ECEAP
Early Childhood Education & Assistance Program

Snohomish School District ECEAP

2026-2027 Program Guide and Handbook

Central Campus

221 Union Ave
Snohomish, WA 98290

Central Campus Main Office
360-563-4600

Important Phone Numbers

Britta Grass- 360.563.4633 and 360.926.2614
ECEAP Supervisor/Program Manager

David Greene- 360.563.7245
TLS Director (at Snohomish RSC)

Laura Lyon- 360.563.4641 and 360.926.2339
Family Support Specialist/Health Worker

Juanita Alejandro- 360.563.4636 and 360.926.2626
Bilingual Family Support Specialist

Heidi VanDuine- 360.563.4634
Family Support Specialist

Transportation Line- 360.563.3525

Wendy McCulloch- 360.563.7308
Special Program Services, Executive Director

Child Find Appointments- 360.563.7321

ECEAP Supervision:

Monica Bauer - 360.563.7257
Teaching & Learning Services, Executive Director

Welcome to Snohomish ECEAP Preschool

We love our ECEAP (Early Childhood Education & Assistance Program)!

ECEAP is a state-funded, free preschool designed to provide a comprehensive early childhood program for preschool children and their families. We are proud to be part of The Snohomish School District and follow their policies and procedures (sno.wednet.edu) in addition to age-specific laws and guidance for young children through The Department of Children, Youth & Families (DCYF) & Snohomish County's Health and Human Services Division.

Our program provides a nurturing environment to increase your preschooler's self-confidence and independence and to encourage responsibility in your child. We offer educational experiences designed to help the children develop skills in the following areas:

- social
- emotional
- problem-solving
- gross/fine motor skills
- cognitive
- decision-making
- creative thinking

Classroom curriculum is planned to create a learning environment that encourages reading, writing and math readiness skills through classroom work areas. Children can move at their own pace, learn to make age-appropriate choices and experience success as they use a wide variety of play materials.

Snohomish ECEAP Preschool offers nutritional and health services for your preschooler. We offer meals and nutritious snacks daily and provide a variety of health screenings.

As a family centered program, Snohomish ECEAP Preschool provides a variety of opportunities for parent involvement as well as parent education. Community resources and referral information are also available to assist you and your family.

Our Philosophy & Goals

Philosophy

The Snohomish School District ECEAP Preschool provides equitable growth and development opportunities to promote a successful future, starting with preparation for a smooth transition to kindergarten and comprehensive family support. We are pledged to work as partners with families to meet each child's developmental needs and to empower caretakers to advocate effectively for themselves and their children through active participation in federal, state, community, and school organizations.

Goals

We are committed to:

· Supporting positive learning environments that are equitable and developmentally appropriate.

· Offering a continuum of service options for families within their local communities.

· Developing caring relationships with families and caregivers respecting individual family cultures.

· Providing developmental information and support for all children through screenings and assessment.

· Upgrading each staff member's skills and the program's quality through staff development and teamwork.

ECEAP Hours of Operation

- AM Class Schedule (117 Days)
  Monday-Thursday
  9:00 a.m.-noon

- PM Class Schedule (117 Days)
  Monday-Thursday
  1:00- 4:00PM

- Full-Day Schedule (133 Days)
  Monday-Thursday
  9:00 a.m.- 4 p.m.

*Please: No early arrivals or late pick-ups. Your cooperation is greatly appreciated. Parents who are dropping off and/or picking up their children from school must sign them in and sign them out.

Staff per Classroom

Classroom #1 RM 105- Full-day class

- Cindy Holtzclaw- Lead teacher- 360.563.4619 and 360.926.2434
- Cheryl Ruhnke- Assistant teacher
- Karen Krieger- Assistant teacher

Classroom #2 RM 101- Full-day class

- Kayla Wunderlich- Lead teacher- 360.563.4615 and 360.926.2625
- Joyce Romberger- Assistant teacher
- Katie Soder Assistant teacher

Classroom #3 RM 102- Full-day class

- Kristina VanDeVanter, Lead teacher- 360.563.4616
- Holly Young- Assistant teacher
- Maria Henriksen-Marks- Assistant teacher

Classroom #4 RM 104- A.M. and P.M.

