



## **VCS Health Plan, 2022-2023 - Parent Edition**

Dear Vacaville Christian Community,

It continues to be my goal to provide our families and staff with a safe environment, while maximizing the quality of our education program. To that end, we prioritize the spiritual, physical, mental, emotional, and academic well-being of our students and staff. Furthermore, we highly esteem the role God has given parents to make decisions for their children's health, safety, and schooling.

Below is the revised VCS (school-wide) health plan for the 2022-2023 school year. I encourage you to review the updated plan in depth, as our safety plans have been revised. Thank you for your support and partnership!

A handwritten signature in black ink, appearing to read 'Ben Davis'.

Ben Davis  
Head of School



## 2022-2023 VCS Student Health Plan-Parent Edition

### Brief Description

Vacaville Christian Schools is dedicated to the optimal development of each and every student. For each student to have the opportunity to flourish academically, spiritually, and personally, we are committed to providing a positive, safe and health promoting learning environment at every level. To that end, VCS will strive to educate, encourage and promote good health and wellness through nutrition, disease prevention, safety, physical activity and other health promoting activities. Our Health and Wellness plan will assist families when questions and concerns arise regarding the health and well-being of their child-children, and to provide applicable information on health and wellness related issues.

### Medications



School personnel will cooperate with parents when a physician prescribes medication to be taken during school hours. All medication must be in the original container and correctly prescribed for the indicated student only. All medication must be kept in the school office. The student is responsible for knowing the required times to come into the office to take his or her medication. Administration policies for all medications are on the emergency contacts and medical information form. Medication can only be given between 8:00am and 4:00pm, except for emergencies. Medicines left at the end of the school year will be discarded after one week. Prescription medications must have a physician's order. Over the counter medications must be accompanied by a form filled out by the parent stating the required dosage for administering the medication. Forms are available in the school offices.

### Immunizations



Immunization requirements apply to all VCS students entering pre-school and pre kindergarten through 12th grade. California schools are required to check all immunization records for all new student admissions. Parents must show their child's immunization record as proof of immunization. Each student must have an up-to-date immunization record on file. Please be sure that this information is kept current in case of emergency. No student will be allowed to start at VCS without completed emergency and health forms. For more information, please click the links provided:

<https://www.cde.ca.gov/ls/he/hn/immunization.asp>

<https://www.shotsforschool.org>

### Nutrition and Exercise







VCS understands that there is a strong link between nutrition, learning and academic achievement. VCS will strive to educate children on the benefits of healthy eating and other factors for a healthy lifestyle. We will partner with our Food Services Department To integrate best practices into meals and snacks that are offered on campus. To promote hydration, free, safe, unflavored drinking water is available to all students throughout the school day, and throughout every school campus

For more information and guidance on nutrition and exercise in childhood and promoting a healthy lifestyle, please click on the links provided:

<https://www.cdc.gov/healthyschools/healthybehaviors.htm>

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/urwhateat.pdf>

<p><b>Nutrition and Exercise continued</b></p>	<p><a href="https://www.healthychildren.org/english/healthy-living/fitness/Pages/default.aspx">https://www.healthychildren.org/english/healthy-living/fitness/Pages/default.aspx</a></p>
<p><b>Illness</b></p> 	<p>“Healthy Only” students are allowed on campus. Please keep your child at home whenever they are experiencing signs of illness. Parents should always be aware of the crucial role that sufficient sleep, a nutritious diet and exercise play in a child’s progress and well-being.</p> <p>Please follow the below guidelines for Return to School when making the decision to send your child back to school after illness:</p> <ul style="list-style-type: none"> <li>• It has been at least 24 hours since the child had a fever without the use of fever-reducing medication</li> <li>• Other symptoms of illness are improving or are no longer observable</li> </ul> <p>Under the current CDPH guidance for COVID, K-12 schools are encouraged to develop standard criteria for managing students who develop symptoms of infectious diseases, including COVID-19 (See above HEALTHY ONLY guidance). (<a href="#">Managing Individuals w/Symptoms: 2. Recommended Actions</a>)</p> <p>For information on Monkeypox please reference CDPHs <a href="#">Division of Communicable Disease Control</a></p>
<p><b>Injury</b></p>  <p><small>shutterstock.com · 289455668</small></p>	<p>Supervising children is an active process that involves observation, anticipation of potential hazards, and intervention to prevent injuries or harmful accidents. VCS plans the environment to optimize supervision of children in our care and uses best practices for vigilance in doing so. It is not possible to prevent all injuries and accidents, but you can educate yourself and your children on safe practices to avoid serious injury.</p> <p>For more information and guidance on Injury Prevention and Safety please click the link below:</p> <p><a href="https://www.djUSD.net/cms/One.aspx?portalId=117173&amp;pageId=29812143">https://www.djUSD.net/cms/One.aspx?portalId=117173&amp;pageId=29812143</a></p> <p>In the event of an emergency, VCS will contact parents/guardians as listed on the emergency contacts and medical information form. This form is completed as part of the enrollment process. It is necessary that parents notify the school regarding changes of address, phone number, or job information for anyone listed as an emergency contact. VCS is not responsible for inaccurate information if the office is not notified of changes. All changes must be made by completing a file maintenance form (available in the business office). All applicable departments will be notified. Verbal changes will not be accepted.</p>
<p><b>Mental Health</b></p> 	<p>Being mentally healthy during childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities. Like physical health, VCS is concerned about the mental health and well being of all of our students. While we are not mental health professionals, we understand that childhood mental disorders can be treated and managed. Parents and doctors should work closely with everyone involved in the child’s treatment-teachers, coaches, therapists, and other family members.</p>

<p><b>Mental Health continued</b></p>	<p>Taking advantage of all the resources available will help parents, health professionals and educators guide the child towards success. Early diagnosis and appropriate services for children and their families can make a difference in the lives of children with mental disorders.</p> <p>For more information and guidance if you suspect your child is struggling emotionally or mentally, please click the links below:</p> <p><a href="https://www.cdc.gov/childrensmentalhealth/basics.html">https://www.cdc.gov/childrensmentalhealth/basics.html</a>  <a href="https://www.nami.org/Blogs/NAMI-Blog/May-2018/Ensuring-Your-Child-is-Supported-at-School">https://www.nami.org/Blogs/NAMI-Blog/May-2018/Ensuring-Your-Child-is-Supported-at-School</a></p>
<p><b>Bullying</b></p> 	<p>Bullying is a widespread problem that appears in schools at all grade levels and in every country where it has been studied. While VCS is strongly committed to the development of Christian character and values, it does not mean we are immune to bullying. We have a zero tolerance policy toward bullying and ask parents to partner with us to mitigate the occurrence of bullying on and off campus. If at any time you become aware of bullying behavior against or from a VCS student, we ask that you call your child's school administrator as soon as possible so that the administrator can act to resolve the behavior and provide help and support to the affected parties.</p> <p>For more information and guidance on bullying and bullying prevention, please click the links below:</p> <p><a href="https://www.stopbullying.gov/">https://www.stopbullying.gov/</a>  <a href="https://www.pacer.org/bullying/info/facts.asp">https://www.pacer.org/bullying/info/facts.asp</a>  <a href="https://www.dosomething.org/us/facts/11-facts-about-bullying">https://www.dosomething.org/us/facts/11-facts-about-bullying</a>  <a href="https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/bullying-information-for-parents">https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/bullying-information-for-parents</a></p>