



# Health & Safety Information



**2024 – 2025  
school year**



# SICKNESS POLICY

If your child is sick with a cold, the flu, vomiting, diarrhea, a fever, a throat infection or another contagious illness or contagious rash please allow him/her to remain at home until he/she has recovered. If your child had a fever the night before, please do not just give a dose of fever reducer and then send him or her to school. In order for the child to return to school, the child should NOT need the fever reducer to keep the fever away.

**IF YOUR CHILD HAS ANY OF  
THE FOLLOWING SYMPTOMS  
PLEASE DO NOT SEND HIM  
TO SCHOOL:**

- Cold draining from nose
- Fever (100.4 or more)
- Pink Eye
- A throat infection
- Impetigo
- Vomiting
- Coughing
- Ringworm
- Diarrhea

If a child becomes sick while at school parents will be required to collect him /her within 30 minutes of being contacted. A child with a fever, diarrhea, vomiting may return after 24hrs of being symptom free (without medication). A child with ringworm, or another contagious rash must not return without a doctor's note stating that it is O.K. for him or her to return.



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*"We help families  
raise successful  
children through  
educational  
opportunities that  
develop positive  
self esteem."*

## 2024 / 2025 HEALTH AND SAFETY PROTOCOLS & PROCEDURES

Please be aware of the measures which have been implemented to keep our school community safe. These measures are mandated by the Ministry of Health. Our ability to remain open to the public is conditionally based on our enforcement of these procedures.

**Adults are asked to be transparent and honest about the health of your child – please let the staff know if there are any health concerns which we should be made aware of before dropping your child off at school.**

Parents will be notified immediately if any person who has had direct contact with your child is diagnosed with any communicable illness as per the recommendations of the public health dept.

Safety and cleaning protocols will be carried out as per the direction of Dayspring's Health and Safety committee directed by the Ministry of Health.

### Arrival:

1. Students should be taken out of the cars by their **parents who are asked to sanitize the child's hands at the door**. A staff member will receive the child at the school's entrance and take him/her to class.
2. Parents can enter the office area - if lunch tickets or other purchases must be made, **parents are asked to put exact change in an envelope** (provided by the school) and write the name of the child along with the items being purchased.

### In the classroom:

1. The classrooms will be sanitized at the beginning and end of each day. Frequently touched surfaces will be sanitized throughout the day.
2. We will limit the number of children in the classroom to 10 students at a time.
3. Student cubbies have been removed from the classrooms to have more spacious classrooms.

## **On the playground:**

1. Playground equipment will be kept safe and sanitized periodically.
2. Additional hand-washing stations have been set up under the lunch cabana. This will allow adults and students to have multiple hand-washing stations to wash their hands before re-entering the classroom.

## **Lunch & Snack Time:**

1. Students will eat snacks and lunch on the lunch benches outside.
2. Parents are reminded that our goal is to keep students healthy by offering healthy snack options. During the morning snack time, students will only be allowed to eat a fresh fruit or vegetable. Examples of appropriate snack options; carrot sticks, celery sticks, grapes, apples cut with lime squeezed on top to prevent browning, raisins, canned peaches, cut oranges, peeled & segmented tangerines.
3. Lunch is being offered by the school. Menus and tickets are available in your welcome package and in the office.

## **Sick Policy:**

1. The sick policy will be strictly enforced, a copy is attached. Children who have any indication of a fever, cough or any other type of sickness will not be allowed at school. Students who want to re-enter school after being sick MUST come with a doctor's note saying that it is okay for them to return to school.
2. Students who show visible signs of being sick while at school will be separated from the other students. A parent or guardian will be required to pick up the child immediately (with-in 30 minutes of being contacted).
3. Students who have constant runny noses should be screened for allergies. A doctor's note should accompany those students to school describing the nature of the allergy.



## **Supplies:**

1. In order to conserve space, students will only be able to bring one bag into the classroom. This bag **MUST** be able to fit inside the student's cubby. The school bag must be made of hard plastic or another material which can be wiped with sanitizing liquid – **no cloth lunch bags or back packs.**
2. Each student is required to bring a change of clothing in a clearly labeled large Ziploc bag. This will remain in the student's cubby until required. The clothing must be replaced once used. **All clothing must be clearly labeled with the child's name.**
3. Students will be required to bring the classroom supplies listed in the parents' handbook and in the welcome package



## **Miscellaneous:**

1. We recommend limiting the approved persons for pick up and drop off for safety reasons.
2. Parents or guardians who are showing any signs of sickness or who are asked not to come into the school. Parents or guardians who call the office in advance can have their child brought out to their car.
3. Frequent hand washing and use of hand sanitizer will be required of all students and staff.

**Please call the office 393-1879 or text the school cell 816-5729 or email: [info@dayspringbahamas.com](mailto:info@dayspringbahamas.com) / [dayspringbahamas@gmail.com](mailto:dayspringbahamas@gmail.com) if you need clarification**

**\*\* Please read the attached articles**



# Is Your Child Too Sick for School?

A sniffle. A cough. A sore throat. Children come down with illnesses big and small. Some are contagious, but some aren't. How do you know when to keep your child home from school?

