



ETHOS

Classical

School Health Handbook

2024-25 School Year

Introduction

The health and safety of our scholars and staff is our top priority at Ethos Classical. We believe that maintaining a healthy and safe environment is essential to promoting academic success, physical well-being, and social-emotional development. With this in mind, we have developed this health handbook to provide parents, students, and staff with important information about our policies and procedures related to health and safety.

Importance of Maintaining a Healthy and Safe Environment

We recognize that students spend a significant amount of their time at school, and that the school environment can have a major impact on their health and well-being. A healthy and safe environment can help students:

- Stay physically active and maintain a healthy weight
- Build strong immune systems and avoid illness
- Manage chronic health conditions, such as asthma or diabetes
- Develop healthy habits, such as good nutrition and regular exercise
- Learn social-emotional skills, such as conflict resolution and stress management

In addition, a healthy and safe school environment can also help to:

- Improve academic performance and attendance
- Increase staff morale and job satisfaction
- Create a positive school culture and sense of community

Purpose of the Handbook

The purpose of this health handbook is to provide parents, students, and staff with a comprehensive guide to our policies and procedures related to health and safety. This handbook includes information about:

- Health and wellness promotion, including nutrition, physical activity, and mental health
- Prevention and management of illness and injury, including communicable disease prevention and response, first aid, and emergency procedures
- Policies and procedures related to medication administration, immunizations, and health screenings
- Policies and procedures related to student health records and confidentiality
- Expectations for behavior and conduct related to health and safety

Immunization and Health Screening

Before a scholar can enroll in the school, the school must have on file the following forms:

- Form 3300: This is the Certificate of Vision, Hearing, Dental, and Nutrition Screening form. It is used to document that a child has received the required health screenings. The form must be completed by a qualified healthcare professional and must be dated within one year prior to the child's enrollment in school.
- Form 3231: This is the Certificate of Immunization form. It is used to document that a child has received the required immunizations for school attendance. The form must be completed by a healthcare provider or authorized representative of a healthcare provider and must be signed and dated.

Certificates of Immunization are required by Georgia Law 20-2-771. All kindergarten scholars, all scholars new to Georgia, and scholars coming from any private school must have the Georgia Certificate 3231 and 3300 form signed by a licensed healthcare provider or the county health department.

For scholars entering from out-of-state schools, please contact the Georgia Health Department or a Georgia licensed physician to have immunizations transferred to the Georgia Certificate (Form 3231). You need to have your immunization record from your state in order to transfer immunizations to Form 3231. All requirements apply to scholars transferring from out-of state schools to Georgia schools.

*New entrants include anyone that is entering Georgia schools for the first time or is returning to a Georgia school after being gone for more than 12 months or one school year.

State of Georgia Immunization requirements: Recommended Immunization Schedule

Kindergarten Requirements

- Four (4+) DTaP (# of Doses depends upon age given)
- Four (4+) IPV (# of Doses depends upon age given)
- Three (3) Hepatitis B • Two (2) doses of Measles vaccine, Two (2) doses of Mumps vaccine, and One (1) dose of Rubella vaccine OR Two (2) doses of the combined MMR [OR Documented History of disease or Serology]
- Two (2) Hepatitis A [Hepatitis A (Required if born on or after 01/01/2006)]
- Two (2) doses of Varicella vaccine [OR Documented History of disease or Serology]

Additional Requirements

- Certificates must be signed by a physician licensed in GA or public health official. A stamp of a Physician's signature is permissible when cosigned by an office staff member.
- Certificates must have a printed typed or stamped name and address of the physician, health department or Georgia Registry of Immunization Transactions and Services (GRITS) official issuing the certificate.
- Certificates must have a complete date of issue with the month, day and year.

Waiver of Immunization

Medical Waivers/Exemptions are a part of Georgia Form 3231 and are reviewed annually. Families can reach out to the Head of Schools to address waivers of immunization due to conflict of religious beliefs.

