



Health & Wellness Policy

(last updated 9 Aug 2022)

DAILY SELF SCREENING

To promote a safe and healthy school environment, please do not send students to school with any of the following symptoms:

- Fever, which is measured as a temperature of 100.0 degrees F or above (oral, temporal, or axillary)
- Sore throat
- Eye redness/discharge
- Persistent, severe cough (unrelated to environmental allergies)
- Vomiting or diarrhea (more than 1 loose stool)
- Unusual rash or infected skin
- Lice/nits

If a student is excluded, they should remain out of school for at least 24 hours from the last sign/symptom. For fever, Students should remain home until they are 24 hours fever free WITHOUT the use of fever-reducing medications. If they are prescribed antibiotics, they should have 24 hours of antibiotics prior to returning. If a student is seen by a physician for a medical problem, the doctor needs to write a note that includes diagnosis, treatment, limitations and when the student can return to school. (Examples: rashes, pinworms or ringworm, strep throat, fractures or sprains).

Students/staff must be symptom-free for 24 hours before returning to school WITHOUT the use of medications to mask symptoms. In certain circumstances the School Nurse, at her discretion, may require additional screening and/or testing before allowing an individual to return to campus. If the student wishes to return to school prior to this timeframe, a note must be provided from the student's physician and they must obtain clearance from the School Nurse prior to returning to campus.

Students who develop a fever of 100.0 degrees Fahrenheit or above, vomiting, or diarrhea while at school will be sent home. Parents or guardians shall pick up their student from campus as soon as possible. With respect to faculty and staff, the person shall promptly leave the campus. Students, families, faculty, and staff shall communicate with the School about their progress at home, including allowing and facilitating communication between the School's nursing staff and their physicians as may be appropriate.

Note: Head lice and COVID-19 have specific school re-entry requirements. Please see below.

SCHOOL NURSE

A School Nurse is on duty each day during school hours. She will generally be stationed at the Hudson Bend campus but is available to consult with the Bee Cave campus via video conference. As needed, she will visit the Bee Cave campus.

The School Nurse is responsible for the treatment of minor health problems, the dispensation of prescription and over-the-counter medications, communication with parents/guardians, and maintenance of required health records. In addition, many of the faculty and staff are CPR/first aid certified.

Basic first aid (band aids, antiseptic, ice, etc.) is provided for minor problems occurring during the School day. Health-related questions should be addressed to the School Nurse, who can be reached at 512-351-3403 or at nurse@istexas.org.

COVID-19

Due to the frequently changing nature of this pandemic and relevant public health guidance, these policies are not expected to remain static throughout the year, and any or all of these policies are subject to change or amendment at any time during the School year. The School will communicate any material changes to these policies to the community. It is important for community members to appreciate that there are no strategies that can eliminate the transmission risk of COVID entirely. These policies are designed to help keep the risk of transmission as low as possible while keeping students as engaged in the learning process while physically together in school as much as possible.

Masking

International School of Texas is a “**mask-optional**” environment for all students, faculty, and staff. Any individual who wishes to continue to mask regardless of COVID-19 exposure will be supported in their choice.

Reporting and Close Contact Tracing

Please contact the School Nurse if your student has received a confirmed COVID-19 positive test to discuss the re-entry date described below. The School will report positive cases of individuals on campus as required by local, state and Federal health agencies.

The School will not be conducting close contact tracing or notification of students. The School will work closely with Austin Public Health, when or if required. If you have a student that is an asymptomatic close contact of a confirmed COVID-19 positive individual, you may optionally choose to quarantine that student for a maximum of 10 calendar days from the date of last exposure, and the absences will be considered excused. Note: close contact students are not required isolate if they are asymptomatic but we ask that you monitor them closely for symptoms and consider administering a rapid home test.

Testing

COVID-19 rapid home tests are widely available, and the School will not be administering COVID-19 tests for students or their family members. The School has a limited number of COVID-19 tests that are reserved for the School's employees.

Re-entry to School after COVID-19

If you test positive for COVID-19, regardless of vaccination status, you are eligible to return to school as follows:

- The date of your positive test or start of COVID symptoms (fever, cough, muscle or body aches, sore throat) is day "0";
- Isolate for 5 days (stay home);
- If you have no symptoms, or your symptoms are notably resolving AND you are fever free for 24 hours (without the use of fever reducing medication), student may return to school on day 6 with permission from the School Nurse.

HEAD LICE - "NO LIVE LICE" POLICY

Head lice can be a nuisance but have not been shown to spread disease according to the CDC. With the desire to limit the spread of head lice across the School community, a "no live" lice policy is in place.

