

Parent Guidelines Regarding School Attendance for Health Related Issues

Dear Parents and Guardians:

A child's health status directly affects his/her productivity and success at school. There are three factors to be considered when addressing school attendance:

- 1) Protection of the individual student who is ill and requires treatment.
- 2) Comfort of the individual student and how it affects his/her abilities to learn and achieve in school.
- 3) Protection of the school community from the spread of communicable diseases.

The following guidelines were written as an indicator for a need to send a student home, or for a student to be kept at home.

Illness: Physical signs and symptoms.

- Fever: A fever greater than 101 degrees. Student should be fever free without medication for 24 hours before return to school.
- Upper Respiratory Infection: The student with a cold/cough who show symptoms of fever, tiredness, irritability, not eating well, or signs of earache, sore throat, thick, yellowish or green nasal discharge need to be at home.
- Undiagnosed skin conditions that may be contagious.
- Diarrhea: Students with watery diarrhea or frequent loose stools.
- Nausea/vomiting.
- Symptoms of infection (fever, pain, redness, discharge, swelling). These symptoms can be present in any location including eyes, mouth, ears and genitalia.
- Seizures lasting 3 minutes or longer without intervention and/or are different than usual.
- Illness during the night.
- A rash associated with children's diseases or of unexplained origin.

These guidelines are adopted by Los Angeles Unified School District, Los Angeles Office of Education and community standards of care for use in the school environment.

These are conditions that interfere with learning, productivity or school success.

- Headache, Toothache, Stomachache, Earache
- If laxative is given or if constipated and needs a laxative.
- Fatigue, Lethargy
- Persistent crying
- If regular medication was not given

Students may attend school with the following:

- Infections that have been treated with antibiotics for a minimum of 24 hours.
- Cold evidenced only by a clear or mucoid runny nose.
- Skin lesions that are kept covered and are not contagious.
- Symptoms that are documented as an expected part of the student's syndrome.

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HEALTH OFFICE PROCEDURES

When a child becomes ill at school, he/she will receive every care and consideration. Parents will be contacted. With so many students and little space in the health office we ask for your full cooperation in picking up a sick child in a reasonable amount of time. We do not have the accommodations for a child to sit in the health office for an extended period of time, and generally he/she will need to **return to class after approximately 15 minutes.** If, however, he/she is deemed quite ill he/she needs to be picked up as soon as possible. If a parent cannot pick up the child the parent will need to make arrangements with a relative or friend and convey this information to the health technician. It is our goal to maintain the health and safety of every child.

Your cooperation is very much appreciated in keeping our students healthy.

PHYSICAL EDUCATION EXCUSE

All PE Notes **MUST** be turned in to the HEALTH OFFICE as soon as he/she arrives at school. PE notes **SHOULD NOT** be taken to the PE teachers/coaches, they **MUST** be given to the Health Technician. A parent may write a note excusing a student from PE for **one to three consecutive days maximum.** Physical Education excuses longer than 3 consecutive days must be written by a medical doctor stating reason, duration and limitations.

As outlined in Hart District Board Policy, all student must earn 20 credits in Physical Education (PE) if they are to receive a high school diploma. It also states that students shall be enrolled in physical education during each semester of attendance of the ninth grade and an additional two semesters in grades 10, 11 or 12 (AR6146.1), Ed Code 51228. If a student becomes ill or injured and a modified physical education program (modifications must have been written by a physician), cannot be provided, the Superintendent or designee with consent of student may grant a temporary exemption from the PE requirement (AR6142.7) Ed Code 51241. **If granted, the exemption is for the required participation timeline, not the course requirement.** A student who receives a temporary exemption for PE must still earn twenty credits of PE before graduating; however, they would be exempt from the requirement of taking it in ninth grade.

The note from the physician **MUST** state the length of time for the PE excuse. All notes **MUST** have a beginning and an end date. If a student is being excused multiple times within a semester, once the student reaches 14 missed PE classes within a semester, a physician's note will be required for any further absences. If the student is excused from physical education for an accumulated total of 21 school days within a semester, that student becomes PE exempt for that semester.

COMMUNICABLE DISEASES

If a student is suspected of being infected with a communicable disease, (e.g. pink eye, chickenpox, head lice), the student must leave school and cannot return without a signed release from a physician.

If a physician diagnoses your student with a communicable disease, i.e. measles, mumps, pertussis (whooping cough) etc., West Ranch High School must be notified immediately.

MEDICATION

Prescribed and over the counter (OTC)

All medications require a **District medication form** to be completed by parent and physician. This form is available on the District website or from the health office. When completed, the form **MUST** be returned to the health office.

Any student found with medication at school without the appropriate forms on file in the health office, will have their medication confiscated, and it will only be released to a parent.

It is the practice of Wm. S. Hart Union High School District that no employee give medication to a child. Whenever possible, parents should enlist their physician's cooperation to work out a schedule which will eliminate the necessity of administering medication at school. However, under special circumstances, when school attendance of a child is contingent upon uninterrupted medication necessitating a dose during the school day, and when the physician having responsibility for the medical care of the child makes specific recommendation, an exception may be made. In such a case the following procedure must be followed:

1. Deliver the school a completed District medication form from the physician detailing the method, amount, and time schedules the specified medication is to be taken.
2. Provide a written statement from the parent or legal guardian requesting the school district to assist the student according to the physician's statement.
3. Assure that each medication is in its original container, clearly labeled, with the pupil's full name, the physician's name and phone number, the name of the medication, dosage, schedule, and date of expiration of this prescription.
4. Inform the school when any medication change is made. This includes a change in the type or nature of medication, as well as a change in the dosage of medication.
5. Deliver to either the school health technician or the district nurse only the medication to be administered. The parent or legal guardian should carefully monitor the amount of medication which is sent to school, and when that medication is running low, should make arrangements to replace it.
6. If appropriate, provide a completed self-administration medication form signed by the parent or legal guardian, and the physician who authorizes the student's self-administration of medication.

Under no circumstances will school personnel be responsible for obtaining medication for any student. This procedure was established to protect your child and to avoid the sharing of medication among pupils.

WHEELCHAIRS, CRUTCHES, ETC

The use of durable medical equipment for student transport such as wheelchairs, crutches or scooters, during school hours must be accompanied by a physician's note stating the reason and duration of use on school grounds for the safety of students and staff.