

Health and Nutrition

ILLNESS POLICY

The health and well-being of every child is paramount. Our policies regarding illness align with stringent licensing and health regulations. Should a child exhibit signs of illness while at our center, they will be evaluated by our management team in the front office. If the child appears unwell or contagious, we will promptly notify the parent or guardian for immediate pickup within 1 hour. Until pickup, the child will receive supervised care in a designated area. Upon arrival, parents will receive an "ill child notice" detailing observed symptoms and our exclusion policy, aligning with health guidelines. This policy aims to prioritize the well-being of all children and staff, maintaining a healthy environment at our center. Any child experiencing the following illnesses or symptoms will be excluded from school and may return according to the exclusion guideline.

- **Fever:** Child may return when their fever has been below 100° for 24 hours after discontinuing the use of any fever reducing medication.
- **Respiratory Illness (Coughing, wheezing, difficulty breathing):** Child may return when symptoms have subsided for 24 hours after discontinuing the use of any medication.
- **Diarrhea (3 episodes in a 24-hour period):** Child may return when they have no diarrhea episodes for 24 hours after discontinuing the use of any medication.
- **Skin Rash / Infections:** Child may return when rash is gone, and blisters are scabbed over.
- **Vomiting:** Child may return when they have no vomiting episodes for 24 hours after discontinuing the use of any medication.
- **Eye Infection (Pink eye, Conjunctivitis):** Child may return 24-hours after treatment has been started **AND** when there is no visible redness/mucus in eye(s)
- **Head Lice / Nits / Infestation:** Child may return after treatment has been completed and there are no visible live lice or nits.
- **Hand, Foot, Mouth Disease:** Child may return when all three of the following occur 1) No fever for 24-hours; 2) All lesions are dry and scabbed over; 3) No new lesions have appeared for 48 hours (2 days)
- **Strep Throat:** Child may return 24 hours after antibiotics have started and fever has subsided without medication.
- **Mouth Sores:** Child may return when symptoms have subsided, **OR** they are diagnosed by a health care provider not contagious.
- **Chicken Pox:** Child may return when all blisters have crusted over and fever free. **A doctor's note is required.**
- **Ring Worm:** Child may return 24 hours after antibiotics have started. **A doctor's note is required.**

DR NOTE / READMITTANCE POLICIES

- If your child is diagnosed by a doctor, provide a note to the front office for confirmation, aiding in notifying parents and staff of confirmed exposure.
- A doctor's note allowing earlier return must clarify non-contagiousness while displaying specific symptoms for which the child was sent home. Readmittance is at the discretion of the Center Director.
- Children returning with original symptoms will be excluded for 72 hours.
- Children sent home for illness may not return the following day at a minimum.
- 24 Hour Rule: Any child showing illness signs in the previous 24 hours may not attend.
- Any child unable to participate fully in the daily schedule may not attend.
- Infectious Disease Strategic Stage may alter the above exclusions. Refer to the Infectious Disease Plan for details.

EXCLUSION OF ILLNESSES ON REPORTABLE DISEASES

Ensuring a healthy setting at our childcare facility is paramount. We strictly adhere to the Washoe County Health Department directives for excluding ill children with reportable diseases or conditions. Return is only permitted upon explicit Health Authority approval. The specified diseases may require exclusion, but the list might not cover all cases. We stay updated on Health Authority guidelines to prioritize the safety of everyone at Blue Kangaroo Learning Center

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| • Amebiasis | • Haemophilus influenzae | • Pertussis |
| • Campylobacteriosis | • Hepatitis A | • Pneumonic Plague |
| • Cholera | • Measles (rubeola) | • Poliomyelitis |
| • COVID-19 | • Meningitis | • Rubella |
| • Cryptosporidiosis | • Yersiniosis | • Salmonellosis |
| • E. coli O157:H7 | • Meningococcal disease | • Shigellosis |
| • Giardiasis | • Mumps | • Tuberculosis |
| | | • Typhoid fever |

MEDICATION

Our standard practice does not involve administering medication to children, except in cases requiring emergency intervention, such as the use of an EPI-PEN for severe allergies or necessary breathing treatments. In such instances, we strictly adhere to a policy that mandates a doctor's note outlining the specific need and administration guidelines for these treatments. This policy ensures the safety and well-being of all children under our care while maintaining necessary precautions and professional medical guidance.

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HANDWASHING POLICY

Strict adherence to proper handwashing procedures is essential for maintaining a hygienic environment. All employees undergo comprehensive training in handwashing and disinfection protocols. Teachers are required to wash their hands frequently throughout the day and are responsible for instructing and guiding children in proper handwashing techniques.

INFECTIOUS DISEASE STRATEGIC PLAN

Objective: To proactively mitigate the risk, prevent the spread, and efficiently manage infectious diseases within our community.

STAGE 1: Early Prevention

Objective: Detect and prevent the entry and spread of infectious diseases within our premises.

Key Measures

- 1) **Enhanced Hygiene and Sanitation**
 - Intensify existing cleaning procedures to include frequent disinfection of high touch surfaces.
 - Implement regular handwashing breaks and educate students and staff on proper hygiene practices.
- 2) **Health Education and Communication**
 - Distribute comprehensive materials to parents and staff outlining symptoms, prevention methods, and the importance of reporting illnesses.
 - Regularly update the community on health guidelines and recommendations through email, text, and print
- 3) **Collaboration and Preparedness**
 - Review and update illness exclusion policies in alignment with health department guidelines and notify parents of any heightened exclusion guidelines.