Whenever a case of live head lice is present, the student's parents/guardians will be notified and are required to pick up their child from school. Treatment options will be discussed at that time. The student may return to school only after the appropriate treatment has begun and the student is free from live lice as well as nurse. Before returning to the classroom, the student will be examined by the School Nurse and periodically checked for signs of re-infestation.

Without revealing the student's name, the School may share information with parents/guardians of classmates who may have had contact with the student. It is up to the discretion of the Deputy Head and School Nurse whether to check other students or whole classrooms.

HEALTH RECORDS, REGULATIONS, AND ACCESS

Families are asked to provide the School with information about the student's physical and emotional health. This is especially important with respect to chronic medical conditions such as asthma, diabetes, and the like. Physical examination must be completed annually; this can include the Students annual physical report with their physician, and an updated form must be returned to the School within 45 days of the Students birthday. If there are any changes to the health of the Student between annual exams, parents are required to notify the nurse in writing to determine if any additional steps are needed.

All required health forms are located on the Forms tab on the IST main website. All health forms are due back prior to the start of the School year. No student will be able to attend the School or participate in any school activities until all forms are up to date.

Documentation of annual vision and hearing screenings are required for the following students: students age 4 by September 1, Kindergarteners, and any other first-year students. The screenings must be completed within 120 days of admission. Additionally, 1st, 3rd, 5th, 7th grades will be screened during the School year. The hearing and vision screening will be done on campus during annual campus screenings or can be done at the students pediatrician office. Timing of on campus testing will be determined by the administration and the School Nurse. Parents will be notified of these dates in advance. Results of screening are also available to parents upon completion. For more information about Hearing and Vision Screening, visit: <https://www.dshs.texas.gov/vhs/default.shtm>

IMMUNIZATIONS

The School requires all students to provide proof of up-to-date immunizations or a certificate of exemption before attending school. Texas law allows (a) physicians to write medical exemption statements which clearly state a medical reason exists and the person cannot receive specific vaccines, and (b) parents/guardians to choose an exemption from immunization requirements for reasons of conscience, including a religious belief. Original Exemption Affidavit must be completed and submitted to the School. For vaccine records, any document will be acceptable provided a physician or public health personnel has validated it and month/date/year of vaccine is noted on the form.

If there is a risk of a vaccine-preventable disease, in the event of a public emergency, the School may exclude non-immunized students, including those with valid religious or medical exemptions, from school and all School activities. Excluded students will not be permitted to return until (1) the danger of the outbreak has passed; (2) the student becomes ill with the disease and completely recovers; or (3) the student is immunized. In determining whether there is a risk of a vaccine-preventable disease, the School may consult with appropriate medical professionals and/or the Texas State Department of Public Health.

HEALTH EMERGENCIES

The School Nurse will always attempt to contact families regarding illness or injury, minor or serious. In circumstances that warrant immediate attention when Staff is unable to reach the parents/guardians or the no student's physician, an ambulance will be called, a student will be taken to the nearest hospital emergency room, and families will be notified immediately. Staff, including the School Nurse, neither diagnoses nor treats injuries that occur on non-School time but does offer temporary first aid for problems that arise during school. If a student complains of a persistent illness, such as recurrent earache, sore throat, rashes, or joint pain, these complaints warrant a call to the student's physician and families will be notified of an illness or injury that may require follow-up medical care.

ALLERGY INFORMATION

Families of students who have severe allergies (of any type) with the potential for developing anaphylaxis must provide the School with an Allergy Action Plan that is developed and signed

by the Students Physician and Parents. Upon completion of this form, parents must communicate with the School Nurse to discuss the Allergy Action Plan prior to the start of the School year. Classroom management will be discussed at that time. This plan must be reviewed prior to the start of each school year.

Teachers, administrators, and coaches are trained by the School Nurse in the use and administration of Epinephrine for life threatening allergic reactions. Epinephrine Pens are located in the School Nurse's office. If multiple Epinephrine Pens are available for a student then classroom teachers may bring one on field trips. Additional Epinephrine Pens may be requested for students playing sports in order for the coaches to be prepared should an emergency arise.

FOOD ALLERGIES

Our goals are to provide a safe and respectful environment for all students, to educate the School community about the nature of food allergies, and to provide support and encouragement as our students develop good decision-making skills and learn the critical lessons of managing their allergies. We hope to foster self-confidence, self-respect, and self-advocacy in our students, and to support families as they help students learn to appropriately manage their allergies.

For students without allergies, our goals are to increase their awareness of food allergies, and to encourage the development of empathy and the skills needed for them to become supportive allies for their peers.