Medical Forms

- [Health Information Form](#): This form provides important information about a scholar's emergency contacts, health care providers, and insurance. Most importantly, it gives the school permission to initiate emergency medical treatment in the event that a parent or guardian cannot be reached.

No scholar is allowed to bring medication to the school without the school's full knowledge. Scholars who have provided the school with medication dispensation authorization forms should bring the medication to the school on the first day, or contact the school to make other arrangements. All medication must be presented in its original container from the pharmacy and must be brought in by a parent or accompanied by a note from the parent.

The medication dispensation authorization form requirement applies to all medication, including Children's Tylenol and ibuprofen. The medication dispensation authorization form requirement also applies to asthma inhalers, which will be stored in a locked space in the school building. If a scholar needs to use his/her asthma inhaler during the school day, he/she should go to the nurse's office to self-administer the inhaler.

Scholars are not permitted to transport medications in their backpacks.

Diabetes Medical Management Plans

As part of Ethos Classical's scholar health services program and in accordance with O.C.G.A. §20-2-779, the Head of School is responsible for designating at least two employees to serve as trained diabetes personnel when a scholar with diabetes is enrolled in the school, when appropriate.

The Head of School shall develop rules and procedures for the implementation of any diabetes medical management plan submitted by any parent/guardian of a scholar with diabetes who seeks care while at school or school-sponsored activities.

A scholar who has been diagnosed with diabetes must have a [Diabetes Medical Management Plan](#) (DMMP), signed by a parent/guardian and physician, on file with the school to receive or administer the related medication or treatment while at school or school-sponsored activities. The DMMP must contain all items covered in the plan, including how, when, and under what circumstances the scholar should receive blood glucose monitoring and injections of insulin as well as steps to take in case of an emergency

Upon written request by a parent/guardian and if authorized by a scholar's DMMP, a scholar with diabetes shall be permitted to perform blood glucose checks, administer insulin through the insulin delivery system the scholar uses, treat hypoglycemia and hyperglycemia, and otherwise attend to the monitoring and treatment of his or her diabetes in the classroom, in any area of the school or school grounds, and at any school related activity, and he or she shall be permitted to possess on his or her person at all times all necessary supplies and equipment to perform such monitoring and treatment functions.

LEGAL REF: O.C.G.A. §20-2-779

Infectious Disease Policy

Ethos Classical Charter School will take proactive measures to protect scholars, families, and the school house in the event of an infectious and/or communicable disease outbreak. During any such event, Ethos Classical intends to operate effectively, provide all essential services continuously, and ensure the safety of all scholars, families, and employees within the school house.

Ethos Classical is committed to providing information about the natures and spread of infectious diseases, including symptoms and signs to watch for, as well as required steps to be taken in the event of an illness or outbreak.

Communicable Diseases

Ethos Classical's decisions involving persons who have communicable diseases shall be based on current and well-informed medical judgements concerning the disease, the risks of transmitting the illness to others, the symptoms and special circumstances of such persons, and a careful weighing of the identified risks and the available alternative responses to such persons.

Communicable diseases are defined as any infectious disease transmissible (as from person to person) by direct contact with an affected individual or the individual's discharges or by indirect means (as by a vector). Communicable disease include, but are not limited to, COVID-19 (coronavirus), measles, influenza, viral hepatitis-A (infectious hepatitis), viral hepatitis-B (serum hepatitis), human immunodeficiency virus (HIV infection), AIDS, AIDS-Related Complex (ARC), leprosy, Severe Acute Respiratory Syndrome (SARS), including the SARS-CoV-2 and Ethos Classical may choose to broaden this definition within its best interest and in accordance with information received through the Centers for Disease Control and Prevention (CDC).

Ethos Classical will not discriminate against any job applicant or employee based on the individual having a communicable disease. Applicants and employees shall not be denied access to the school house solely on the grounds that they have a communicable disease. Ethos Classical reserves the right to exclude a person with a communicable disease from the school house facilities, programs, and functions if the organization finds that, based on a medical determination, such restriction is necessary for the welfare of the person who has the communicable disease and/or the welfare of others within the school house.

