

# CANYON CREEK DAY SCHOOL

## ILLNESS POLICY 2025 – 2026 School Year

Promoting wellness and keeping our students and staff healthy is, and always has been, a top priority at Canyon Creek Day School. Today, more than ever, we will strictly enforce all health guidelines.

### General Illness

- Do not send your child to school if they show **ANY** signs of illness.
- Children must be free of fever, vomiting, and/or diarrhea for 24 hours before returning to school for standard childhood illnesses.
- Children sent home from school with fever, vomiting, and/or diarrhea may **not** return to school the next day.
- Do not send your child to school on any fever-reducing medication.
- A doctor's note will be required for your child to return to school should they exhibit any symptoms similar to symptoms of Flu, COVID-19, or RSV.
- Children that present with a fever but have non-contagious issues such as ear infections or sinus infections may return to school after they have been fever-free for 24 hours. If needed, we can administer an antibiotic at school.
- Children that are too sick to go outside are not well enough to be at school. This is a state-mandated rule. You may request that your child sit on a bench outside where they may enjoy a book or toy.

### Contagious Illness Guidelines

- If a child or staff member tests positive for a highly contagious illness such as Flu, COVID-19, RSV or other such illnesses, they may not return to school until they are fever-free and symptom-free for over 24 hours. Should a contagious illness spread through a class, depending on the circumstances, it may necessitate us closing a single classroom for a short period.

After reading this page, please initial here \_\_\_\_\_

## Wellness Recommendations

Promoting wellness is a combined effort of school and home. Please adhere to the following recommendations to assist in our efforts to keep your children well.

- Eating well-balanced meals with plenty of protein helps children maintain focus, provides energy, and helps fight illness.
- Make sure your child gets **plenty of sleep**. When children do not get 10 to 12 hours of sleep per night, their bodies become run down and susceptible to disease.
- Children should be bathed daily to eliminate germs.
- Children should wear freshly washed clothes each day.
- No toys, trinkets, blankets, or other items will be allowed to be brought from home to school.

**I will not hold Canyon Creek Day School responsible or liable should my child contract any illness.**

**I have read, understand, and agree to the above rules and guidelines. By signing this agreement, I will abide by these rules.**

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**Parent Signature**

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**Date**