- Whitney Dean, Lead Teacher- 360.563.4618 and 360.926.6874
- Kylie Smyth- Assistant teacher
- Diane Acker- Assistant teacher

Classroom #5 RM 10 A.M. only

- Britta Grass- Lead teacher- 360.563.4633 and 360.926.2614
- Emelie Knitz- Assistant teacher

General Information

Attendance Policy

For your child to receive the greatest benefit from our preschool program, it is important that your child attend class on a regular and consistent basis. If a child misses two classes with NO explanation, you will receive a phone call and may be requested to have a meeting with the Program Manager.

Extended absences are not permitted per ECEAP Program Standards which requires all ECEAP slots to be full within 45 days. You must contact the ECEAP Program Manager if you anticipate your child missing more than one week of school for any reason. If your child misses 12 or more consecutive ECEAP Days, we will place your child on the waitlist and enroll another child.

It is important that we hear from you if your child misses school. Our ECEAP phone system accepts messages 24 hours a day. Because we are concerned about your child, we ask that you please leave a message on your classroom phone regarding the reason for your child's absence. Please let staff know of any prearranged absences. We are under strict guidelines from the state to maintain good attendance.

Families are responsible for checking their child in and out of the preschool classrooms.

If early dismissal is necessary for family reasons, please call your classroom teacher or the ECEAP Office at 360 563 4641 or 360 563 4636 (en Espanol)

Bathroom Usage

Bathrooms are for students only. Adults may use the staff bathrooms located in the main office area.

Child Abuse Policy

Snohomish ECEAP Preschool abides by the Washington State Mandate Law which states that staff members must report suspected cases of child abuse or neglect to Child Protective Services. All adults involved in ECEAP (including families) must be made aware of this policy and sign their acknowledgement at orientation.

Clothing

To participate fully in preschool activities, it is important that your child is dressed READY FOR PLAY! We go outside every day so please send a warm coat or sweatshirt. Clothing and shoes should be suitable for running, jumping, climbing, painting, gluing, etc.

Clothes that help a child feel independent…

- Rugged clothing to protect a child from the cold and scratches
- Velcro fasteners on shoes
- Large zippers
- Large buttons
- Elastic waistbands on pants/skirts

Clothes that hinder a child's independence…

- Patent leather shoes (slippery shoes)
- Party dresses
- Coats with broken zippers
- Tiny or hard-to-fasten buttons
- Belts or suspenders
- Overalls
- Sandals and flip flops

Please speak with the Family Support Specialist or your teacher if you need assistance getting clothing for your child.

Communication

We communicate with our families in several ways:

- Verbal reminders in person/phone calls/texts
- Printed monthly menu with dates and reminders

- ParentSquare
- Automated phone notice through ParentSquare
- Facebook reminders: Snohomish ECEAP
- “Tuesday” folders- (paperwork, flyers, newsletters are collected all week and sent home on Tuesdays)

Conferences

Teachers will meet with parents three times during the school year. These are good times to talk about your child’s successes and challenges at preschool and home. At the first visit, teachers work with parents to set academic and social/emotional goals for each child. At subsequent visits, these goals are reviewed, and new ones are set as needed.

Complaint Policy and Procedure

The Snohomish School District Complaint Policy is posted in the ECEAP office. The NSLP non-discrimination posters are posted anywhere that food is served. Community members can follow the steps on both documents to file complaints with Snohomish School District, Snohomish County ECEAP and OSPI. All documents encourage community members to first contact the ECEAP Program Manager who is also trained yearly to assist in documentation and moving through complaint procedures.

Confidentiality Policy

All records of children and families in Snohomish ECEAP are respected as confidential records. This information can only be shared when we have a signed permission form from the parent/guardian of the child, stating that the information can be released (including photo release on Skyward Qmlativ). Parents may have access to their child and family records as requested. We ask that you physically bring in records or documents with identifying items (names, birth days) or have them faxed or shared over encrypted email. We will not share your identifying information over unencrypted email.

Curriculum

We follow the Creative curriculum philosophy which believes that children learn through their play. We call this active learning.

- To explore actively with all the senses.
- To discover relations through direct experience.
- To manipulate, transform, and combine materials.
- To choose materials, activities, and purpose.
- To acquire fine motor skills with tools and equipment.
- To develop large muscle skills.
- Care for one’s own needs.
- To practice decision making and exercise problem solving skills.

