STUDENT WELLNESS AND NUTRITION

Nutrition Services (District Policy 3700)
District Policy 3700 and its subsections describe the requirements for the National School Lunch and Breakfast programs and Adams 12 Five Star Schools' commitment to promoting good nutrition and ensuring safe food practices. Information about meals, a la carte food offerings, nutritional content of foods, and student meal accounts is available at each school's kitchen. Information may also be found on the Nutrition web page at https://www.adams12.org/resources/nutrition.

Wellness Policy (District Policy 3720)
District Policy 3720 describes Adams 12 Five Star Schools' commitment to providing a coordinated Whole School, Whole Community, Whole Child (WSCC) model approach to wellness. The District recognizes that schools contribute to the overall health status of students and that it can create multiple pathways for student learning by encompassing the interrelated dimensions of physical, mental, emotional, and social health. The three goals of this policy include: providing a learning environment for developing and practicing lifelong healthy behaviors, supporting and promoting proper dietary habits contributing to students' health status and academic performance, and providing opportunities for students to engage in physical activity. For more information, the full policy, including Smart Snack guidance, can be found on the District website at https://www.adams12.org/resources/student-wellness.

HEALTH SERVICES

Health Services
Adams 12 Five Star Schools provides registered nurses to train, delegate, and monitor various school staff on health procedures needed for students during the school day. The registered nurses also provide consultation to school staff and/or parents on medical concerns and often serve as medical liaisons between schools and outside agencies.

A trained health aide staffs the School Health Office. The health aide is responsible for providing minor first aid to students who become sick or are injured while at school, for administering prescribed medications, and for maintaining student health records. Other designated staff members may provide coverage in the health office when the school health aide is not available.

For more information about support for students with health needs, please refer to the policies referenced or the District Health Services webpage at https://www.adams12.org/resources/health-services.

Administration of Medications at School (District Policy 5420)
Generally, students do not need to take medication during the school day. However, district employees may administer medication to students with written directions from a licensed health care practitioner, authorization from the student's parent/legal guardian, and the required delegation by a registered nurse. Please refer to District Policy 5420 regarding the steps that must be followed for staff administration of medications to students and for student self-administration of medications.

Food Allergies (District Policy 5415)
The District recognizes that many students are diagnosed with potentially life-threatening food allergies. To address this issue and meet state law requirements concerning the management of food allergies and anaphylaxis among students, District Policy 5415, Students with Food Allergies, establishes procedures to provide appropriate support plans for students with food allergies.

The Students with Food Allergies Policy provides guidelines for the development of a health care plan with the assistance of the licensed school nurse. Such plans typically address communication and emergency instructions between school officials and emergency responders, as well as reasonable accommodations to reduce the student's exposure to agents that may cause allergic reactions. Plans may also include access to emergency medications and provisions under a Section 504 Plan or an Individualized Education Plan (IEP) when appropriate as determined by law.

Illness or Injury
If your child is seriously injured or ill at school and requires care beyond the facilities of the school, an attempt will be made to contact you as well as calling emergency medical personnel (911) for treatment and/or transportation to a proper facility.

When a child becomes ill or is injured at school the health aide or other school staff will determine if your child can remain at school safely. Schools do not have adequate facilities or staffing to keep ill children at school for long periods of time. Therefore, it is essential that parents immediately inform schools of address and phone number changes.

Parents can have trouble knowing whether their child is too ill to go to school. The following guidelines will help you decide.

IMPORTANT

- School is a child's work. When they miss too many days of school, they fall behind and struggle to keep up with their classmates. Both excused and unexcused absences will affect their educational growth and progress. We want to work with you to help minimize the number of days your student misses school.

CHILD IS TOO ILL

Your child is too ill to go to school if he/she has any of these signs or symptoms:

- Seems **very** tired and needs bed rest (this can be common with flu).
- Has vomiting or diarrhea.
- Becomes short of breath or has an increase in wheezing during normal activity.
- Has a cough that disrupts his/her normal activity.
- Has **severe** pain from earache, headache, sore throat, or recent injury.
- Has yellow or green drainage from eye(s).
- Has rash that is weeping or oozing.
- Has a fever (above 101°F) ***and any of the above noted symptoms.***
- ***Please refer to the Adams 12 flyer "When is sick too sick for school?" for more information.***
- Additional information can be found online at https://www.adams12.org/resources/health-services/what-to-do-if-your-child-is-sick

OTHER CONTAGIOUS DISEASES including COVID-19

- Your child should stay home from school if he/she has a contagious disease to keep from spreading it to others. A contagious disease is one that can be spread by close contact with a person or object. Examples are: COVID-19, chickenpox, the flu, pertussis, strep throat, scabies, or impetigo. A disease is most often contagious 24 hours before the child shows signs of illness. It is very hard to prevent the spread of some germs, especially in a school classroom. Good hand washing is the best way to prevent the spread of germs.
- If your child has a contagious disease, provide the school with a note from your healthcare provider stating when your child can safely return to school. Generally, when your child is **fever free** (without fever-reducing medicines such as acetaminophen or ibuprofen) they may return to school.
- If an antibiotic medication is prescribed for your child, be sure he/she has taken the medication for at least 24 hours before returning to school.
- Should your child require medication at school, please refer to District Policy 5420, Administration of Medications at School.
- If a child is found to have an active infestation of live head lice or live nits at school, the child will be allowed to remain in school until the end of the school day. Parent(s)/Guardian(s) will be notified and given the option to pick-up their child early should they choose. The child may return to school after receiving one (1) treatment with a pediculicide. The child must report to the health office upon returning to have hair checked for the presence of live lice/lice nits.