As a School, we strive to help our students graduate with the skills and confidence to advocate for their own and others' health and physical safety. International School of Texas is committed to providing a safe and inclusive environment for all students.

In consideration of the number of students with food allergies, the School has the following guidelines for management of these allergies:

Products containing nuts and peanuts may not be brought onto the School campus;

Food prepared by the School Lunch Vendor is nut and peanut free;

For students with severe allergies, the School will be provided with an Emergency Care Plan written by a primary care provider or allergist with parental input.

There may be additional allergy restrictions in individual classrooms depending on specific student medical needs. This will be communicated to classroom parents as needed.

Successful management of food allergies is the jointly held responsibility of the School, families, and the student with the allergy. Education encompasses the entire School community including employees, families, and students. It focuses on preventive strategies, the symptoms of anaphylaxis in individual students, and emergency care. We recognize that the management of food allergies is a developmental process, and we strive to take reasonable measures to protect our youngest students, while recognizing that students should learn to assume increasing responsibility for their own health and safety as they mature.

MEDICATIONS AT SCHOOL

Students may not bring, and will not be permitted to maintain, medicine of any kind with their personal belongings. Parents/guardians are expected to attend to students' medication needs outside of school whenever possible; however, if a student must take a daily prescription medication, parents are required to provide the School with a Permission to Medicate Form signed by the student's health care provider and parent(s). Over the counter medications may be given during the School day if the medication is provided to the School and Permission to Medicate form is on file with the School Nurse; however, over the counter medications may not be given at school to mask symptoms of an acute illness, such as fever, sore throat, headache. The School Nurse, in collaboration with the parent/guardian and the student's health care provider and the School's consulting physician, will establish an individualized medication administration plan for any students who must take medications at school.

A parent/guardian should deliver medications to the School **in an unopened pharmacy or manufacturer-labeled container**. Please ask your pharmacy to provide separate bottles for school and home. Medications will be dispensed by School Nurse or by School personnel who have been designated and trained in accordance with the School's policy regarding delegation of prescription medication administration. Over the counter medications can be given for a maximum of two weeks- after this point a signed doctor's order must be provided by your student's licensed physician in order to continue with administration of the medication. Medications may not be administered in excess of the dosing instructions without a signed doctor's order.

Medications should be picked up at the end of the School year. Any medications left after one week of school closure will be destroyed.

The School Nurse, in collaboration with the parent/guardian and the student's physician, will also establish an individualized medication administration plan for any student requesting medication self-administration privileges. The student will be involved in the decision-making process and the student's preferences respected to the maximum extent possible. In a collaborative effort, the School Nurse together with the student, the student's parent/guardian, and physician will determine the student's understanding of the student's medication(s) and competency in the administration of the student's medication(s). Based on this determination, the School Nurse will allow or disallow self-administration privileges in accordance with state and federal laws. The self-administration of medication(s) shall include self-administration while on School property or during School-sponsored trips. A duplicate dose of life-saving medication provided by the parent/guardian will be stored with or at the direction of the School Nurse. It is the sole responsibility of the parent/guardian to notify the School Nurse in order to update the student's medication administration plan with respect to any medication(s), dosing revisions, and health status changes.

Misuse of the privilege to self-administer medication(s) will result in immediate revocation of said privilege(s). International School of Texas does not assume any responsibility for students not in compliance with this medication self-administration policy.

TOILET TRAINING

All Students are required to be toilet trained during the daytime in order to attend IST. If there are any concerns related to this, your student may not be able to continue their attendance until they are properly toilet trained.

MANDATORY REPORTING

The School is committed to the highest standards of care for our students, and seeks to ensure that our students are protected from inappropriate or hurtful actions by adults responsible for their care, as well as by anyone else who may mistreat a student. In accordance with Texas law, all School employees are required to report suspected abuse or neglect of any student under age 18 as well as to notify the Head of School.

Teachers and all school employees are considered professional reporters in Texas and are required by law to report suspected child abuse or neglect immediately, but no later than 48 hours after the initial suspicions of abuse or neglect. Teachers cannot delegate to or rely on another person to make the report (Texas Family Code § 261.101(b)). Failure to report suspected child abuse and neglect is a crime (Texas Family Code § 261.109).

Suspicion or belief may be based on factors including, but not limited to, observations, allegations, facts, or statements by a child, a victim, or a third party. Such suspicion does not require certainty or probable cause. The responsibility to report rests both on the School and also on all School employees.

All employees have undergone national and local criminal background checks prior to being hired by the School and have undergone school training pertaining to prevention and identification of student protection.