In a well-planned classroom, children choose their own activities from work centers such as:

- Art
- Blocks

- Music
- Drama
- Table toys/math
- Woodworking
- Library/writing
- Science/sensory
- Sand/water play

Daily Learning Activities in Preschool

Activities	**Possibilities for Learning**
Block play	Block play helps develop concepts of numbers, size, and shape
Easel	Easel painting helps develop small hand muscles. Painting provides a chance for exploration and discovery.
Dramatic play	Dramatic play encourages verbalization among children. It gives them an excellent chance to pretend and to act out roles.
Puzzles and manipulatives	Puzzles and toys such as beads, shoestrings, and peg boards are manipulative toys that motivate children to solve small problems with little or no assistance. Children learn to match shapes, colors, and sizes, and to develop eye-hand coordination and math skills.
Gluing	Glue and glue sticks give children a sense of accomplishment as they learn to handle the material. They experience the texture of glue and learn to paste one object to another.
Music	Music and rhythm give children a chance to express such movements as clapping and dancing. It develops a sense of rhythm and aids in developing a listening pattern. Children learn songs and games and the associated rhythmic actions such as hopping, stomping, tapping, marching, and swaying.
Nutrition	Learning about foods that keep our bodies healthy. Food tasting and food preparation teach children skills toward independence that build self-confidence.

Discipline/No Expulsion Policy

ECEAP does not allow suspension or expulsion due to challenging behaviors.

For many children, it can be challenging to learn self-control and acceptable social behavior. We use a positive guidance approach to assist children in learning the skills they need to get along with others, meet their wants and needs, and be successful in a classroom community. This area of learning is just as important as learning academic skills.

We provide children with experiences and opportunities to practice these skills by carefully planning our classroom environments and by following the three steps listed below when the children misbehave or have conflicts.

1. Adults help children express feelings, wants and needs by using **words.** Adults may give the child the words to express themselves if necessary.
2. Adults tell children the specific behaviors that are acceptable and unacceptable.
3. Adults redirect the child to a different activity or a more appropriate situation.

We believe that at no time is it appropriate to spank, strike, shake or otherwise use physical force or use words that cause humiliation to discipline a child. All ECEAP Staff and Volunteers are trained yearly on appropriate conduct and ECEAP PAO-27:

Our ECEAP Child guidance policy prohibits any person on the premises from using:

a) Corporal punishment, including any means of inflicting physical pain or causing bodily harm to the child.
b) Holding, grabbing or moving the child in an aggressive manner to cause them to comply.
c) Verbal abuse, such as yelling, shouting, name calling, shaming, making derogatory remarks about a child or the child's family or using language that threatens, humiliates or frightens a child.
d) Using or withholding food or liquids as punishment or reward.
e) Child guidance policy must prohibit any person on the premises from the use of a physical restraint method injurious to the child or any closed locked time-out room

The goal is to try to re-involve the child in the group as soon as possible to experience success in using appropriate behavior.

Emergency Procedures

Snohomish ECEAP Preschool will follow the emergency procedures of Central Primary Center, where we are located. Emergency procedures will be practiced regularly during class.

Fire

Children and staff exit through the classroom door. Go outdoors, down ramps, towards the back corner of playground with the supervision of ECEAP staff and classroom volunteers. We gather at ECEAP classroom signs on the play field.

Alternate escape route is to go out of a classroom window and follow the same route.

Earthquake

During the shaking, children inside the building should get under tables.

Children outside of the building should move away from the buildings. After the shaking stops, we will follow the fire drill procedures. Children will remain outside until the Snohomish ECEAP Staff determine whether it is safe to return inside the building.

Lockdown/Shelter in Place

For student and staff safety against unwanted intruders, regular lock down drills will be practiced.

Emergency School Closure

To ensure the safety of all children we will close the preschool on days in which heavy snow or hazardous road conditions exist. The Snohomish School District announces closure or changes in starting times on the major radio and television stations.

Contact will also be made by phone and/or e-mail through Parentsquare. Information is posted on the district website: www.sno.wednet.edu and on the district's Facebook page: www.facebook.com/snohomishschooldistrict.

If there is a late start or a school closure day in the district, all AM and PM ECEAP classes will be cancelled, and FULL DAY will attend at the same time as the K-12 students. Any missed days will be made up at the end of the year. If you do not hear Snohomish School District mentioned on the stations, you may assume that the Snohomish schools will be operating on schedule.

