



Mary, Star of the Sea School

Return to School Protocols



Mary, Star of the Sea School
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Need to report an absence?
See absentee link below:
[Absent Report Form Link:](#)

WHEN TO KEEP YOUR CHILD AT HOME

Individuals who are not feeling well must stay home. Any absence due to illness or injury must be reported through the absentee report form, or via phone call to the main office. Children who do not feel well at the start of the school day may not come to campus late or participate in after school extra-curricular activities even if their symptoms subside later that day.

Please help prevent the spread of illness in our school.

**If your child is not well please keep them home.

Any individual must be **fever-free (below 100°F) without the use of fever-reducing medication for **24 hours** before returning to campus. In addition, any individual experiencing **vomiting or diarrhea** must remain home for at least **24 hours** after the last episode.

**If your child is absent for 3 or more days due to illness or injury Parent / Guardian must submit a MD clearance note that includes the date the student is cleared to return to school.

ILLNESS AT SCHOOL

Students who are ill during the school day must be picked up **within one hour** of contact with parents or authorized persons.

RETURN TO SCHOOL PROTOCOLS

ABSENCE REASON	SCHOOL DEFINITION	RETURN TO SCHOOL CRITERIA
ILLNESS	For a student with any symptom*, but not positive for COVID-19	<p>» At least 24 hours have passed since having a fever (100 °F or higher), diarrhea or vomiting without the use of medication.</p> <p>» Please refer to the (RETURN TO SCHOOL PROTOCOLS AFTER ILLNESS OR INJURY pg. 4 & pg. 5) to ensure your child meets the requirements for their specific symptoms.</p> <p>» <u>When the Return to School Criteria is met:</u></p> <p>» If your child has been sick for 3 or more days: Parent/Guardian must submit a MD clearance note that includes the date the student is cleared to return to school.</p> <p>» <u>Who is Exempt:</u></p> <p>» Child has a documented medical history and/or known etiology of symptoms (e.g. allergy, asthma) & no known exposure to COVID-19. Child may return to school with no additional clearance required.</p> <p>» Regarding exemption scenarios the school nurse will use clinical judgment on a case-by-case basis to determine if a student will require additional clearance, and may contact parent if additional information is needed related to information provided.</p>
INJURY or post surgical procedure		<p>» <u>If there are any physical activity restrictions:</u></p> <p>» Provide a physical copy to the school front office and email an MD note with duration of listed restrictions as a result of the injury to the school nurse at mvallesteros@starofthesea.org</p> <p>» Student is able to function at school and must not need pain relieving medication administered during the school day.</p>

RETURN TO SCHOOL PROTOCOLS AFTER ILLNESS OR INJURY

Please refer to the specific symptom or diagnosis on the following table for additional guidance. Based on the School Nurse's assessment, a clearance note from a health care provider may still be requested before returning to school. Readmission may be refused even with an MD clearance note if student is still symptomatic or has not met all other requirements for return. Students must meet the criteria by the start of the school day for symptoms that must be resolved for 24 hours.

SYMPTOM/DIAGNOSIS	RETURN TO SCHOOL CRITERIA
Fever (100.0° F or greater)	Return to school when fever below 100.0° F for 24 hours without fever reducing medication such as Tylenol or ibuprofen.
Vomiting	Resolved for 24 hours since the last episode.
Cough	Improved without cough suppressant on the day of return. Cough should not affect the ability to focus, participate or be a distraction to the class.
Fatigue	Resolved overnight with adequate rest.
Chills or body ache	Resolved without medication such as Tylenol or Ibuprofen.

SYMPTOM/DIAGNOSIS	RETURN TO SCHOOL CRITERIA
Congestion or runny nose	Improved without decongestant on day of return. Runny nose should not be actively dripping or affecting the ability to focus, participate or be a distraction to the class.
Headache	Resolved without use of pain-relieving medication on the day of return.
Sore throat	Resolved without use of pain-relieving medication on the day of return.
Diarrhea	Resolved for 24 hours since the last episode.
Shortness of breath or difficulty breathing	Resolved or controlled with medication (if asthma).

RETURN TO SCHOOL PROTOCOLS AFTER ILLNESS OR INJURY (CONTINUED)

SYMPTOM/DIAGNOSIS	RETURN TO SCHOOL CRITERIA
Ear infection (if fever or if pain interferes with school participation)	Fever-free for 24 hours without fever-reducing medication, and able to remain in school comfortably without pain medication.
Eye – Conjunctivitis (Pink eye)	Resolved and taking eye drops for 24 hours (if prescribed) Able to remain in school comfortably, not affecting the ability to focus. & MD clearance note.
Eye Irritation / redness (non contagious)	Resolved or a physician's note clearing student of contagious condition.
Fever blister – external	Resolved or on medication for 24 hours . Child comfortable, able to focus.
Influenza (Positive test or flu-like symptoms during flu season)	Five full days from onset of symptoms & Fever-free for 24 hours without fever-reducing meds, such as Tylenol or Ibuprofen (Onset of symptoms is Day 0). & MD clearance note.
Undiagnosed / new / untreated rash	Resolved or a physician's note clearing student of contagious condition.

SYMPTOM/DIAGNOSIS	RETURN TO SCHOOL CRITERIA
Impetigo	24 hours after start of antibiotics, able to cover affected area. Able to remain in school comfortably, not affecting the ability to focus.& MD clearance note.
Injury or post surgical procedure	Return when narcotics no longer needed during the day. Able to remain in school comfortably, not affecting the ability to focus. & MD clearance note.
Mononucleosis	Fever-free for 24 hours without fever reducing Meds. Child comfortable/able to focus.& MD clearance note.
Ringworm	On medication for 24 hours , able to cover affected area.
Scabies	24 hours after treatment started. Child comfortable and able to focus. & MD clearance note.
Strep throat / Scarlet Fever	24 hours after antibiotics started and fever-free without fever-reducing medication. Child comfortable and able to focus. & MD clearance note.
Varicella (chicken pox)	Last lesion crusted, no fluid filled lesions. Able to remain in school comfortably, not affecting the ability to focus. & MD clearance note.

COVID-19 RETURN TO SCHOOL PROTOCOLS

The following readmission process applies to students who are diagnosed with, tested positive for COVID-19.

COVID-19 EVENT	RETURN TO SCHOOL PROTOCOLS
<p>INFECTION</p> <p>SCHOOL DEFINITION:</p> <p>Individual with positive COVID-19 (Home or Lab) test regardless of vaccination status.</p>	<p>Individual may return to school when ALL of the following criteria have been met.</p> <ul style="list-style-type: none">» Notify the school as soon as possible.» Stay home and isolate for 5 days from onset of first full day of symptoms or positive test date, whichever is earlier. (The earlier date is considered Day 0).» No vomiting, diarrhea, or fever (100.0°F or higher) for at least 24 hours without the use of medications.» All other symptoms must be resolving and must not affect the ability to focus, participate or disrupt the class. Please refer to the Return to School Protocols after Illness or Injury page to ensure your child meets the requirements for their specific symptoms.» Upon return to school students must be able to remain masked from Day 6 to Day 10, with the exception of actively eating at lunch/snack time. (If students are unable to remain masked, they will need to remain at home until Day 11).

COVID-19 Symptoms

- Fever (100°F or higher)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (extreme or unexplainable tiredness)
- Chills or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion (stuffy nose)
- Runny nose
- Nausea
- Vomiting
- Diarrhea