**School wellness policy**

# Health and Safety

Your child’s health is a matter of major importance to all of us. Upon enrollment, a health form signed by a physician must be on file with the school. The Health Department also requires that students have certain standard immunizations and a tuberculin clearance. Please make sure that school staff is notified about any allergies or sensitivities that your child has. A daily health inspection and greeting is given upon each student’s arrival at school (inquiry and visual check). If a student shows symptoms of illness, the parent/ guardian will be contacted to take the child home.

***Keep your child home if he or she:***

* Has a fever or has had one during the previous 24-hour period.
* Is taking an antibiotic for a contagious disease and has not yet received clearance from a medical practitioner to return to school.
* Has a heavy nasal discharge or constant cough not due to allergies.
* Has head lice and has not yet been treated (all nits 1/4” from scalp or closer must be removed from hair).
* Symptoms of COVID-19: fever, persistent cough, sore throat, headache, or new loss of taste or smell (a take home test will be provided)

Please notify the school at once if your child becomes ill with a communicable disease or gets head lice. This allows us to do head checks, and to keep an eye out for children that may be starting to show symptoms of illness. Please do not give your child a fever reducer before bringing the child to school. Children with fevers need to stay home and rest!

Students may be sent home if any symptoms of illness or disease appear during the day, including any temperature above 99.6 degrees F. indicating fever. In such cases, a student will be immediately isolated from the others and the parents/guardians will be contacted.

**Please remember to telephone the school each day that your child is absent. Leave a message with office staff or on the answering machine with your name, your child’s name, reason for absence, and expected length of absence.**

## Accidents

If a student suffers a very minor injury, it will be treated at school. All staff hold current First Aid and CPR certification. In the event of a more serious injury, the staff will make an immediate attempt to contact a parent/guardian. If one cannot be reached, they will call the child’s physician as listed on the emergency contact form. If necessary, an ambulance or paramedics will be called. Until the arrival of a parent/guardian, physician, or ambulance, the staff will be in charge and make all decisions about the care of the child. Parents/guardians will be expected to assume responsibility for any resultant expense not covered by our insurance. It is to you and your child’s benefit that you **keep the school up to-date on phone numbers, emergency numbers, and other pertinent information.**

## Helmets

Students riding bicycles, unicycles, skateboards, scooters, skates/roller blades to school must wear a bicycle helmet as required by California State law. They may not ride these vehicles on the Fairgrounds, but must get off the vehicle at the gate and walk in. Parents/Guardians of students not following these procedures will receive a phone call, and the student may be restricted from using these forms of transportation as a consequence.

## Drug-Free/Smoke & Tobacco-Free/Alcohol-Free/Weapons-Free Environment

Tree of Life is committed to providing an environment free of illegal drugs, tobacco and smoking, ENDS (electronic nicotine delivery system), alcohol, and weapons to promote safety in the workplace, employee and student health and well-being, and a work and learning environment that is conducive to attaining high work standards.

Bringing to the campus, possessing, or using, or being under the influence of intoxicating beverages or drugs on the school premises or at any school-sanctioned activity or function is prohibited and will result in disciplinary action up to and including termination for employees and suspension or expulsion for students.

**Smoking and ENDS use are not allowed anywhere on the school campus.** It is the responsibility of each staff member and student to adhere to this rule, and to inform his or her guests of our non-smoking policy.

Firearms, knives, explosives, or other dangerous weapons are not allowed on campus, unless in the case of possession of any object of this type, the pupil had obtained written permission to possess the item from a certificated school employee, which is concurred in by the principal.

The school reserves the right to use appropriate means to provide a safe work environment for its employees and students. These means may consist of but are not limited to:

**Search of school property.**

Search of employee or student property, including employee or student handbags and vehicles, brought onto school property.