Enrollment

ECEAP Families are involved in the placement of their children in their ECEAP classroom. All Families can work with Family Support to determine if a half day or full day class is the best fit for their child.

All children are enrolled in priority order according to ECEAP Performance Standards using DCYF's Early Learning Management software (ELMS).

Family Support Visits

Throughout the school year, the preschool family support specialists will formally meet with families three times. These visits provide a link between home and school**.** These are casual visits that encourage communication between staff and parents. Family goals are set, ideas for supporting your child's learning at home are shared, and resource information is always available from the family service specialist.

Field Trips

Various field trips may be planned later in the school year. These are intended to give children firsthand experiences outside the classroom to reinforce and expand learning. Parents will be given advanced notice of these trips, and a signed permission form will be needed for your child to participate. Please note that these field trips are designed for you to enjoy with your ECEAP student. Other arrangements should be made for the care of siblings. Adults who accompany students on field trips must have completed the district volunteer procedure at least two weeks before.

Hand-washing Policy

Staff will wash hands:

- After toileting & upon entering the classroom
- After coming into contact with body fluids
- Before food preparation
- After assisting students in the restroom or with diapering
- Upon entering the classroom from outside

Children will be directed or assisted to wash hands:

- At arrival to school
- After toileting
- Before meals or cooking activities
- After outside play
- After contact with body fluids
- Hand sanitizer may be used with teacher supervision if parents sign a release allowing for its use

Head Lice: "Keep your wits, not your nits"

If your child has head lice and nits (louse eggs):

- Buy a lice treatment that kills both lice and nits. If you receive medical coupons, ask your doctor to prescribe lice treatment and your medical coupons will cover the cost of the treatment.
- Apply shampoo or crème rinse to the entire scalp. Follow the directions exactly. One treatment may not kill all the nits and a second treatment may be needed one week later.
- After rinsing, comb hair with a fine toothed comb to remove all nits.

- Wash all clothing, bedding and linens in hot water (at least 130°F) for 20 minutes and dry in a hot dryer or press with an iron. Items that cannot be washed may be dry cleaned or set aside in tied plastic bag for 30-35 days (the life cycle of the louse).
- Do not allow other people to use the same comb, hat, coat or towels.
- Hang coats on separate hooks or hangers.
- Inspect all family members daily for at least 2 weeks and treat anyone who is infested.
- Vacuum all rugs, mattresses and upholstered furniture used by the infected child. Mattresses may also be turned over. Discard and replace the vacuum cleaner bag.
- Don't forget to vacuum the inside of your car!
- Notify your preschool/child care if your child or other family members have lice.

Do not allow the child to return to preschool/childcare until he/she has been treated with medication.

Health and Dental

One of the objectives of Snohomish ECEAP Preschool is to ensure that all preschoolers are physically healthy. In addition to completing physical and dental exams, there are opportunities for children to learn about preventative health and dental practices as well.

Holidays and Birthdays

In order to honor the family culture of each student, we ask that birthdays are celebrated at home with family. It is not necessary to bring treats to school for birthdays or at a time, but if the child wants to bring a special treat to preschool, we ask that the child bring nutritious snacks such as:

- Fruit
- Cheese and crackers
- Low sugar snacks such as granola bars, small muffins, 100% fruit juice boxes, fruit juice popsicles
- OR stickers, bubbles, pencils, dollar store treats

If you wish to bring treats, please discuss this with your child's teacher ahead of time.

It is Snohomish School District policy to accept only commercially produced food for sharing gat school parties or events. Ay food items must arrive at our school in its original store wrapping. This will help us ensure that all of our students are as safe as possible as they enjoy shared foods. We encourage children and parents who want to share homemade items with classmates to create cards or other arts and crafts items.

Our classroom curriculum focuses on seasons rather than specific holidays. Please see Program Manager, Britta Grass, for specifics about ECEAP performance standards or if you have a special tradition you would like to share with your child's class or parent groups.

Medical Procedures

Minor injuries

Staff trained in first aid and CPR will take appropriate steps in administering first aid and refer to the District First Aid Guide. Parents will be informed of an injury/illness that occurred with their child while at school. Entry is made in the Accident, Illness and Medication logbook.

