



BPC Health and Wellness Policy for 2025–26 School Year

General Health Guidelines

At Black Pine Circle School, we are committed to promoting the health and wellness of our students, staff, and community. We ask all families to adhere to the following guidelines to help maintain a healthy school environment:

1. Illness and Attendance

- Students who are ill or present symptoms of any contagious illness (such as flu, COVID-19, chickenpox, strep throat, conjunctivitis, etc.) should not attend school.
- If a child has a fever, they **must be fever-free for at least 24 hours without the use of fever-reducing medications before returning to school.**
- Students should only return to school when they are feeling better and exhibit minimal symptoms.
- If your child has head lice, please inform the upper or lower school office before sending them to school. For BPC's head lice policy, click [HERE](#).

2. Hand Hygiene

- Students are encouraged to wash their hands regularly with soap and water for at least 20 seconds.

3. Respiratory Etiquette

- Students should cover their mouths and noses with a tissue or their elbow when coughing or sneezing.
- Used tissues should be disposed of immediately, and hands should be washed or sanitized afterward.

4. Vaccinations

- Families are encouraged to ensure their children are up-to-date with all recommended vaccinations.
- The school may request documentation of vaccination status as required by local health authorities.

Please note that BPC is a nut/sesame seed/sesame seed byproduct-aware school. (See our policy [HERE](#).)

Communicable and Airborne Disease Policy

Black Pine Circle School will be treating communicable and airborne diseases (including COVID-19) as we do other viruses. The following policies are in place:

1. Stay Up to Date on Vaccinations

- We encourage children, families, and staff to stay up-to-date on recommended vaccinations.

2. Optimize Indoor Air Quality

- To increase the circulation of outdoor air, classroom windows will be open when practicable. The school will continue to implement our ventilation and filtering procedures, including HVAC/MERV-13 air filters.
- 3. Masking**
 - High-quality, well-fitted face masks are effective tools for protecting oneself and others. While masking is not required or enforced by the school, we encourage families to have their children wear masks if they are experiencing mild symptoms of illness.
- 4. Managing Individual Symptoms**
 - We ask families to follow general health guidelines if their children are ill and presenting symptoms of a communicable disease (including COVID-19):
 - Students should not attend school if they have a fever. They may return once they have been fever-free for at least 24 hours without the use of fever-reducing medication and show reduced symptoms.
 - Students may return to school when they are feeling better and have minimal symptoms.
- 5. Reporting and Notifications**
 - Black Pine Circle will continue to monitor guidance from OSHA, CDPH, the CDC, and local health authorities, updating our policies as needed. The school will report any communicable or airborne diseases in accordance with the current guidelines.
- 6. Cleaning Facilities**
 - Daily cleaning with water and mild detergent is generally sufficient. Additional sanitization may be necessary during outbreaks.
 - When disinfectants are used, they will be asthma-safer products.
 - The school ensures that staff and/or outside cleaning companies follow recommended cleaning, sanitizing, and disinfection practices.
- 7. Communication and Resources**
 - Families will be notified promptly of any significant changes to our health and wellness policy.
 - On March 10 2025, the California Department of Public Health (CDPH) released the ["Public Health Guidance for TK–12 Schools and Child Care Settings to Support Safe In-Person Services and Mitigate the Spread of Communicable Diseases"](#). For the latest information and updates, you can visit the [CDPH's Office of School Health webpage](#). This guidance provides a framework to help reduce the spread of communicable diseases and strengthen coordination between local public health and education partners.

Ongoing Policy Review

Black Pine Circle School is committed to regularly reviewing and updating our health and wellness policy in accordance with the latest guidelines and recommendations from health authorities. We appreciate the cooperation and support of our families in maintaining a safe and healthy school environment.

For any questions or concerns regarding the health and wellness policy, please contact the school administration. Thank you for your cooperation in helping to keep our school community healthy and safe.