



Hello Parents,

Please take a few minutes to familiarize yourself with the school's health policies. We take the job of creating safe classrooms very seriously, but this job needs to be done in partnership with you and your children. We have tried to put in place policies that balance the unique developmental stages in each classroom, individual responsibility, and community awareness. Obviously, common sense needs to prevail in many cases. We also work with students on wellness related issues with the goal of children becoming empowered to take responsibility for their own health, while being aware and sensitive to others.

In this packet, you will find details about the following information:

- Allergy Awareness Policy ~ **Please note that Samish Woods is a fragrance-free environment.** Please read the allergy awareness policy for more details.
- The School's Wellness Guidelines
- Lice Information
- Concussion Information Sheet

Feel free to forward along any questions, and always be sure to communicate any health concerns with your child's teacher as soon as they come up.

Thank you for your support,
The Samish Woods Staff

Allergy Awareness Policy

Fragrance-Free Environment

With the recent wave of allergies, many business are adopting fragrance-free policies for the work environment. When coming to the school campus, please refrain from using perfume scented detergents and fabric softeners, cologne, perfume, scented aftershave, perfume scented lotions, and fragranced hair products. **Your child's clothing should also not be washed with perfume scented detergents and fabric softeners.** If you prefer a scented detergent, please consider a product that uses plant based fragrances. Synthetic fragrances can cause rashes, headaches, and respiratory issues for members of our community. It is also difficult for children to focus when strong fragrances are in the classrooms. Thank you for doing your best to help us maintain a fragrance-free environment!

Food Allergies

Food allergies are becoming more common among infants and young children. Allergic reactions can range from mild skin rashes to severe, life-threatening reactions with breathing difficulties. We are setting in place procedures in each classroom to reduce the likelihood that these reactions will take place. The procedures in each classroom are a reflection of the developmental needs of each group and reflect the school's values that emphasize individual responsibility, community awareness and sensitivity to others.

3-6 Classrooms:

- The 3-6 classroom is a nut-free environment. Please avoid snacks that contain **peanuts, peanut flour, peanut oil or peanut butter and other nuts** or labels that state MAY CONTAIN TRACES OF NUTS. This includes tree nuts such as almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios and walnuts.
- The teachers in the 3-6 classrooms will provide snack suggestions related to the allergy awareness policy.

6-9 Classroom:

- There are currently no students in the 6-9 class with significant allergies that affect the lunch and snack choices of families and students.

9-12 Classroom:

- There are currently no students in the 9-12 class with significant allergies that affect the lunch and snack choices of families and students.

Wellness Guidelines

Below are guidelines to help you decide when to keep your child home. It is useful for your child's teachers to know if students are going to miss school. Please communicate in the method requested by your child's teacher. Again, common sense and respect for others are most important.

Please keep your child home if they have any of the following symptoms:

- Fever - If your child's temperature is 100.4 degrees or higher. Your child should be fever-free for 24 hours (without medicine) before returning to school.
- Common Cold
- Nasal discharge, unusually loud breathing.
- Bad Cough/Cold Symptoms
- Diarrhea or Vomiting
- Sore Throat

A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Your child needs a special test to determine if it is strep throat. He or she can return to school 24 hours after antibiotic treatment begins.

- Pink Eye (Conjunctivitis)-
Keep your child home until a doctor has given the okay to return to school. Pink eye is highly contagious and most cases are caused by a virus, which will not respond to an antibiotic. Bacterial conjunctivitis will require an antibiotic; your doctor will be able to determine if this is the case.
- Any transferable condition
- Rash
Children with a skin rash should see a doctor to determine if it is contagious.
- Behavior - irritable, whiny, cranky, lethargic, withdrawn (if accompanied by other symptoms).

Medications at School

The Washington State Health Department does not allow staff to administer any prescription drugs or over-the-counter medicine unless a specific procedure is followed.

Aspirin, cough drops, inhalers, Epipens, antiseptic cream and even vitamins are considered medications. If you would like us to give medication to your child, you must obtain a note from the doctor indicating the dosage, time of day for each dose, possible side effects and dates to start and stop the medication. The medication must be in the original container and labeled with the child's name and dosage. *You, the parent, must also make a written request to the school in order to comply with state requirements.*

Head Lice

Head lice are parasitic arthropods that live in human hair. They are not caused by poor hygiene and they do not carry disease. Head lice transfer from child to child when their hair is in close contact, e.g. while playing or doing schoolwork. For this reason, the occurrence of head lice is relatively common and on the rise in school environments.

In the event that you find head lice or nits on your child, it is important to immediately communicate with your child's teacher so we can work together to limit the spread within the community and support your child in the manner he or she needs. Obviously, sensitivity and understanding are paramount to our response. There is a great deal of information about the treatment and prevention of head lice available online and through the local health department – please take a moment to educate yourself. The school can provide information if you need additional resources.

Our policy . . .

Children should not return to school until there has been a systematic and thorough approach to remove all nits and lice. “No – nit” policies are increasingly controversial and losing favor with public health experts. We expect families to take all steps to prevent the spread of lice. We understand that this process can often be time consuming and lengthy, so we thank you in advance for your diligence and cooperation.

As a preventive measure we are asking each child to be thoroughly checked for head lice by their parents at the start of the school year, after winter break and periodically throughout the school year. Periodic lice checks can become a family ritual just like back to school shopping. A thorough lice check involves the systematic inspection of the scalp and hair follicles for nits or adult lice.

Resources:

<http://www.cdc.gov/parasites/lice/>

http://www.michigan.gov/documents/Final_Michigan_Head_Lice_Manual_103750_7.pdf

Concussion Information

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most concussions occur without loss of consciousness. Signs and symptoms of a concussion may show up right after the injury or can take hours or days to fully appear.

We do our best to provide safe work and play spaces at school. However, if your child has hit his or her head in a way that includes any of the below symptoms, we will inform you as soon as possible.

If after your child returns home and you are informed that he or she have hit their head, please review the information below for symptoms and seek medical attention immediately if needed.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none">● Headaches● “Pressure in head”● Nausea or vomiting● Neck pain● Balance problems or dizziness● Blurred, double or fuzzy vision● Sensitivity to light or noise● Feeling sluggish or slowed down● Feeling foggy or groggy● Drowsiness● Change in sleep patterns	<ul style="list-style-type: none">● Amnesia● “Don’t feel right”● Fatigue or low energy● Sadness● Nervousness or anxiety● Irritability● More emotional● Confusion● Concentration or memory problems (forgetting simple routines)● Repeating the same question/comment

Signs observed include:
<ul style="list-style-type: none">● Appears dazed● Vacant facial expression● Confused about assignment● Forgets names● Moves clumsily or displays in-coordination● Answers questions slowly● Slurred speech● Shows behavior or personality changes● Nausea or vomiting● Can’t recall events prior to fall● Can’t recall events after fall● Seizures or convulsions● Any change in typical behavior or personality● Loses consciousness