Major Injury

Detailed emergency procedures are posted. First aid is provided, and the parents/guardians are contacted. In major life-threatening emergencies, we will call 911 for assistance. If the parent cannot be reached, the staff will call the emergency back-up person listed in the child's file. If the child needs to be transported to a hospital, an ECEAP staff member will accompany the child.

Medications

If your child is taking medication regularly, please include this information on the enrollment forms.

The preschool staff can only give medicine prescribed by a physician. This extends to lotions, creams, and/or sunscreen.

If your child must take medicine while at school, it must be brought in the original container with the doctor's directions noted as part of a formal Health Plan with our school nurse. You will be asked to have your doctor complete an "Authorization for Medication" form. Please ask your family service worker for this form.

The prescription drugs will be stored in a locked cabinet along with the authorization form

A daily record of the medication administered will be logged in the Accident, Illness, and Medication Logbook.

Nutrition- Meals and Snacks Served

The Snohomish ECEAP Preschool will meet the nutritional requirements set by the United States Department of Agriculture (USDA) Child Food and Nutrition Program regarding meals. We are an equal opportunity provider.

Meals are served as "Family Style" at the preschool. Children serve themselves, help each other and assist in cleaning up their tables which encourages independence, manners, and responsibility**.**

The Central Campus kitchen will prepare meals each day for the Snohomish ECEAP Preschool. Each food service worker and ECEAP staff have Food Handler Permits and will also meet all sanitation requirements.

Families will receive a copy of the menu each month in Tuesday folders. We invite your suggestions for the menu ideas.

Non-Discrimination Procedure

1. All Snohomish School District ECEAP Staff are required to be trained in non-discrimination policies yearly. All ECEAP and Food Service staff must train yearly in anti-discrimination policies related to Food Service as part of the National School Lunch Program. These trainings are done online and documented by both the School District and ECEAP Annual Learning Plans
2. Snohomish School District Statement: Non-Discrimination Statement
3. The Snohomish School District does not discriminate in any programs or activities on the basis of sex, race, ethnicity, creed, religion, color, national origin, immigration or citizenship status, age, veteran or military status, sexual orientation, gender expression, gender identity, homelessness, disability, neurodivergence, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination, and all are located at 1601 Avenue D, Snohomish, WA 98290: Civil Rights Coordinator and Title IX Coordinator – Darryl Pernat, 360-563-7285, darryl.pernat@sno.wednet.edu; shantel.strandt@sno.wednet.edu; Student ADA and Section 504 Coordinator - Wendy McCulloch, 360-563-7308, wendy.mcculloch@sno.wednet.edu; Applicant and Employee ADA Coordinator – Shantel Strandt, 360-563-7229; and Harassment, Intimidation and Bullying Coordinator – Jennifer Harlan, 360-563-7375, jennifer.harlan@sno.wednet.edu.
4. In addition to Snohomish School District policies, Snohomish ECEAP does not discriminate based upon health, family configuration, sexual orientation, gender expression, culture, veteran status, stages of child development including toilet learning or public assistance recipient status.
5. Should a member of our community feel discriminated against, they are encouraged to contact our ECEAP Program Manager who will assist them in documenting their complaint and moving through both the Snohomish School District and Snohomish County ECEAP Complaint Procedures (see section: Complaint Procedures)

Parent Advisory Committee

Parents are invited to be involved on the Parent Advisory Committee which meets monthly. Family Support Specialists will work with each family and parent groups for opportunities to join or support PAC.

Parent Involvement

As a family-centered program, Snohomish ECEAP Preschool believes parents are their children's primary teachers. To achieve the best results from early childhood education, it is important that parents play an active role in their children's educational process. Some areas of involvement include; goal setting, Parent Advisory Committees, Parent Education nights, Family Events, Ready Rosie, take home projects, office help, classroom volunteer, field trip chaperone, advocating in Olympia and leadership opportunities.

Parent Participation in the Classroom

A Classroom Volunteer:

- Listens to the children and shows genuine interest.
- Speaks to the children at eye level by kneeling or sitting beside the child.
- Reads books to the children.
- Assists the children when needed with zipping coats, tying shoes, and cleaning up after meals.
- Allows the children plenty of time to perform, clean up and to change his/her activity.
- Gives positive directions: “We’re all lining up now”
- Respects the children’s growing desire for independence, helping them when needed, and allowing the children the challenge of trying things on their own.
- There are ways to volunteer in the program without being in the classroom: office help, project prep at home, setting up family nights, etc. Please contact the office if you are interested in any of these volunteer opportunities
- Volunteers must do the Snohomish School District volunteer application process and may have to do DCYF’s portable background check procedure.

