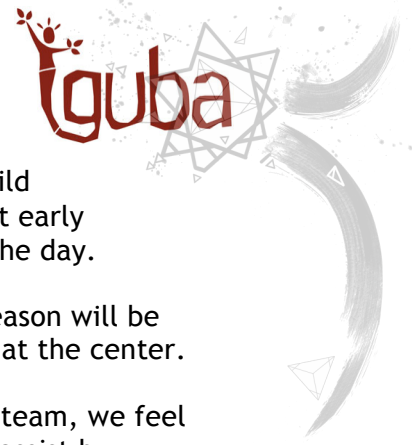




Guba Farm Playschool

Wellness Policy



Guba Farm Playschool reserves the right to temporarily deny any child admittance to the school for reasons of obvious illness, or to request early departure should symptoms become apparent during the course of the day.

Any child who seems unable to participate in our program for any reason will be sent home. This is to ensure the continued good health of everyone at the center.

For the health & well being of the children in our care & our school team, we feel it is vital to maintain a strict wellness policy. We ask for parents to assist by keeping sick children at home. We do take into consideration your physician's recommendations nevertheless it is up to our discretion when your child may return to school.

Children will be visually screened when they arrive in the morning. Any child presenting symptoms listed here will be sent home immediately. If your child gets to school on the bus or taxi, please request that the driver always takes your child to the Playschool for their own safety & in order to enable the teachers to send your child home with them if they present any of the listed symptoms.

In the event a child becomes ill & needs to be picked up, the parent(s) will be called & are expected to come pick the child up within one hour (60 minutes). If the parent(s) cannot be reached, or have not arrived within an hour, the emergency contact person will be called & asked to come pick the child up.

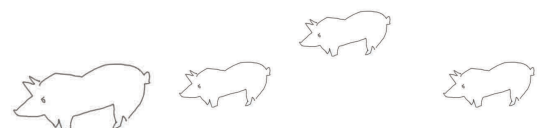
If a teacher calls you to inform you that your child is sick, please remember that they do not wish to disturb you or cause you inconvenience. It is our school policy which has been crafted to protect your child, other children, & the Playschool team.

If you aren't sure about whether or not to bring your child to Playschool, please call your Director or Head Teacher to discuss it. Allergy related symptoms, & non-communicable illnesses do not require exclusion if you have a note from your doctor.

You can help us in our effort to keep our child & staff healthy. We ask your cooperation in the following ways:

- ✎ Make certain your child receives adequate sleep. Lack of sleep has been proven to be stressor that can weaken immune systems.
- ✎ Ensure your child receives a healthy balanced diet to maintain a healthy immune system.
- ✎ Practice continual good hand washing hygiene by establishing a family routine of washing hands before leaving your home & upon entering your home.
- ✎ If your child shows any of the following symptoms you will be called & asked to come immediately (within 30 minutes) to collect them.
- ✎ If your child appears cranky or less active than usual, cries more than usual, or just seems generally unwell at home &/or if your child has any of the following symptoms, please keep your child at home until your child is

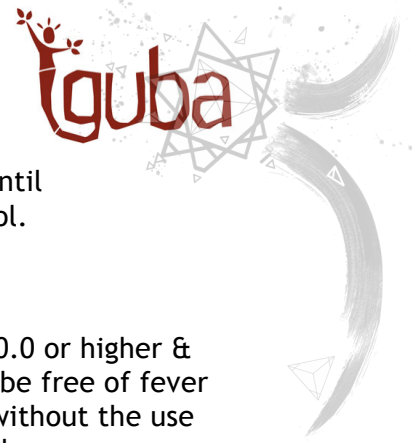
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Guba Farm Playschool

Wellness Policy

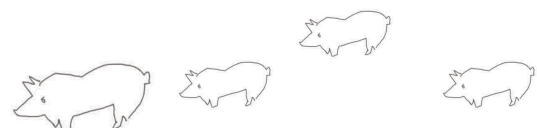


symptom free for twenty-four hours without medication or until a physician has given your child permission to return to school.

When a child may not attend school:

- **Fever:** Children will be sent home if their temperature is 100.0 or higher & must stay home the next day for observation. Children must be free of fever (any temperature above 98.6 degrees) for at least 24 hours without the use of fever reducing medication before returning them to school.
- **Rash:** Any rash other than a common skin irritation will require that child to be sent home for an evaluation & diagnosis from their doctor in writing of exactly what it is. They may return to school based on that written doctor's evaluation, & clearance that it is not contagious.
- **Conjunctivitis (pink eye):** Children will be sent home if there appears to be an unusual amount of discharge from or irritation to their eye(s) & must stay home the next day for observation. Before returning to school they will need an evaluation & diagnosis from their doctor in writing of exactly what it is.
If the diagnosis is BACTERIAL CONJUNCTIVITIS children must have received at least 24 hours of treatment.
If the diagnosis is VIRAL CONJUNCTIVITIS your child may return AS LONG AS THERE IS NO DISCHARGE.
If in fact they do not have "pink eye" we need a doctor's note with a diagnosis & a clearance that it is not contagious.
- **Thick Green or Yellow Discharge:** Children will be sent home if they appear to have any thick white, green or yellow discharge. This is often indicative of an infection & they must stay home the next day for observation.
- **Diarrhea:** Children will be sent home if they have three or more loose bowel movements in one day & must stay home the next day for observation. Before returning to school (after the day of observation) children must be free from diarrhea for 24 hours with at least 1 regular bowel movement. If your child has one or more loose bowel movements on their first day back they will again be sent home.
- **Vomiting:** Children will be sent home if they vomit & must stay home the next day for observation. Before returning to school (after the day of observation) children must symptom free with no vomiting for at least 24 hours.
- **Persistent Hacking Cough:** Children will be sent home if they have a persistent hacking cough & must stay home the next day for observation. Before returning to school they will need an evaluation & diagnosis from their doctor in writing & at least 24 hours of treatment. If in fact they do not require any treatment we need a doctor's note with a diagnosis of exactly what it is with a clearance that it is not contagious.
- **Lice:** Children will not be readmitted until 24 hours after treatment & must be nit free. The Director or Head Teacher will make an evaluation & determine if the child can be readmitted.

