grade whichever is his or hers first year in public school. Your child is not healthy or ready for school if he or she has poor dental health!!!