## Ask Yourself 3 Things

The American Academy of Pediatrics recommends you answer a few key questions.

- 1. Does your child have a fever?** Fevers of 101 F or more are generally a sign of illness, so children should stay home from school.
- 2. Is your child well enough to participate in class?** If she seems too run down to get much out of her lessons, keep her home.
- 3. Does she have an illness like the flu or pinkeye?** If you think she might, don't let her go back to school until you know she's not contagious anymore.

**When Your Child Is Sick...** Here's what you need to keep an eye on:

- ⇒ Fever is a sign that your body is fighting the germs that are making you sick. It's a common symptom of infections like flu. **If it's 101 F or higher, wait until your child is fever-free for at least 24 hours without medication before sending her back to school.**
- ⇒ Diarrhea happens because of an infection, food poisoning, or medications like antibiotics. It can lead to dehydration, so give her a lot of fluids to drink. **Keep your child home until her stools are solid and your doctor gives the OK.**
- ⇒ Vomiting is another way our bodies get rid of germs. It's usually caused by a stomach virus or infection. **Keep your child at home if she has vomited twice or more in the last 24 hours. She can go back to school after her symptoms clear up or the doctor says she's no longer contagious.**

- ⇒ Severe cough and cold symptoms should keep your child home.  
A serious cough could be a symptom of contagious conditions like whooping cough, viral bronchitis, or croup. It can also be a warning sign of asthma or allergies.
- ⇒ Sore throats can be a symptom of a common cold or strep. If she has a mild cold, she can go to school. If your child's been diagnosed with strep throat, keep her at home for at least 24 hours after she starts antibiotics.
- ⇒ Pinkeye (conjunctivitis) is contagious, and a child should stay home for the first 24 hours after treatment begins. Symptoms include eye redness, irritation, swelling, and pus.
- ⇒ Headaches can be a symptom of contagious illnesses like the stomach flu, respiratory flu, meningitis, and strep throat. Experts disagree on whether a child should be kept home with a headache. If she doesn't have any other signs of illness and feels fine, she can go to school.
- ⇒ Rashes can be a sign of contagious illnesses like chicken-pox, bacterial meningitis, or impetigo (a skin infection). Keep your child home until she's been diagnosed. She can come back to school after her symptoms are gone and the doctor gives the OK.
- ⇒ Ear infections aren't contagious. There's no need to keep a child with a mild earache home, as long as she feels well enough to concentrate.
- ⇒ Mild cold or respiratory symptoms don't have to sideline your kid - but keep in mind that even if her nose runs clear and her cough is mild, she may still pass the virus to somebody else.



# The 5 most common childhood illnesses

*As a parent if you know the symptoms of the most common childhood illnesses you can catch them before they progress too far.*

Children are prone to illness more than adults as their immune systems are still developing. Knowing the signs and symptoms can help you get them the right treatment early.

**Ensuring your child has a balanced and varied diet will also keep them healthy and boost their immune system for when they do pick up a bug. Fresh fruits and vegetables should be consumed daily as well as quality fats, wholegrains and lean proteins.**

**A good, quality multivitamin will cover any nutrients that they might miss in their diet and help to keep their immune system strong for when these common childhood illnesses strike:**

- 1. Common cold:** Most children will get up to five colds a year and this is probably the most common reason children miss school. Symptoms include a sore throat, headache, loss of appetite, mild fever and a blocked/ runny nose. Most colds clear up on their own but you can use supplements which contain added zinc, Echinacea and vitamin c which have all been shown to shorten the duration of the cold.
- 2. Chickenpox:** A contagious illness that causes an itchy rash and red spots all over the body. Symptoms develop about 14 to 16 days after exposure to the virus and include a fever, headache, cough, and a sore throat. The itchy rash appears after the first symptoms start and it can take up to 10 days until a person is no longer contagious. Vitamins believed to be beneficial to those suffering from chicken pox include vitamin B-12, vitamin A with beta carotene, and vitamins D, E, and K.
- 3. Conjunctivitis:** Commonly known as pinkeye, is an inflammation of the conjunctiva. It is very common in children, mostly because it is highly contagious. It is caused by many of the same bacteria and viruses responsible for colds. Foods rich in Vitamin A and B2 may also be helpful in the treatment of conjunctivitis.
- 4. Gastroenteritis:** A primary cause of diarrhea, nausea and vomiting most often caused by the rotavirus infection, or from E. coli, or Salmonella, parasites. Symptoms typically include abdominal cramps but may also include a fever, nausea, vomiting and dehydration. An over-the-counter probiotic can help shorten the duration of the illness and rehydrate drinks will prevent dehydration.
- 5. Hand, foot and mouth disease:** Primarily caused by enteroviruses. Symptoms include a low-grade fever followed by sores or blisters in the mouth, on the palms, fingers, soles of the feet, and on the buttocks. It is contagious and treatment includes pain medication. Some studies have shown a deficiency in vitamin A can worsen the disease, so eating a diet rich in leafy greens, squashes and liver can help shorten the duration of the illness.