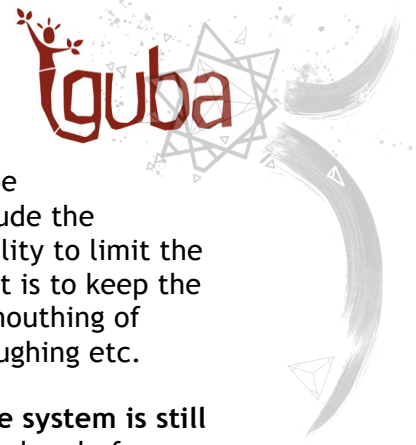
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- **Common Cold:** Children suffering from a common cold will be assessed on an individual basis. Factors of consideration include the developmental level of your child in congruence with our ability to limit the spread of germs. The younger your child, the more difficult it is to keep the spread of germs down. For example: hand to face contact, mouthing of toys, uncontrolled nasal discharge, uncovered sneezing & coughing etc.

Young children get colds quite often because their immune system is still developing. The common cold is infectious about one to two days before symptoms appear. Symptoms are usually worse during the first two to three days. This is when you're most infectious, although you may still be infectious until your symptoms have gone.

You should seek medical advice if:

- symptoms last more than three weeks
- they seem to be getting worse rather than better
- they have chest pain or are coughing up bloodstained phlegm - this could be a sign of a bacterial chest infection that needs treatment with antibiotics
- they're finding it difficult to breathe - seek medical help immediately from your GP surgery or local hospital
- they have, or seem to have, severe earache (children with earache often rub their ears & seem irritable) as they could have an ear infection that may need antibiotic treatment
- they have a persistent or severely sore throat - they may have bacterial tonsillitis, which needs antibiotic treatment
- they develop any other worrying symptoms.

Why won't my doctor prescribe antibiotics?

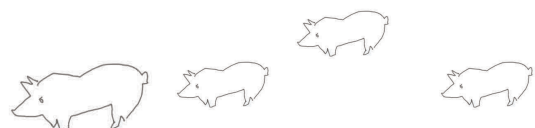
Antibiotics are used to treat infections caused by bacteria. Colds are caused by viruses, so do not respond to antibiotics. The overuse of antibiotics can lead to antibiotic resistance, where bacterial infections become less easily treatable. Your doctor is likely to prescribe antibiotics only if your child has developed a bacterial infection in addition to their cold.

What can I do to help my child?

The following tips may help your child cope with the symptoms of a cold:

- encourage your child to rest & make sure they drink plenty of fluids - water is fine, but warm drinks can be soothing
- if they have a blocked nose, you can make their breathing easier by raising the pillow end of your child's bed or cot by putting books or bricks under the legs, or placing a pillow under the mattress (although you shouldn't put anything under the mattress of a baby younger than one year old)
- liquid paracetamol or ibuprofen can help ease a fever & discomfort - check the dosage instructions on the packaging & never give aspirin to children under the age of 16
- a warm, moist atmosphere can ease breathing if your child has a blocked nose - take your child into the bathroom & run a hot bath or shower, or use a vaporizer to humidify the air

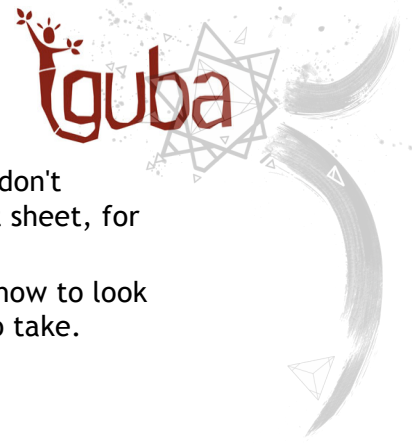
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- keep the room aired & at a comfortable temperature, & don't let your child get too hot - cover them with a lightweight sheet, for example .

Speak to your pharmacist or GP for advice if you're not sure how to look after your child or what medications are suitable for them to take.

Medication Administration Policy

Please note that we do not administer medications prescribed by a doctor at school. Please discuss this further with our Principal who reserves the right to make exceptions to this on a case-by-case basis. Please discuss any specific cases with the Principal.



Cleanliness & Hygiene

We do our best to maintain strict cleanliness & hygiene standards. Children's hands are washed before & after meals & after toileting. We use towels cleaned on a daily basis for drying hands.



All employees are required to wash their hands frequently.



The whole school, including materials & shelving, are cleaned weekly with sanitizers used by leading world hospitals to manage bacteria & germs. We clean toilet seats & surrounding area between each use.

Children use separate cups, plates, bowls & eating utensils that have been thoroughly washed.



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