

### **School Health**

The mission of the Learning First health office is to assist each student in achieving and obtaining optimal health. Through communication, cooperation and collaboration, we can work together to achieve this.

The Learning First health room is located near the front lobby of the school. Children requesting to see the nurse are permitted to do so with a pass. The nurse will assess the student's needs and determine if he/she is well enough to return to class. The nurse will advise teachers and parents of any requests that become persistent. Student health records are kept in the health office. The nurse will respect a student's right to confidentiality, but will inform appropriate staff members of student needs as necessary to ensure their safety and well being. It is the nurse's responsibility to inform parents of potential injuries. If a child is transported to a hospital, a parent, nurse or designee must accompany him/ her in the ambulance.

### **Symptomatic Student Requirements**

Should your child have a fever greater than 100 degrees they should remain home until they are fever free for 24 hours.

If your student has diarrhea and/or vomiting they should remain home until symptoms have been resolved for 24 hours.

A child with a contagious disease spread by contact, coughing or sneezing should stay home. Some examples are flu, chicken pox, strep throat, conjunctivitis, and head lice. Communicable diseases should be reported to the school nurse as soon as possible at x1113.

After three days of absences due to an illness all students must have a doctor's note to return to school

### **Department of Public Health Regulations**

**Immunizations:** All Massachusetts public school students must be immunized for Diphtheria, Pertussis, Tetanus, Polio, Measles, Mumps, Rubella, Hepatitis B and Varicella (102 CMR 7.07 and 105 CMR 220). Students lacking proper documentation of required immunizations shall be excluded until proof of such immunization is provided. If a parent/guardian refuses to have a child immunized because of religious or medical reasons, as required by the Massachusetts Department of Public Health and M.G. L. c. 111S.3,6,7,109,110,111,112 and 105 C.M.R. 300, the non-immunized student will be excluded from school during outbreaks of diseases for which the student is not immunized.

**Lead Poisoning:** Children must present documented evidence of lead poisoning screening prior to entrance into kindergarten (105 CMR 460)

**Physical Examinations:** Students are required to have physical exams for entrance into K, 4, and 7. It is recommended that this be done by the primary care physician or a healthcare facility.

**Screening Programs:** Vision, hearing and postural screening will be conducted in accordance with state mandates.

**Inspection:** All students will be inspected as necessary for pediculosis. If this condition is found, the student will be excluded until all lice and nits are removed. Students must be cleared through the school nurse before riding a school bus or returning to class.

**Medications at School:** The MA Department Public Health regulates the administration of prescription medications and has promulgated detailed "Regulations Governing the Administration of Prescriptive Medications in Public and Private Schools" (105 CMR 210.000).

Medication may not be administered to students while at school unless such medicine is given to them by the school nurse acting under specific written request of the parent or guardian and under the written directive of the student's personal physician. When the school nurse is not present, a student who needs medication during the school day may be called to the office at the scheduled hour and reminded by the secretary or designee to take the medicine. This provision only applies when the correct dosage of the medication has been placed in an

individual container clearly marked with the student's name, the dosage to be administered, and the time and/or conditions under which the medicine is to be taken. In addition, the student must be able to recognize the medicine that he/she or she is taking. No one but the school nurse, and those others listed in the medical administration plan acting within the above restriction, may give any medication to any student. When it is necessary that a child take medication (including Tylenol) during school hours, the following procedures must be followed:

- **Self Administration of Medication:** Following consultation with the school nurse, students who fall into the following exceptions may self-administer medications:
  - Students with asthma or other respiratory diseases may possess and administer prescription inhalers.
  - Students with cystic fibrosis may possess and administer prescription enzyme supplements.
  - Students with diabetes may possess and administer glucoses monitoring tests and insulin delivery systems.
- **Long Term Medications:** Those given daily during the school year or medication given on an as needed basis (such as Epi-pens, Tylenol, and inhalers)
  - Doctor's medication order including the name of the medication, the dosage, time to be given and any special considerations with an MD address and first initial of the doctor.
  - Written consent from a parent/guardian.
  - Medication must be in a pharmacy-labeled container. Over the counter medications must be in the original bottle.
- **Short Term Medications:** Those given for ten days or less such as antibiotics
  - Medication in a pharmacy labeled container. (The pharmacy will provide a separate bottle for the school if you ask.)
  - For short-term medications we are not required to have a written order from the doctor; the written script on the bottle is sufficient.
  - Written consent from a parent/guardian including the time the medication is to be given.
- **Medication Notes:**
  - Medication orders do not carry over from one year to the next; they must be renewed at the start of each school year.
  - Medications must be delivered to the school by the parent or responsible adult. Should a child lose medication being transported, the parent would be held liable for any harm that results.
  - Medication cannot be transported on the school bus.
  - The nurse shall train LFCPS staff in the use of Epi-pens and universal precautions each year.
  - These policies have been put into place to ensure the health and safety of children needing medication during the school day.