Ethos Classical will comply with all applicable statues and regulations that protect the privacy of persons who have a communicable disease. Every effort will be made to ensure procedurally sufficient safeguards to maintain the personal confidence about persons who have communicable diseases.

Preventing the Spread of Infection at Ethos Classical

Ethos Classical will ensure:

1. Daily cleaning of school spaces, including regular cleaning of objects and areas that are frequently used, such as bathrooms, common areas, breakrooms, conference rooms, door handles, and furniture.
2. Hand sanitizers are available near entrances.
3. All employees and scholars will participate in frequent hand washing with warm soapy water.
4. Employees and scholars should not report to work if they are sick or have a fever of 100.3 or higher
5. Employees have the option but are not required to utilize PTO if they experience a low-grade fever of 99-100.2
6. A committee will be designed to monitor and coordinate events around an infectious disease outbreak as well as to create work rules that could be implemented to promote safety through infection control.
7. Limited visitors to the school building (no more than 10 people) at one time
8. Face masks are encouraged by not required by scholars and employees.

We ask that all families and employees cooperate in taking steps to reduce the transmission of infectious disease in the schoolhouse. The best strategy remains the most obvious ---frequent hand washing, covering your mouth whenever you sneeze or cough, and discarding used tissues in wastebaskets.

Unless otherwise notified, our normal attendance and leave policies will remain in place. Individuals who believe that they may face particular challenges reporting to work during an infectious disease outbreak should take steps to develop any necessary contingency plans.

Limiting Travel

In the event of an infectious disease outbreak, Ethos Classical may recommend that all nonessential travel be avoided until further notice. Employees who travel as an essential part of their job should consult with the Head of Schools, Danielle Mack, to determine appropriate actions.

Staying Home When Sick

Many times, with the best intentions, scholars and employees report to work even though they feel ill. We do not encourage this. During an infectious disease outbreak, it is critical that

scholars and employees do not report to work while they are ill and/or experiencing the following symptoms: fever greater than 100.3, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Currently the Center for Disease Control and Prevention recommends that people with an infectious illness such as the flu remain at home until at least 24 hours after they are free of fever or signs of a fever without the use of fever-reducing medications. Scholars and employees who report to work ill may be sent home in accordance with these health guidelines. Employees have the option but are not required to utilize PTO if they experience a low-grade fever of 99-100.2. We will provide virtual instruction to scholars and paid sick time to compensate employees who are unable to be in the school building due to illness.

Requests for Medication Information and Documentation

If scholars are sick or show symptoms of being ill, it may become necessary to request information from the parent/guardian and/or the healthcare provider. In general, we would request medical information to confirm your need to be absent, to show whether and how an absence relates to the infection, and to know that it is appropriate for you to return to the school building. As always, we expect and appreciate your cooperation if and when medical information is sought.

Confidentiality of Medical Information

Our policy is to treat any medical information as a confidential medical record. In furtherance of this policy, any disclosure of medical information is in limited circumstance with the Ethos' leadership team, first aid and safety personnel, government officials as requested by law, and other limited personnel only to the extent needed to further the safe and orderly operation of the organization government official as required by law.

Social Distancing Guidelines at Ethos Classical

In the event of an infectious disease outbreak, Ethos Classical may implement these social distancing guidelines to minimize the spread of disease among the staff. During the school day:

- Avoid meeting people face to face (telephone, email, or virtual conferencing with families)
- If face to face meeting is unavoidable, minimize the meeting time, choose a large meeting space; avoid shaking hands.
- Avoid any unnecessary travel and cancel or postpone nonessential meetings, gatherings, workshops, and training sessions

- Do not congregate in work rooms, copier rooms, or other areas where people socialize
- Encourage members and others to request information and orders via phone and email in order to minimize person-to-person contact

Symptoms Requiring Immediate Pick Up

While specific guidelines may vary depending on the school's policies and local regulations, there are several symptoms or conditions that commonly warrant sending a child home from school. It is important to prioritize the well-being of the child and prevent the potential spread of contagious illnesses. Here are some symptoms that typically require a child to be sent home:

1. **Fever:**
 - A temperature of 100.4°F (38°C) or higher is generally considered a significant fever.
 - The child should be sent home and remain home until they are fever-free for at least 24 hours without the use of fever-reducing medications.
2. **Vomiting and Diarrhea:**
 - If a child has vomited or experienced diarrhea, it is best to send them home to rest and prevent the spread of potential infections.
 - The child should stay home until they have had no episodes of vomiting or diarrhea for at least 24 hours.
3. **Severe Coughing:**
 - A persistent and severe cough that disrupts the child's ability to participate in activities, or is accompanied by other concerning symptoms, may require them to be sent home.
 - The decision should be based on the severity and impact of the cough on the child's well-being and the potential for contagious respiratory infections.
4. **Severe Pain or Discomfort:**
 - If a child is experiencing severe pain or discomfort that significantly affects their ability to engage in regular activities or requires immediate medical attention, it may be necessary to send them home.
 - Examples include severe headache, abdominal pain, or injury.
5. **Contagious Illnesses:**
 - Certain contagious illnesses, such as chickenpox, strep throat, or conjunctivitis (pink eye), usually require a child to stay home until they have received appropriate treatment or are no longer contagious.
 - The specific guidelines for each illness may vary, and it is advisable to follow recommendations from healthcare professionals or local health departments.
6. **Worsening Symptoms:**

- If a child's symptoms are progressively worsening, despite attempts to manage them at school, it may be necessary to send them home for further evaluation and care.
- This can include symptoms like difficulty breathing, severe headache, persistent dizziness, or worsening rash.

Vomiting

If a child vomits at Ethos Classical, the following procedure should be followed:

Immediate Response:

1. Ensure the child's safety and comfort. Move them to a designated area or quiet space away from other students to maintain their privacy.
2. Send child to the nurse's office
3. Provide the child with a disposable bag or a designated vomit container, if available, to contain any further vomiting.
 - a. If necessary, assist the child in cleaning up any vomit that has spilled on their clothing or immediate surroundings.

Nurse will Notify Parents/Guardians:

1. Contact the child's parents/guardians immediately to inform them about the situation. Follow the established communication protocols and use the designated point of contact for such notifications.
2. Request that parents/guardians make arrangements to pick up the child from school as soon as possible to ensure proper care and recovery.

Monitoring and Support:

1. The nurse will keep the scholar in their office and provide necessary assistance and comfort until their parents/guardians arrive.
2. The nurse will monitor the child's condition, noting any additional symptoms or changes that may require immediate medical attention.
 - a. Keep a record of the incident via EduHealth, including the time of vomiting, any associated symptoms, and the actions taken.

Cleaning and Sanitization:

1. Follow proper cleaning and sanitization procedures to ensure the affected area is thoroughly cleaned and disinfected.
2. Use appropriate cleaning supplies, such as disposable gloves, disinfectants, and absorbent materials, to remove any vomit residue safely.
3. Dispose of any contaminated materials according to the school's waste disposal guidelines and local regulations.

Exclusion Period:

1. In accordance with our illness exclusion guidelines, the child should stay home for a minimum period of 24 hours after the last episode of vomiting. Attendance will be excused.
2. Parents/guardians should ensure that the child is symptom-free and in a stable condition before allowing them to return to school.
3. It is essential to emphasize to parents/guardians the importance of adhering to this exclusion period to prevent the potential spread of illness to other students and staff.

Return to School:

1. Once the child has completed the 24-hour exclusion period and is symptom-free, they may return to school.
2. Parents/guardians should inform the school of the child's readiness to return and any relevant updates on their health status.

It is crucial to handle vomiting incidents with empathy, understanding, and professionalism. By following this procedure, Ethos Classical aims to ensure the well-being of the child, prevent the spread of illnesses, and maintain a safe and healthy environment for all students and staff.

