

Lake Center Christian School: Student Health & Wellness Guidelines

Illness at School

If a child becomes ill or has an accident at school, they must visit the school nurse in the clinic. Parents will be contacted as soon as possible. Students should not call, text, or email home on their own.

- Students with a temperature of 100°F (oral or forehead) will be sent home.
- At the start of the school year, families are asked not to send students who have had a temperature above 100°F or vomiting within the past 24 hours.
- Students may return to school when they are fever-free for 24 hours without medication.

Management of Communicable Disease

Lake Center strives to maintain a clean and healthy environment. Children who appear ill will be sent home.

Children must stay home or will be sent home if they have any of the following:

- Temperature of 100°F or higher (or 99.4°F underarm)
- Conjunctivitis (Pink Eye) - red eyes/lids with yellow discharge
- Diarrhea - more than two loose stools in 24 hours
- Severe coughing causing redness or whooping
- Rapid or difficult breathing
- Yellowish skin or eyes
- Vomiting within the past 24 hours
- Untreated rashes, skin patches, or stiff neck with fever
- Head lice or nits - students must be nit-free for 24 hours before returning
- Sore throat or difficulty swallowing
- Any unidentified illness with symptoms such as paleness, tiredness, or irritability
- Any contagious disease (Measles, Chickenpox, Mumps, Roseola, Strep Throat, etc.) until diagnosed, treated, and cleared by a physician

Students may return to school when:

- Fever, nausea, vomiting, or diarrhea have been absent for 24 hours
- Antibiotics have been taken for 24 hours for a diagnosed illness
- The child is eating, sleeping, and playing normally

Children with mild colds or allergies who can function well may attend school.

Clinic Evaluation

Any child displaying signs of illness at school will be taken to the clinic and observed by the nurse. If the child cannot comfortably participate in classroom activities, parents will be called to pick them up.

For students with a chronic illness or disability, please coordinate with the school to establish appropriate attendance criteria.

Medication Policy

- Students may not possess any medication (prescription or over-the-counter), including aspirin or Tylenol.
- Inhalers may be carried with permission from the school nurse. Unauthorized possession may result in disciplinary action.
- Parents must contact the nurse to arrange for medication to be administered during school hours.

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Medications:

- Must be in original containers
- Will be stored out of children's reach
- Will only be administered according to label instructions
- Over-the-counter meds may not be given for more than 3 days without a physician's note

EpiPens: Teachers may administer EpiPens with appropriate documentation and training.

Wellness Policy

Lake Center Christian School promotes healthy eating and physical activity to support student health and learning. A full Wellness Policy is available in the Central Office.