Complaint Procedure

In the event of a concern with ECEAP services or Snohomish School District, please first contact Program Manager Britta Grass 360-563-4633. We have an established complaint procedure through both Snohomish County ECEAP and Snohomish School District.

Parking

The parking lot is for staff use only except for the two Accessible Parking Spots. These are available for use if you have an accessible parking permit. Parking in the marked pull-through zone and the crosswalk areas is not permitted. Please plan to arrive at a time that allows you to find street parking.

Policy Council (PAC)

The county ECEAP program has a Policy and Advisory Council that meets in Everett, the first Tuesday of each month, from 5:00 to 6:30 PM, from October through May, via Zoom. Parents from all the ECEAP programs in Snohomish County attend these meetings in Everett. Parents in our program will vote on representatives for our program.

If you are interested in becoming involved, please contact the ECEAP office. We look forward to working together.

SafeVisitor Solutions

What is SafeVisitor Solutions?

SafeVisitor Solutions is a visitor and volunteer management system developed specifically for K-12 schools and also used by districts in our surrounding area. This system is designed to strengthen safety and security in our schools.

Adults are welcome to visit our schools to promote communication and mutual understanding about student progress and the district's educational programs. Community members are also encouraged to visit.

- The system will check visitors and volunteers against the National Sex Offender Registry (NSOR).
- The system will NOT check driving or other criminal records.
- The system will NOT check for legal residency within the United States.

What to expect
First time visitors will scan their Washington state driver's license in the office before entering the building and will have their photo taken in the Central office. After this, please have your approved SafeVisitor badge, or government issued ID with you each time you visit campus. For ECEAP, this means at:

- Drop-off time and early pick-up
- Meetings
- Conferences
- Volunteering

What if I do not have a driver's license?
Please check with the school office staff. Other forms of identification may be accepted. While safety is of the utmost priority, we want our schools to be welcoming and accommodating to all families.

More info at: https://www.sno.wednet.edu/volunteer

Screenings

The Snohomish ECEAP Preschool makes an effort to identify the individual needs of your child. During the year your child will receive a variety of health screenings including developmental, hearing, vision, and dental. You will be notified in writing of the screening results when all screenings are completed.

If concerns about your child's development arise, your child's teacher will contact you to explain the concern and, if necessary, further testing will be arranged and referrals given.

Show and Tell

We ask that children do not bring personal possessions to school including candy, gum, toy guns, money, little toys, balloons, water bottles, backpack hanging toys, etc. We cannot be responsible for lost items. We encourage children to "show and tell" about their projects that are completed during our work time activity. This enhances verbal skills and encourages children to take pride in their work and build their self-esteem.

Sickness Policy

From Snohomish School District: Is your child too sick for school?

As a parent/guardian, you can help prevent the spread of illness by not sending a sick student to school. In determining whether to keep your student home, we encourage you to consider:

1. Is your student rested and alert enough to learn, pay attention in class, and able to participate in all school activities, including physical education?
2. Is your student's illness contagious to others?

Please use the following guidelines.

Appearance and behavior – A student that is difficult to wake, unusually tired, pale, irritable and/or lacking in normal appetite should remain at home. These symptoms could indicate the onset of illness.

Fever – A temperature of 100.4 F (38C) or higher suggests infectious illness. Your student must be fever free for 24 hours (without fever reducing medication) before returning to school. Please note that if your child has a fever during school hours, they need to stay home the following school day. This means it may be greater than the 24-hour period.

Cold symptoms or COVID-19 symptoms: The symptoms of COVID-19 include fever, shortness of breath, body aches, new loss of taste or smell, cough (new, changes, or worsening), nausea, vomiting, diarrhea, congestion, or sore throat. With any of these symptoms, individuals should stay home and should be tested for COVID-19. If testing positive, individuals should stay home for five days (first day of symptoms is day zero). If testing is negative, individuals can return if symptoms have significantly improved, and they are fever free for 24 hours without medication.