Immunizations (District Policy 5410)

District Policy 5410 follows Colorado law for student immunization requirements. Children who do not meet the immunization requirements may be denied admission to school.

You must provide one of the following to your child's school upon enrollment:

1. An up-to-date immunization record from your health care provider or a Certificate of Immunization certifying that the student has received school-required immunizations.
2. A medical or non-medical exemption submitted to the school if a student is not fully immunized. Exemption guidance and information are available at www.colorado.gov/vaccineexemption.

For assistance with your child's health needs or any health questions, please contact your child's school health office and/or school nurse.

Medicaid School Health Services Program

As a Medicaid provider, Adams 12 Five Star Schools will access Medicaid eligibility information for students enrolled in the Adams 12 Five Star Schools from Health Care Policy and Financing (HCPF). HCPF is the designated Medicaid agency in the state. Directory information of names, date of birth, and gender will be released to the HCPF to verify Medicaid eligibility of students in the District. With consent, the description of health and health-related services delivered to Medicaid eligible students will be released to Medicaid and/or the District billing agent for proper administration of the program. A dated record of all transactions will be kept on file at the Adams 12 Five Star Schools Medicaid office. Parents may revoke their consent at any time, by calling the Medicaid office at 720-972-4790. School Medicaid reimbursement does not affect the family's other Medicaid benefits in any way.

Parental consent must be obtained under the Family Educational Rights and Privacy Act (FERPA) regulations at 34 CFR part 99 and the IDEA regulations at §300.622 before the School District discloses, for claiming purposes, your child's personally identifiable information to the agency responsible for the administration of the State's public benefits or insurance program (e.g., Medicaid). If you refuse to provide consent for the disclosure of personally identifiable information to the agency responsible for the administration of the State's public benefits or insurance program (e.g., Medicaid), or, if you give consent but then later withdraw consent, that does not relieve the School District of its responsibility to ensure that all required services are provided at no cost to the parents.

Suicide Prevention
Protecting the health and well-being of all students is of utmost importance to Adams 12 Five Star Schools. District Policy 5520 addresses suicide assessments as a priority to protect all students. Adams 12 will treat all threats or attempted suicides as serious regardless of the degree of lethality involved. When a student threatens or attempts suicide, the Adams 12 personnel will follow District Policy and respond accordingly.

The following steps have been taken to help protect all students:

1. Students will learn about recognizing and responding to warning signs of suicide in friends, using coping skills, using support systems, and seeking help for themselves and friends.
2. When a student is identified as being at risk, he or she will be assessed by a District mental health professional that will work with the student and help connect the student to appropriate local resources.
3. Students will have access to national resources which they can contact for additional support, such as:
    - **National Suicide Prevention Lifeline – 1.800.273.8255 (TALK), www.suicidepreventionlifeline.org**
    - **The Trevor Lifeline – 1.866.488.7386, www.thetrevorproject.org**
4. All students will be expected to help create a school culture of respect and support in which students feel comfortable seeking help for themselves or friends. Students are encouraged to tell any staff member if they, or a friend, are feeling suicidal or in need of help.
5. Students should also know that because of the health and safety impacts of these matters, the confidentiality and privacy rights of individuals will be respected but concerns are secondary to seeking help for students in crisis.
6. For more information, please visit the District's website.

Vision and Hearing Screening
Vision and hearing screening is mandated for all students in kindergarten, first, second, third, fifth, seventh, and ninth grade levels; for children new to the District and for any child with a suspected deficiency. This screening does not include extensive testing. If a deficiency is found, parents are contacted and advised to arrange for a more complete evaluation.

The Student and Family Outreach Program

The Student and Family Outreach Program believes that all students hold the strength and potential to thrive. Our mission is to remove barriers that keep students from being engaged and thriving in school by offering the following supports:

- provide homeless education services per the McKinney-Vento Homeless Assistance Act
- connect families with needed community resources (food, clothing, utility assistance, etc.)
- provide Health First Colorado (Medicaid) and Child Health Plan Plus (CHP+) application assistance to families
- provide bilingual assistance

If you would like more information, please contact us at 720-972-6015 or make a referral online at: https://www.adams12.org/resources/submit-a-referral-for-resources.