

## Health and Nutrition

This is the first generation in which our children's life expectancy is shorter than our own. Childhood obesity has become a national pandemic. The staff at SCS care deeply about your children and will work hard to teach them how to make healthy choices and lead fit lifestyles. In order to accomplish this feat, we need your help. Please be sure to enforce healthy eating habits at home and do not send in junk food and food that is high in sugar. Students are not permitted to drink sodas or drinks with a high sugar content at school either. In order to ensure that your children are eating what you intended, sharing of food will not be permitted.

In the past, you may have become accustomed to your child being rewarded with snacks and candy. At Sigsbee Charter School, rewards focus on positive praise, not material tokens or food. This is one way we can teach our children that feeling good about your behavior is a reward in itself.

### **Students' Health**

We have invested in a staff that is active, healthy and caring. They are committed to being very hands-on with your children. Students will be engaged in physical activity on a daily basis. As a result, children are expected to be in good health when attending school. Colds, flu, and other childhood illnesses spread from child to child with alarming speed. Students with infectious conditions, such as chicken pox, strep throat, head lice, or ringworm must stay home until the infectious stage has passed. Please inform the office of your child's diagnosis as soon as possible, so we may alert other parents may be on the lookout for similar signs with their children.

Students with fever, sore throat, eye infection, persistent cough, or severe nasal excretions should remain at home. Students with symptoms of vomiting, diarrhea, or undiagnosed skin rash should remain at home also.

If your child becomes ill at school or exhibits any of the above symptoms, we will contact you to arrange to have him or her picked up right away. We understand how difficult this can be for working parents, yet all of our children become ill from time to time. Please make arrangements in advance for a friend or relative to come when you cannot.

Weather permitting; students go outside to play every day. If you feel your child is too sick to go out to play, he or she is probably too sick to be at school. If your child is ill and will not be coming to school, please call our office by 8:30 to let us know he or she will be absent.

### **Emergency Care**

In the event of a medical situation that requires immediate attention, we will want your child to see a doctor right away. Please remember to keep your emergency contact information up to date. We must be able to reach you at any time during the school day.

### **Medication**

Only under extraordinary conditions do we administer medication at school. Please do not send in any medication with your child including Tylenol, topical creams, cough medicine, or other over the counter drugs, except under a doctor's instruction.

When in the opinion of your child's physician, it is necessary to administer medication during school hours; the following procedure must be followed.

- You must hand any medication brought to school directly to the office.

- All prescription medication must be in the original bottle that is clearly labeled with the students name, medication contained, time and amount of dosage.
- As parent or guardian, you are responsible for administering the first dosage of any new medication at home.
- An **Authorization to Administer Medication** form must be completed before any medication will be given. This form is available in the office and on our website.
- Our staff members are prohibited from providing or administering any over the counter medication except as authorized in writing by you and the child's physician.