



Children's Community School

31 Wolcott Street • P.O. Box 1746 Waterbury, CT 06721 • (203) 575-0659 • www.ccswaterbury.org

SCHOOL WELLNESS POLICY

Children's Community School is committed to fostering a healthy learning environment where students are not only academically engaged, but also have the opportunities to engage with healthy lifestyle choices. Our goal is to help our students and families gain access to information and resources that foster healthy nutrition habits, active lifestyles, and a general sense of overall physical and mental health and wellbeing. In all aspects of the School's health & wellness policies, we encourage the engagement and input of students and families. Regular opportunities to offer feedback, both formal and informal, will be offered to all within the community, and results will be made available for review and discussion. Families with questions or concerns about aspects of the School Wellness Policy are invited to contact the Principal.

BREAKFAST, LUNCH, & SNACKS

CCS recognizes the importance of nutritious eating as it relates to a child's education, and every person's overall health and wellbeing. Children's Community School is committed to fostering healthy eating habits and fighting obesity by offering nutritious snacks and meals in accordance with the guidelines established by the U.S. Department of Agriculture. Furthermore, our qualified food service staff will prepare and serve foods that accommodate the religious, ethnic, cultural, and special dietary needs of our community. CCS will provide daily breakfast, lunch, and snacks for all students in a clean, safe, and pleasant environment with adequate time to eat. Breakfast is served daily at 8:30 a.m. School lunch is prepared for and served to all students. Please notify us of any food allergies your child has and provide doctor's verification. **Outside food is only permitted with a doctor's note.** If there is a doctor's note saying that food will be brought from home, that will include breakfast, lunch and snacks unless the doctor specifies otherwise in writing.

PHYSICAL EDUCATION & EXERCISE

Children's Community School is committed to providing students with opportunities to engage in healthy physical activity. As a school, we promote the development of healthy exercise habits and engagement in physical activity. Physical education classes are held once per week and are designed to provide experience for each child in body movement and skill development. Students are required to wear sneakers and uniform gym clothes on days when gym is scheduled. Students will also have daily recess periods intended to provide additional time for physical exercise and activity; weather permitting, students will have recess periods outdoors.

DAYTIME MEDICATION ADMINISTRATION

If medication is needed during school hours, a form signed by the child's physician and parent/guardian is required and must be approved by the City of Waterbury doctor.

WHEN TO KEEP YOUR CHILD HOME

Please follow these guidelines to determine when to keep your child home from school due to illness or injury:

- If your child appears ill and /or has a temperature near 100 degrees or above, please keep him/her at home. Students must be temperature free without medication for 24 hours to attend school.
- Some signs that a child is too sick to come to school are:
 - vomiting
 - a cough that produces mucous
 - a runny nose that produces thick mucus
 - an above normal temperature within the previous 24 hours
 - an obvious rash
- Children sent home sick by the school nurse for illness need to stay home for 24 hours before returning. The school nurse will have the final determination as to whether a child is ready before 24 hours (Example – when allergies are the cause).
- If your child contracts chicken pox, keep him/her home for seven days from the appearance of the first lesion or longer if the initial crusts are still present.
- Ring worm and “Pink eye” or conjunctivitis are contagious. Please keep your child home and consult your doctor for treatment. A note from the doctor must accompany the child on his/her return to school.
- Head lice is a common problem among school children. When a child is identified as having head lice, the parent/guardian will be asked to take the child home. The child will not be able to return to school until the child is “nit free”.

On the emergency form, please indicate the order you wish us to call in the event of an emergency and indicate who can pick up your child. The parents/guardians will always be the first call unless otherwise notified in writing by the parent/guardian(s).