Please note: A severe sore throat or sore throat that is worsening or not improving could be strep throat even if there is no fever. Other symptoms of strep throat in students are headaches and stomach upset. Keep your student home from school and have your student medically evaluated. If strep has been diagnosed, they may return to school as early as 24 hours after antibiotic treatment begins.

Eyes – White or yellow drainage from the eye, altered vision, and/or redness of the eye lid or skin surrounding the eye requires medical evaluation and provider clearance for school return. Pink eye are highly contagious.

Ear infections without fever – Please have your student medically evaluated as repeated ear infections can cause permanent hearing loss. School exclusion is not necessary unless your student is uncomfortable.

Diarrhea and/or vomiting – Three or more watery stools in a 24 -hour period and two or more episodes of vomiting in the past 24 hours is a reason to keep your student at home. Please keep your student home for 24 hours after the last episode (without medication). If episodes of diarrhea and/or vomiting happen at school, please keep your student home the following school

day or until free of incident for at least 24 hours. A single episode of diarrhea or even vomiting, unaccompanied by any other symptoms, may not be reason enough for the student to miss school – it is best to look at your student's overall condition in determining if they are well enough to attend school. If you do decide to send your student, please be sure that you are available to pick your student up if their condition worsens.

Rash with fever or behavior change – This may indicate an infectious illness. Please have your student medically evaluated and keep your student at home until they have received provider clearance for school return.

Chicken pox – Your student may return to school when all blisters have formed scabs, and there is no evidence of new blister formation. This may take five to seven days from the onset of blisters.

Open wounds – Open wounds must be kept covered with a dressing that is taped on all four sides. Any wound that is infected should be evaluated by a medical professional.

More information can be found at www.sno.wednet.edu/departments/health-services/health-wellness-info

Communicable Diseases

Disease	Incubation period	Early symptom signs	Communicable Period Child will not be permitted at school
Chicken Pox	13-21 days	Usually mild fever at time of eruption. At first lesions resemble small, red bumps appearing over the body. The lesions rapidly become water blister type vesicles that break and scab over.	From 1-2 days before lesions appear until the last crop of blisters are dry and crusted (usually 5-6 days after start of rash).
Conjunctivitis (Pink Eye)	1-3 days	Pain, redness and tearing of the eyes. Eyelids may be swollen and itchy.	Until 24 hours after antibiotic treatment is started. Until no drainage.
Rubella	14-21 days	Mild symptoms of head cold for 1-2 days followed by eruption on face and body. Enlarged lymph nodes in upper neck behind ears.	From 4-7 days after onset of early symptoms until 3 days after appearance of rash.

Measles	10 days to onset of fever; 13-15 days to onset of rash	Moderate fever, puffy and watery eyes, lining of cheeks and lips studded with small bluish white spots. 1-2 days later rash appears on head then body.	From 4th day until 5th day after rash appears.
Mumps	14-21 days	Swelling of glands in neck and front of and below the ears. One side is usually first, other side a few days later.	Until swelling is gone.
Common Cold	Brief. 12-72 hours	Runny nose, eyes watery, slight fever, general discomfort.	Probably not more than 1-2 days.
Hand, Foot, & Mouth Disease	3-4 days	Vesicular sores of mouth, gums, and tongue, along with a rash and vesicles on the palms of hands and soles of feet. There may be a rash on buttocks.	During acute stage of illness, virus may be shed in stool for several months.
Impetigo	1-5 days	Skin infection - starts with blisters, soon becomes yellow, crusty and weeping. Common on the face; may spread to other parts of the body.	From time blisters appear until healed.
Ringworm	7-21 days	Begins with a small red area and spreads outwards. Edges remain red with center clearing leaving ring appearance. Occurs on skin and scalp. Patchy loss of hair evident on scalp.	As long as lesions are present and visible, spores persist in contaminated materials. Until treatment is started.
Head Lice (Pediculosis)	1-2 weeks	Lice are minute crawling insects. Their eggs or nits resemble small white flakes that are cemented to the hair shaft. Causes intense itching.	Until after receiving treatment.

Scabies	Several days or weeks, until itching is noticed.	A mite burrows into the skin leaving lesions. Lesions are most common around finger webs, wrists, elbows, under arms and beltline. Itching is intense, especially at night.	Until treatment is started and mites and eggs are destroyed.