



Health and Wellness Policy at Hillside Christian Schools



We want **Hillside Christian Schools** to be healthy, safe and joyful for all students, staff, and visitors. Students should come to school when they are well enough to do their school work, participate in all activities and when they are not sick or contagious. Here are some important notices parents/guardians can take to help us achieve this goal.

- A. **Fever:** a fever that is greater than 100.4 degrees Fahrenheit within the last 24 hours. Keep children home until they are fever-free without using medication for at least 24 hours.
- B. **A runny nose and coughing.**
- C. **Vomiting.**
- D. **Diarrhea.**
- E. **A sore throat associated with fever.**
- F. **Pink Eye:** Students should remain at home until treatment has begun and symptoms have cleared up.
- G. **Unidentified rashes or open sores:** Some causes of rashes are contagious. If your child has a rash that you are 100% certain about, do keep the child at home and consult a doctor and follow instructions before returning to school.
- H. **Hair Fungus:** Students should remain at home until treatment has begun and a doctor has given the permission to return to school.
- I. **Lice:** Students can return to school after treatment with prescribed lice shampoo. Parents should notify the school office or the child's teacher.
- J. **Ringworms:** A health care provider will prescribe antibiotic medication, and the child should stay home for 24 hours after starting treatment... Ringworms are contagious as long as the rash is there, but children with this condition may return to school if the area can be covered and medication is being used.

Transmittable Diseases: Parents are kindly asked to notify our schools' office at;

- 1. **A. Stevens Hillside Christian School @ 1 721 543 1650**
- 2. **H. Snijders Hillside Christian School @ 1 721 548 4757**

Parents, if your child has a contagious/transmittable disease such as ***pink eye, measles, mumps, lice, ringworms, chicken pox, water pox, bad colds, whooping cough*** etc., our schools will send out an exposure notice so that other families will know that their child may have been exposed, can look for symptoms and can treat their children in a timely manner.

No child will be identified in the exposure notice.

Keeping our students healthy:

During flu and cold season it is important to keep our students as healthy as possible. Adequate sleep and proper nutrition will help. Encourage frequent hand washing. It is advised that all students bring napkins or a washcloth to school for sneezing, coughing and blowing of the nose purposes.