



Health Commitment

Madrona School teachers share your desire for both the physical and inner health of your child and delight in seeing rosy-cheeked, bright-eyed children engaged in vigorous play and work. Teachers are happy to discuss your child's health with you at any time. Well-rested children who dress warmly and eat a wholesome diet are best prepared to withstand the onslaught of winter colds and ailments. We respect that parents may choose from a range of alternative and traditional approaches to promote their children's health, and we wish to support parents in all their efforts to build health in their children.

You are required to keep your child home if they exhibit the following symptoms:

- Fever or chills
- New or undiagnosed cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- New or undiagnosed congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Lice
- Any ailment that causes you to give them pain relieving medicine

*You must keep your child home for at least a full 24 hours after their last episode of fever, vomiting or diarrhea.

If you have COVID-19, you must stay home for a full five days after your symptoms appear or you test positive. Please refer to the Washington State Department of Health Symptom and Exposure Flowchart to determine when to return to school:

<https://doh.wa.gov/sites/default/files/2022-03/820-229-SymptomExposureFlowchartK12SchoolsChildCare.pdf>

Madrona School staff and faculty reserve the right to send any child home who exhibits the above symptoms. We appreciate all your efforts to keep your family and the entire Madrona Community healthy.

I have read and understood the above Health Commitment. I agree to comply.

Parent #1 Signature

Date

Parent #2 Signature

Date