

Sacred Roots Early Learning

Health and Safety Policy

2026-2027 School Year

Illness Policy

To maintain a healthy environment for all children, please keep your child home if they have:

- Fever of 100.4°F or higher (must be fever-free for 24 hours without medication before returning)
- Vomiting or diarrhea (must be symptom-free for 24 hours before returning)
- Persistent cough or difficulty breathing
- Pink eye or conjunctivitis (may return 24 hours after treatment begins)
- Unexplained rash
- Head lice (may return once treatment is complete and all nits are removed)
- Any other contagious illness

If your child becomes ill at school, we will contact you immediately for pickup. Please ensure your child is picked up within one hour of notification.

Medication Administration

Sacred Roots staff may administer medication to children when necessary. All medications must:

- Be in original, labeled container with child's name and current date
- Be accompanied by completed medication authorization form signed by parent/guardian
- Include clear dosage instructions from healthcare provider
- Be handed directly to staff (never left in child's belongings)

Allergies and Dietary Restrictions

Please inform us of any allergies, food sensitivities, or dietary restrictions during enrollment. For children with severe allergies (especially food allergies or allergies requiring an EpiPen), we require:

- Written action plan from your child's healthcare provider
- Current emergency medications (EpiPen, inhaler, etc.) clearly labeled
- Authorization for staff to administer emergency medication
- Parent/guardian available by phone during school hours

We will work with families to accommodate dietary needs and restrictions to the best of our ability.

Emergency Medical Care

In case of a medical emergency, Sacred Roots will:

- Call 911 immediately
- Administer first aid as trained
- Contact parents/guardians immediately
- Follow any emergency medical instructions provided by parents
- Transport child to hospital if necessary and stay with child until parent arrives

By enrolling your child, you authorize Sacred Roots staff to seek emergency medical treatment if parents cannot be reached immediately.

Accident and Incident Reporting

All accidents and incidents will be documented on an incident report. Parents will receive a copy of the report on the day of the incident and will be asked to sign acknowledging receipt. For minor injuries (small bumps, scrapes, etc.), staff will provide first aid and inform parents at pickup.

Nutrition and Meals

All families are responsible for providing one morning snack and a lunch for their child. Families participating in our after-school program are responsible for providing a second snack. Please pack a healthy, balanced lunch in a labeled lunch box. We are happy to store lunches in the fridge or freezer to preserve perishable foods, so long as they are labeled.

Outdoor Safety

Children spend significant time outdoors daily. Please dress your child appropriately for the weather, including:

- Sun protection: hat, sunscreen (we will reapply)
- Rain gear: waterproof jacket and boots
- Cold weather: warm coat, hat, gloves, snow pants, boots
- Sturdy, closed-toe shoes suitable for active play

Clothing and Personal Items

Please send your child with:

- Complete change of clothes (including underwear and socks) in a labeled bag
- Appropriate outdoor clothing for current weather
- Reusable water bottle (labeled with child's name)

Please label all items with your child's name. Sacred Roots is not responsible for lost or damaged personal items.

Suspected Child Abuse or Neglect

All Sacred Roots staff are mandated reporters under Colorado law. We are legally required to report any suspected child abuse or neglect to the appropriate authorities. Reports are made in good faith to protect children's safety and wellbeing.

Family Acknowledgment and Signature

I have read and understand the Health and Safety Policy. I agree to comply with all health and safety requirements, including keeping my child home when ill, providing required medical documentation, sending appropriate clothing and supplies, and notifying staff of any health concerns or changes.

Child's Full Name: _____

Child's Date of Birth: _____

Parent/Guardian Name (printed): _____

Parent/Guardian Signature: _____ Date: _____

Second Parent/Guardian Name (if applicable):

Second Parent/Guardian Signature: _____ Date:
