



Medications at School

- The following statements are true for ALL prescription or non-prescription medications. This includes medications (prescription or non-prescription) taken by mouth, taken by inhaler, those that are injectable, and anything applied to the nose, eyes, or skin. Any type of cough or throat drop:
 - A Medical Authorization Form must be filled out by the parent and signed by a medical provider and the parent.
 - Medication AND the completed Medical Authorization must be brought to the main office by a parent/guardian at the same time. (We cannot accept medication without the Medical Authorization.)
 - Medication must be in the original packaging and not expired.
 - Students may not carry any medications at school unless specifically ordered by a medical professional.
 - Medication must be taken in the presence of designated school personnel.



Illness Policy

- Children who are ill should stay home to recover.
- Students must be fever-free and vomit-free for 24 hours, without any medication, before returning to school.
- We cannot keep students from participating in gym or outdoor recess without a note from a medical provider providing specific activity guidelines and/or restrictions.



Outdoor Weather Guidelines

- Students go outside for recess twice a day, even during the winter months.
 - Please make sure your child is prepared with the necessary outerwear.
 - Students will not be allowed to play in the snow if they do not have snow gear and winter boots. They will still go to recess, but they will need to remain on the blacktop.
- The following guidelines are used to determine when it is safe for students to be outside. P-CCS uses the “feels like” temperature (wind chill) as reported by the National Weather Service.
 - A feels like temperature of 10 degrees or lower: 20 Minutes INDOOR RECESS
 - A feels like temperature between 11 and 14 degrees: 10 Minutes INDOOR and 10 Minutes OUTDOOR RECESS
 - A feels like temperature of 15 degrees or above: 20 Minutes OUTDOOR RECESS



Classroom Snack Guidelines

- Elementary students may bring a snack to school each day.
- Suggested student snack choices include the following: fruits, vegetables, applesauce, cheese, yogurt, crackers, or pretzels.
- Water is the only beverage permitted in the classrooms.
 - Carbonated drinks, energy drinks, caffeinated beverages, enhanced water, or other enhanced drinks are NOT permitted at any time.



Birthday Celebration Guidelines

- Per district policy, as a means of respecting instructional time, preserving finances, and maintaining a safe environment for all students, birthdays are not celebrated with food treats.
- Teachers will inform families of any acceptable non-food-related activities or procedures.