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## ACADEMICS • ACTIVITIES • SAFETY COVUSD CONEJO VALLEY UNIFIED SCHOOL DISTRICT

## WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL

Please use the following guidelines, to determine if your child is too sick to go to school:

- 1. A child who has excessive nasal discharge and/or is frequently coughing or sneezing should stay at home.
- 2. A child who is lethargic, not eating well and not sleeping through the night due to the symptoms of a cold should stay home.
- If your child has a fever of 100°F or above, the child should stay home from school. A child should be fever-free
  <u>without</u> the use of fever reducing medication, i.e. Acetaminophen (Tylenol) or Ibuprofen (Advil) for <u>24 hours</u> before
  returning to school. That means if your child had a fever the night before, s/he should stay home from school the
  next day.
- 4. A child who has vomited or is having diarrhea should stay home.
- 5. A child with redness of the eye, crusting of the eyelids or drainage from the eyes should stay at home and cannot return unless treated by/approved by the physician (in writing).
- 6. Any child with a blistery rash, a rash of unknown origin, or a rash accompanied by fever should not be sent to school unless approved by the physician (in writing). A blistery rash may indicate chicken pox.
- 7. If your child has been diagnosed with a contagious parasite such as scabies, head lice, pinworms, or other infestation, please alert the school office immediately. This is extremely important so that we may take steps to control the spread to other children/families. Your child may return to school with a doctor's note stating that he or she is no longer contagious or in the case of head lice if the student is free of nits (the front office staff must check for nits upon arrival at school BEFORE the child goes to their classroom).
- 8. If your child has an injury which requires a brace of any kind, he/she must sit out of <u>all</u> physical activity (PE, Recess, and Dance) unless a physician supplies a note stating otherwise. This restriction will remain in place until the student comes to school without wearing the brace (or is released by a physician). Students with injuries requiring a doctor's visit will need to have the physician fill out a READMISSION TO SCHOOL OF STUDENT WITH TEMPORARY DISABILITY DUE TO INJURY, ILLNESS OR SURGERY form. The form provides us with instructions as to how best support your child's healing here at school. The form may be obtained from the front office or downloaded from the CVUSD website.
- 9. Please direct ALL notes from parents or doctors regarding illness or injury to the front office (not the teachers).
- 10. If the health clerk/school nurse calls because your child is ill at school and it has been deemed necessary for him/her/them to go home, your child must be picked up in a timely manner.

Please follow the above guidelines. This will help keep our staff and students well at school. Your cooperation is appreciated.