Common First Aid Care & Internal Procedures

1. Minor Cuts and Scrapes:
 - Clean the wound with mild soap and water.
 - Apply an antiseptic ointment and cover the cut or scrape with a sterile bandage or dressing.
 - Advise the child to avoid picking at the scab and keep the area clean and dry.
 - Provide reassurance and monitor for any signs of infection.
2. Bruises and Bumps:
 - Apply a cold compress or ice pack wrapped in a cloth to the affected area to reduce swelling.
 - Observe the child for any signs of a more severe injury, such as persistent pain, loss of consciousness, or behavioral changes.
 - Send to school nurse if pain persists
 - The School Nurse can offer pain relief if form on file such as over-the-counter children's acetaminophen or ibuprofen, following proper dosage instructions.
3. Minor Burns:
 - Immediately cool the burn under cool running water for at least 10 minutes to alleviate pain and minimize tissue damage.
 - Cover the burn with a clean, non-stick dressing or sterile cloth.
 - Encourage the child to avoid popping any blisters that may form.
 - Monitor the burn for signs of infection and provide appropriate pain relief if necessary.
4. Mild Allergic Reactions:
 - If a child experiences mild allergic symptoms, such as a rash, itching, or mild swelling, identify and remove any potential triggers or allergens.
 - Send to school nurse
 - Nurse can administer any prescribed antihistamine medication if available.
 - Observe the child closely for any signs of progression to a more severe allergic reaction (anaphylaxis), such as difficulty breathing, throat swelling, or severe rash, which would require immediate medical attention.
5. Nosebleeds:
 - Instruct the child to lean slightly forward and pinch the soft part of the nose, just above the nostrils, for approximately 10 minutes.
 - Advise the child not to tilt their head backward to avoid swallowing blood.
 - Offer a tissue or cloth to catch any blood that may drip.

- If the bleeding persists after 10 minutes or is recurrent, send scholar to the nurse for them to contact the child's parents/guardians to discuss the situation further.

FOOD PROCEDURES

Scholars who arrive at school after 8:15am will not be offered breakfast in their classrooms.

Ethos Classical offers healthy meals every school day at no charge to your child(ren) through the Community Eligibility Program (National School Breakfast and Lunch). The program provides free breakfast and lunch, as well as free milk for all scholars. Our food service receives support from the U.S. Department of Agriculture through the National School Lunch and School Breakfast Programs.

SCHOOL BREAKFAST

Scholars will receive breakfast every morning – we serve breakfast each day between 7:45am and 8:30am. Scholars may choose not to eat breakfast on any given day, but it will still be served to them. At 8:15a, Classrooms stop serving breakfast at 8:15am and clean up breakfast beginning at 8:15am. Scholars who arrive at school after 8:15am will not be offered breakfast in their classrooms.

SCHOOL LUNCH

Scholars may opt into the school's lunch program or bring their own lunches from home. Families may choose to send a lunch from home on any day, even for families who participate in the school's lunch program. A menu of all meals will be made available to families each month. Scholars are not allowed to share lunches in K-2 grades. For upper elementary scholars, families can request no sharing by emailing the Manager of Operations at info@ethosclassical.org.

LUNCHESES FROM HOME

In order for your scholar to engage in the rigorous academic program at Ethos Classical, it is important that scholars have healthy, balanced meals. As such, families who decide to provide lunch from home must comply with the following guidelines. If your scholar is out of compliance with these requirements, inappropriate food items will be disposed..

Prohibited foods for packed lunches:

- Soda of any kind (even diet)
- Candy of any kind

Suggested items for a nutritious packed lunch:

- Water or 100% fruit juice

- A sandwich, soup or other main dish (Scholars will NOT have access to a microwave, therefore, please do not send meals that must be heated)
- Crackers or 100 calorie pack snack
- Pretzels
- Fruit and/or vegetables

SNACK

Scholars will have 10 minutes each day to eat snack. Snacks must be provided by the family each day if they'd like the scholar to engage in snack time. The only beverage that can be consumed during snack time is water or juice in a sealed container.