



# WELLNESS & HEALTH POLICY

The first and foremost concern at Wonder Years is that we provide a safe and sanitary environment for children. It is our priority that the necessary steps be taken ahead of time to prevent illness and transmission of diseases. It would be ideal if that standard could always be met; however, there will inevitably be times when a child arrives before symptoms are obvious. At the first evidence of health situation, we take immediate steps to isolate the contagion and limit the exposure to other children. Wonder Years has little control over transmission of an illness if they are not aware of current symptoms. We depend on the parents to be responsible about the possibility of contagiousness if a child shows signs of illness at home. Parents must be aware of the situations they create when a child is given medication to hide or diminish symptoms before bringing their child to daycare. The possibility of spreading the illness to other children is extremely high, especially if there is a fever, vomiting or diarrhea. Parents can and should plan ahead by making arrangement for alternate child care if their child is sick and the odds are that it will happen, so don't wait until it does and you find yourself in despair. Please help us to help you keep a safe and healthy school environment.

Any child with communicable disease is expected to stay home and the parent(s) are required to notify the school immediately. If students are exposed to any communicable disease while at the center the parents will be notified. The center requires that records of physical exam, TB test and record of immunizations be on file at school. If a child showed signs of illness while at school, parents will be notified and asked to pick up their child as soon as possible. In such cases, the child will be immediately isolated from the other children and will be under supervision/observation of the director until a parent arrives.

School will not be administering any medications to children without the physicians' and parents' approval. In order for school to administer any kind of medication to children the **Medical Dosage Release Form** must be signed by both the doctor and the physician. The medication should be in its original container and properly labeled in order for school to accept it. All the medication and Medical Dosage Forms must be kept in the office.

## **KEEP your child home if ...**

- \* has fever or had one during the previous 24 hours
- \* has diarrhea or has had diarrhea in the past 24 hours
- \* has a heavy colored nasal discharge
- \* has a constant or persistent cough
- \* has shown symptoms of communicable diseases

## **In Case of an illness and accident while in school**

- \* Parents will be notified immediately
- \* If parents can't be reached, the director will
  - contact the person on the emergency info list
  - call doctor listed by the parent
  - call emergency personnel

**\*\*KIDS WHO ARE SICK MUST STAY HOME & PARENTS SHOULD CONTACT THE SCHOOL TO NOTIFY. DOCTOR'S NOTE MUST BE PRESENTED AFTER EXTENDED ABSENCE AND OR ILLNESS TO SCHOOL ADMINISTRATION.**

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**Parent / Guardian Signature**

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**Date**



# Health & Nutrition Guidelines

Wonder Years is committed in providing healthy and balanced meals and snacks to our preschoolers.

Wonder Years has been participating in a California Department of Education Child Nutrition Program and has been in compliance Since 2005 and got audited in 2007 to ensure that we meet all the criteria's of fulfilling the requirements set forth by the Department of Education Child Nutrition Program.

To ensure that we serve balanced, nutritious meals to our children we...

- 1) Follow the guidelines and criteria for determining acceptable meal components and portion sizes based on food buying guide & maintain a menu production record.
- 2) Menu planning and food purchasing is based on the Food Buying Guide for Child Nutrition Program by the USDA.
- 3) School administration & staff undergo annual trainings and seminars to ensure that we stay informed and continue to stay in compliance with the Nutrition Program Requirements.

The school provides breakfast, lunch, morning and afternoon snacks that are rich in nutrients, low in fat, sodium and sugar. Meals are prepared in our fully equipped on site kitchen on daily basis by a cook and served fresh. The three main components of breakfast are breads / grains, fruit and milk. The hot lunch includes five main components which are: breads / grains, fruit, vegetable, meat / meat alternative and milk. Snacks consist of two components which may include: breads, crackers, fruits, meats / meat alternatives, fresh fruit or fruit juices.

Sincerely,

Lucine Saakyan  
Wonder Years Director