STAGE 2: Community Transmission:

Objective: Manage cases within the community and limit the spread within our premises.

Key Measures

- 1) **Stricter Facility Protocols**
 - Restrict movement between classrooms.
 - Assess and postpone non-essential gatherings or events.
 - Increase sanitation frequency and restrict the use of shared items.
- 2) **Heightened Communication and Parental Involvement**
 - Update parents on revised exclusion policies due to escalated community transmission.
 - Encourage daily laundering of items brought from home and reinforce hygiene practices at home.
- 3) **Collaboration and Preparedness**
 - Establish a liaison with local health authorities for guidance and protocols for potential outbreaks.

STAGE 3: Substantial Exposure

Objective: Effectively manage confirmed cases within our premises and prevent further transmission.

Key Measures

- 1) **Stringent Containment Measures:**
 - Suspend all non-essential access to the premises.
 - Implement immediate isolation protocols for confirmed cases and close contacts.
- 2) **Rigorous Reporting and Support**
 - Collaborate closely with health authorities for contact tracing and expedite necessary notifications to affected parties.
 - Offer resources to affected families and staff members.
- 3) **Extended Closing and Cleaning**
 - Comply with health department directives regarding temporary closure for thorough disinfection and assessment.

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ALLERGIES

We prioritize the safety of all children, especially those with food allergies, religious, or special dietary needs. To ensure a safe environment

- 1) **Peanut Free Facility:** We are a peanut-free facility to safeguard children with severe allergies. Please refrain from sending any peanut-based foods or items containing traces of peanuts
- 2) **Food Allergy Action Form / DR Note:** Children with food allergies require a completed Food Allergy Action Form signed by a physician. If your child requires an EPI-PEN, it must also be provided on the first day of enrollment. Additionally, a doctor's note for all food intolerances is required to ensure proper care.
- 3) **Monitoring Lunches:** Parents are urged to carefully monitor packed lunch boxes to avoid any presence of peanuts, peanut oils, or traces of peanuts in foods. Be vigilant with food labels, as ingredients may change over time. Items labeled with "May contain traces of peanuts" or similar statements are not permitted at the center.
- 4) **Parental Responsibility:** Parents are responsible for providing all food for children with allergies or special dietary needs.
- 5) **Classroom Notifications and Monitoring:** Allergies will be prominently displayed in the classroom, and our teachers closely monitor to ensure children with allergies are not served any unsafe food.

SNACKS AND LUNCHES

We provide age-appropriate daily snacks for children aged 1 year and older. Water accompanies each snack, ensuring hydration throughout the day. Our snack menu is thoughtfully curated and is prominently displayed in the front office and on parent boards within each classroom. Copies of the snack menu are readily available upon request. We prioritize nutritious and diverse snack options to support your child's growth and development.

All lunches are to be provided by parents as the Blue Kangaroo Learning Center does not offer lunch services. Lunches should be prepared to serve your child and must be appropriately stored, as we do not have refrigeration or facilities to heat meals on-site. We encourage parents to ensure that all food from home is cut or prepared in a manner that is developmentally appropriate for their child's age.

MEALTIMES

Mealtimes for snacks and lunches are clearly outlined on the daily schedules for each classroom. To maintain an organized and conducive learning environment, meals will only be served during these designated times. This policy helps prevent disruptions during classroom activities and ensures a structured routine for all children.

If your child is dropped off after the morning snack time, we kindly request that they come prepared for the day, having already had breakfast. Our classroom tables are utilized for various educational and interactive activities throughout the day, and this ensures a smooth transition into daily learning experiences.

CLEANING PROCEDURES

We prioritize creating a healthy and safe environment for children, families, and employees every day. We use hospital-grade cleaning products for our cleaning, sanitizing, and disinfecting needs. Our dedicated team, extensively trained in strict cleaning protocols, follows meticulous procedures to minimize the spread of germs, including:

- **Classroom Maintenance:** Daily cleaning and sanitization of toys, equipment, and furniture, with additional cleaning as needed to uphold cleanliness standards.
- **Kitchen and Bathroom Care:** Daily cleaning and sanitization of kitchen areas and bathrooms, ensuring hygienic conditions throughout the day.
- **Cot and Crib Hygiene:** Daily cleaning and sanitization of cots and cribs, with regular maintenance as needed to uphold cleanliness standard. Sheets are provided for all cots and cribs.
- **Crib Sheet Maintenance:** Regular washing of crib sheets on a weekly basis or as required when visibly soiled, ensuring a clean sleeping environment for children.
- **Carpet Cleaning:** Professional cleaning of carpets is conducted every three months or more frequently if needed, maintaining a clean and hygienic environment in our center.
- **After Hours Janitorial Service:** Our commitment to cleanliness extends beyond operational hours, with daily janitorial services to ensure thorough and consistent maintenance of our facilities.

These stringent cleaning procedures, combined with our use of hospital-grade cleaning products and a dedicated team, are integral to our efforts in providing a safe and healthy environment for everyone at our center.