

Student Health and Safety Policies

Immunization Records and Health Exams

As a public school, the California Montessori Project is **required by law to have a copy of immunization card and a signed Physician's Form on file for each enrolled child.**

During enrollment and prior to the first day of school, a copy of the child's immunization record is to be presented to the CMP office staff. This record will be kept in the child's cumulative academic file.

The California Department of Health and Department of Social Services requires all students to receive polio, measles, diphtheria, pertussis, tetanus, rubella and tuberculosis immunizations. Kindergarteners are also required to have hepatitis B and Chicken Pox (Varicella). Seventh graders need Hepatitis B. If there is a religious objection regarding immunizations, California law requires an affidavit to be signed by the parent and be filed in the child's school cumulative file.

A physician's statement of health (Report of Health Examination for School Entry) is also required prior to the child's initial enrollment in a public school. This physician's report form is included in the annual enrollment packet and only needs to be filed once.

Families who need assistance with the cost of these enrollment requirements may inquire with their county health department for dates of immunization and exam clinics in their area. Information on county health programs is included in your enrollment folder.

The following is a summary of health guidelines that the school is required to abide by:

1. It is the policy of The California Montessori Project to allow students to attend school when they have **minor** allergies.
2. **Any contagious illnesses and/or a fever of 100°F or higher require the student to be absent from school. The child must remain fever-free for twenty-four hours prior to returning to school. Contagious illnesses require that the student has been on an approved course of medication for at least twenty-four hours prior to returning to school along with a doctor's note indicating that the student is no longer contagious and is ready to return to school.** Please be conscious of these policies and take the other children and staff into consideration in this regard.
3. **Please call the school if your child will be absent.** If it appears your child may have a lengthy illness, please notify the school office as soon as possible, and obtain a doctor's note to be kept with the attendance records.
4. **Please contact the office as soon as possible if your child is diagnosed with any communicable diseases.** These include: chicken pox, strep infections, influenza, head lice, fifth's disease, and/or conjunctivitis. Our school will notify the other parents to be aware of symptoms related to these diseases. This is the most effective method of preventing/limiting a potential outbreak of illness.

5. In the best interest of your child and of all the other CMP students and staff, if health issues or symptoms of communicable illness or infection are observed in your child at school, you will be notified immediately and will be asked to pick up your child. In this instance, the student may not return to school until a medical practitioner has treated such symptoms or until the student has been symptom free for at least twenty-four hours. If it appears your child may have a lengthy illness, please notify the school administration as soon as possible.
6. When any prescribed medication needs to be given to a child, the school must have **written permission and instructions from the parent and the child's doctor** before school staff can administer the medication. A Medical Alert form and a Permission to Administer Medication form may be obtained from the school office.
7. Over-the-Counter medication may not be administered by school staff unless a written note from the child's doctor gives specific dosages and directions. For safety reason, children may NOT carry over-the-counter medications with them, such as throat lozenges, cough drops, cortisone cream, and the like.
8. **Notify your child's teacher if your child/ren is/are taking medication only at home.** This will enable the teacher to act accordingly in case of allergic reactions or other side affects at school. Should either of these events occur at school, parents will be notified immediately.

This is just a brief summary of student health policies. CMP has developed a comprehensive policy to address student health issues. If desired, please ask for detailed information at the school office.

An important reminder regarding California Safety Laws:

For safety reasons, if your child is under the age of 6 or under the weight of sixty pounds, she/he is required by California State law to be transported in an **approved child safety restraint seat**. Please take the time to ensure the safety of each child in your car, as well as your own, by buckling up.

Various agencies offer car seat safety clinics to check for the proper installation of child safety seats in your vehicle. Often, approved safety seats are available at these events, at a reduced cost or even free of charge. In contrast, the Highway Patrol fines individuals for each unbelted individual in the car. If you have financial difficulty complying with these requirements, contact your local Highway Patrol office. There are funds available to assist families in meeting this requirement.

CMP policy provides that no CMP employee shall knowingly allow a child to be transported without the proper safety requirements. In these cases, the child shall remain at the school until the parent or adult transporting the child has returned with the proper safety seat in place (this includes field trips). An adult who knowingly transports a child without the appropriate safety restraints in place may be subject to charges of child endangerment and may be reported to Child Protective Services.

For those students who may ride their **bicycles** to and from school, **helmets are required**. Please discuss this with your child along with other pertinent safety topics. Be safe, not sorry!!

Nutritional Health

A daily balanced diet is essential to every child's physical, mental, emotional, and physiological needs. If a child comes to school hungry or improperly nourished, the child will have difficulty concentrating on her/his schoolwork. Please make every effort to provide your child with healthy and nutritionally balanced meals for the best possible day!

Breakfast is essential. Be sure that your child begins each morning with a healthy and nutritionally balanced meal to provide the brain energy that he/she will need for the activities of the day. If your child is unable to eat breakfast at home, you are welcome to pack a HEALTHY breakfast for her/him to eat at school prior to the start of class time. A good suggestion might be cereal and fruit in a Tupperware sealed bowl, or fruit juice in a sealed cup and toast, etc. Some of the major food companies are now making "milk and cereal bars" which are relatively low in sugar and surprisingly high in protein. Read labels, be creative, and your child will eat with more interest!

Snacks and **Lunch** are the parents' responsibility. Please plan to send a bag or lunch box with your child each day, and make sure to label all containers to be taken home with your child's name. Some campuses may offer optional lunch programs.

When preparing your child's lunch and snacks, please make every effort to send items that the child can eat easily, can open and/or close relatively easily and independently. Lunch must be something that can be eaten without heating.

Please avoid sending junk food and highly processed food items. These food choices are usually loaded with refined sugar or fat and offer little or no nutritional value. During school, students need "brain food". Stick to items that are as close as possible to their natural state: fresh fruits and vegetables, whole grains, seeds, nuts, dairy products and proteins. Limit juices and juice drinks. Even 100% juice, consumed in excess provides too much sugar for a young child's dietary health and results in an afternoon "low" as the child's blood sugar attempts to balance back out. Instead, opt for a bottle of water or milk that can be kept fresh with a cold pack or in a thermos.

SODA POP, CANDY BARS, ZINGERS, TWINKIES, ETC., WILL BE SENT BACK HOME.

We believe that monitoring the intake of these types of highly processed, non-nutritive foods will provide the child with a better ability to concentrate. If you think that these types of foods are appropriate, please save them for the home environment.