### **Head Injury Policy**

The Learning First Charter Public School Board of Trustees recognizes that head injuries sometimes occur during physical activities such as the athletics or extracurricular programs and that such injuries can have serious medical consequences for the injured student if appropriate and immediate actions are not taken. Furthermore, the Board recognizes that the district must do what is prudent and in compliance with state law and regulation to reduce the likelihood of head injuries in the first place.

Therefore, and in accordance with 201 CMR 006, the Board directs the Wellness Committee, composed of a school administrator, school nurse, school physician, physical educator, athletic coaches, guidance counselor, and teacher to develop procedures and review them every two years. These procedures shall address:

1. Responsibilities of the physical educator, coaches, and school nurse;
2. Maintenance of records;
3. Documentation of physical examination consistent with 105 CMR 200.100(B)(3);
4. Review of medical information;
5. Training requirements for students, their parents, and coaches;
6. Pre-participation requirements;
7. How to identify a head injury or suspected concussion;
8. How to report head injuries and to whom the report should be made;
9. Parental notification of head injuries;
10. Medical clearance protocol to resume participation after an injury;
11. Conditions for exclusion from participation if necessary; and
12. Protocol for graduated reentry to the activity once medical clearance has been given.

### **Hygiene**

Personal hygiene is the practice of keeping oneself clean in order to prevent disease and to maintain good health. We should encourage and establish proper hygiene habits early in childhood. Practicing proper personal hygiene helps prevent the spread of disease and infection. Our children need assistance and guidance with personal hygiene to ensure and maintain their good health and prepare them for independence as they mature and develop. Children should shower or bathe often enough to be clean and have no body odor. For many children this may be every other day, but for active children this may be daily. For children who have reached puberty, and in the summer, children should shower or bathe daily. Handwashing is the best way to prevent the spread of germs and illness. Children should wash their hands with soap and water after using the bathroom, before they eat, after using a tissue, after playing, etc. Dentists recommend that students brush their teeth after every meal, however, brushing at least two times a day before school and after supper is sufficient for most children.

Handwashing should be vigorous and last at least 20 seconds. A good measure of this is teaching the child to sing "Happy Birthday" or the alphabet song while they are washing their hands. When they are done singing, they are done washing. Fingernails should be kept trimmed and clean as well. Scratching skin with dirty nails can lead to infection. A clean student is a healthy student. It is important for children to learn life long habits of good hygiene to be healthy and to prevent the spread of common illnesses. If you need any assistance with hygiene issues and your child please feel free to contact the nurses or the guidance staff.

### **Food Service Program**

Learning First serves breakfast and lunch each day. All of the meals served by the Food Service Department meet the nutritional requirements for participation in the National School Lunch and School Breakfast Programs. These meals are free to students. Menus will be posted on the school website each month under the Food Service Section.

### **Allergies or Intolerance**

The Food Service Department is committed to providing safe, nutritious meals for students and is happy to work closely with parents/guardians to meet the needs of students with food

allergies or intolerance. If you have a student with serious food allergies and have questions or special food requests, it is important that you contact the Food Services Director Tasha Griffin at 508-799-7500 ex 1114.

### **School Wellness Policy**

Learning First will provide physical education training aligned with the standards established by the Department of Education. Students are given opportunities for physical activity during the school day through physical education (PE) classes once a week, daily recess periods for students, and the integration of physical activity into the academic curriculum where appropriate. Students also participate in yoga and mindfulness activities in health class.

Students are given opportunities for physical activity through a range of after- school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. Learning First works with parents and the community to create ways for students to access an environment that is safe and supportive of a student's physical activities and promotes enjoyable, lifelong habits of physical activity and wellness. Student heights and weights are recorded annually through the health office.

### **Nutrition Education**

The following goals have been established for our nutrition education program.

- Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.
- Nutrition education is offered in the classroom with coordination between the foodservice and physical and health education staff and other school personnel, including teachers. Students receive consistent nutrition messages from all aspects of the school program.

### **Health and Physical Education**

The following goals have been established for our physical education program.

- Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, yoga and mindfulness in health class and the integration of physical activity into the academic curriculum where appropriate.
- Students are given opportunities for physical activity through a range of after- school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. Learning First works with parents and the community to create ways for students to access an environment that is safe and supportive of a student's physical activities and promotes enjoyable, lifelong habits of physical activity and wellness. Student heights and weights are recorded annually through the health room and physical education department.

These are the guiding principles around Wellness that are taught in K-8 Health Classes:

- **Guiding Principle #1**

Comprehensive Health education teaches students fundamental health concepts and skills that foster healthy habits and behaviors for the individual and others through sequential and coordinated teaching of health education, physical education, and family and consumer sciences education at each grade level, prekindergarten through grade 8. While we do not have family and consumer sciences, this is taught in our health classes.

- **Guiding Principle #2**

Comprehensive Health education teaches students to use fundamental health concepts to assess risks, to consider potential consequences, and to make health enhancing decisions. This is taught in our Guidance program, in our PE classes and in our Health Classes, it is also reinforced by health services in the general classroom.

- **Guiding Principle #3**

Comprehensive Health education teaches skills that assist students to understand and communicate health information clearly for self-management and health promotion. This is taught in our PE classes, health classes and Guidance classes.