# Medication Policy

For your child’s safety, ALL MEDICATION (prescription and over-the-counter) administered at school requires the following:

1. All prescription medication must be in a container labeled by a licensed pharmacist.
2. All over-the-counter medication must be in the original manufacturer’s container with the student’s name clearly written on the container.
3. All prescription and over-the-counter medication require a written statement by the medical practitioner detailing the method, amount, and time schedule the medication is to be taken, updated each new school year and when any changes are made.
4. A written statement by the parent/guardian indicating the desire that the school staff assist the pupil in the manner set forth in the medical practitioner’s statement must be on file at school. Medication forms are in the school office and in each classroom.
5. Request your pharmacist to divide the prescription medication into two medication containers, one for home and one for school.
6. Inhalers need to have the prescription label applied to the inhaler itself by the pharmacist.
7. DO NOT SEND MEDICATION TO SCHOOL WITH YOUR CHILD! Do not send the medication in the child’s lunchbox or backpack. **An adult needs to bring the medication (including cough drops) to the office or the Guide, and the appropriate medication form must be completed and signed.**
8. Medical practitioner’s notes may be faxed to Tree of Life School at 462-0914.

# Nutrition Policy

Good nutrition is an important contributor to human health, especially for a growing child. Children are calmer, more focused, and feel better in general with a good protein breakfast before beginning studies, and with healthy snacks and lunch throughout the day. We want to serve as a model of exemplary nutrition to our students and their families, so we recommend to families that they serve their children healthy foods, such as 100% fruit juice, fresh fruits and vegetables, whole grain crackers and breads, protein foods, and low-fat dairy products. We recommend avoiding foods with artificial ingredients and preservatives, hydrogenated fats and oils, and refined sugars, which have been shown to be detrimental to health. We want our students to be healthy, to grow strong bodies and minds, to understand nutrition issues that are often hidden and ignored by mass-media advertising, and to learn to make reasonable and healthy nutrition choices.

1. **As one step in promoting better nutrition and encouraging families to become label readers and choose healthier foods, our school policy does not allow refined sugar or artificial sweeteners to be an ingredient in either snack foods or lunch foods brought from home or eaten during school hours or in the child care program.** Refined sugar includes sucrose, dextrose, high fructose corn syrup, refined fructose, corn syrup, brown sugar, glucose, organic sugar, and sugar. Artificial sweeteners include aspartame, sucralose, and saccharin. Accepted sweeteners include fruit juice, agave nectar, honey, molasses, pure maple syrup, dehydrated cane juice, dates, stevia, coconut sugar, and xylitol. Foods containing unacceptable sugars and sweeteners will be removed, and a reminder note will be sent home. (Read ingredients labels.)
2. All food prepared and served at the school during school hours will be of the highest nutritional quality, using whole grains and organically grown products whenever possible. No hydrogenated fats, artificial flavors, or artificial colors will be allowed as ingredients.
3. When eating away from school at a restaurant during school hours, no items with refined sugars or artificial sweeteners may be ordered.
4. Birthday, testing day, or other sharing snacks brought from home that contain refined sugar or artificial sweetener may not be eaten during school. Examples of appropriate snacks that may be shared and eaten at school include fruit kabobs, fruit leathers, cookies and cakes sweetened with fruit juice or honey, vegetables, and bean dip, 100% fruit frozen juice bars, fruit “sundaes” with yogurt and nut topping, popcorn, fruit smoothies and juice, whole grain unsweetened crackers/breads and cheese or nut butters, tortilla chips and dip, whole wheat pita and hummus, etc. (See cookbooks in our lending library.)
5. Each student can order a free meal from our school’s healthy breakfast and lunch program or can bring a healthy lunch and snack in a reusable lunch container labeled with his/her name that includes a placemat, utensils, and cloth napkin. If the lunch needs to remain cold, be sure to include an ice pack. Do not include foods in lunches that need to be heated; heat the food at home and keep it warm in a thermos. A water or drink bottle for beverages is less wasteful than juice boxes or bottles. Children should be responsible for making their own lunches with adult guidance in choosing foods to prepare a balanced lunch menu. It is helpful to prepare lunches the evening before to save time and indecision in the morning. The school eats lunch together as a community at noon, conversing together, as well as practicing good manners.
6. Students may take a fifteen-minute snack break in the morning at their discretion during the hours permitted in each class. They may take one food from their lunch container to eat for snack. An after-school snack should also be included for students who stay later.
7. Students are not allowed to share their lunch or snack food with others. This prevents students from accidentally eating a food to which they may have an allergy or sensitivity or foods their family prefers them not to eat, and it also prevents food bullying. **If your child has food allergies, be sure they are on record in your child’s file, on our food allergy list, and that staff has been notified.**