- **Guiding Principle #4**

Comprehensive Health education contributes to the capacity of students to work in a positive manner with families, school staff, peers, and community members to enhance personal health and create a safe and supportive environment where individual similarities and differences are acknowledged. Taught in Open Circle, Yoga, Health, Guidance.

- **Guiding Principle #5**

Comprehensive Health education is strengthened through collaboration and partnerships among all components of the coordinated school health program and other subjects. In Health, Guidance and in all specials areas.

### **Learning First Charter Public School Wellness Policy Foodservice**

Learning First Charter Public School recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, we are committed to providing developmentally appropriate and sequential nutrition and physical education as well as opportunities for physical activity. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based.

Wellness Committee The Learning First Wellness Committee, and Food Advisory Subcommittee, is coordinated by a school administrator, and is comprised of at least one (1): parent, student, and staff member, the school nurse, school doctor- when available, administrator and community members (as appropriate). The Wellness Coordinator, in consultation with the wellness committee, will be in charge of implementation and evaluation of this policy.

Nutrition Guidelines It is the policy of Learning First Charter Public School that all foods and beverages made available on campus during the school day are consistent with School Lunch Program nutrition guidelines. Guidelines for reimbursable school meals will not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law. Learning First Charter Public School has adopted the following procedures: The food service

director shall ensure that the meals and snacks offered by the school food service program meet all legal requirements for participation in the National School Lunch and School Breakfast Programs. The food service department will continue to work on improving the nutritional quality and student acceptance of school meals by focusing on food presentation, and giving students opportunities to sample new foods. The food services department will offer health education training annually to all school food service staff. Items sold in vending machines will meet the guidelines established by the MA Action for Healthy Kids, as seen in the document entitled "MA A La Carte Food and Beverage Standards to Promote a Healthier School Environment." The level of student participation in the school breakfast and school lunch programs is appropriate. All children who participate in subsidized food programs are able to obtain food in a non-stigmatizing manner. The Learning First Charter Public School will provide a clean and safe meal environment for all students, along with adequate time for students to sit and eat lunch scheduled as near to the middle of the school day as possible. The American School Food Service Association recommends at least 20 minutes for lunch, from the time students are seated with their food, as well as access to hand washing or sanitizing facilities before meals. The Learning First Charter prohibits the withholding of food for punishment and discourages the denial of recess as a consequence for behavior or work effort. The Learning First Charter staff will not use candy as a reward for children's accomplishments. Celebrations taking place during school hours Classrooms should limit celebrations that involve food. Life-threatening food allergies must be considered at all times. All celebrations must have approval prior to the event. The "Celebration Approval Form" must be completed and have all required signatures signed prior to the event. The form is available online, in the shared folders or can be requested by calling the Food Service Department. All edible items to be shared in school must comply with the Massachusetts Action for Healthy Kids guidelines [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org). or from the John Stalker Institute "A List" [www.johnstalkerinstitute.org/alist/](http://www.johnstalkerinstitute.org/alist/). All items must be individually wrapped and prepared from a commercial kitchen. Copies of the standards and lists are available by calling the food service department or visiting the listed websites.

Staff members and parent groups conducting fund raisers are encouraged to hold non-food related fundraisers. All fundraisers that do sell food must be conducted during non-school hours. Parents are discouraged from dropping off fast food lunches. If students bring a home lunch it should be sent to school with the child in proper insulated containers. For a list of suggested snacks and ideas please refer to the school website. If a lunch has to be dropped off to a student it must be done prior to the student's lunch time. Staff members are not allowed to order food outside for student's lunches.

The school district will provide nutrition education aligned with standards established by the USDA's National School Lunch Program and the School Breakfast Program in all grades. The school district will provide physical education training aligned with the standards established by the Department of Education. The wellness program coordinators, in consultation with the wellness committee, will develop procedures that address nutrition and physical education.

**Nutrition Education** The following goals have been established for our nutrition education program. For additional information, please refer to the health portion of our SHCPS Curriculum Overview section of the school handbook. Students receive nutrition education that teaches the skills they need to adopt and maintain healthy eating behaviors.

Nutrition education is offered in the classroom with coordination between the foodservice and physical and health education staff and other school personnel, including teachers. Students receive consistent nutrition messages from all aspects of the school program. Nutrition is integrated into the health education or core curricula (e.g., math, science, language arts). Staff that provides nutrition education has appropriate training.

**Physical Education Activities** The following goals have been established for our physical education program. For additional information, please refer to the health portion of our SHCPS Curriculum Overview section of the school handbook.

Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum where appropriate. Students are given opportunities for physical activity through a range of afterschool programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs. The Learning First Charter works with parents and the community to create ways for students to access an environment that is safe and supportive of a student's physical activities and promotes enjoyable, life long habits of physical activity and wellness. Student heights and weights are recorded annually through the health room and physical education department.

Physical activities and/or nutrition services or programs designed to benefit staff health have been considered and, to the extent practical, implemented.