

Weather & Emergency Information

Weather/Emergency Closures

When weather or emergency conditions happen, visit school district websites, watch television, or listen to the radio to see if your school district is closed or has a late start.

Classrooms will be closed if the school district is closed. If the school district has a late start, Head Start/ECEAP morning classes will be canceled and afternoon classes will open at their usual time. In some cases, canceled classes may need to be made up. Please use caution when driving in inclement weather.

Disaster Emergency Procedures

Classrooms located in school district buildings participate in the school's official disaster/emergency plan. Classrooms in other buildings develop their own plans.

Disaster Preparedness in the Classroom

We practice monthly fire drills and quarterly earthquake drills. We have disaster kits and 72-hour food supplies for both classrooms and play and learn groups.

For more info visit:
www.redcross.org

Classroom phone number:



A PROGRAM OF



IN PARTNERSHIP WITH



360-478-6889
1-800-201-1300
earlylearning@oesd114.org
www.oesd114.org



105 National Avenue N Bremerton, WA 98312



health & safety information



head start, early head start & ECEAP programs

hand washing

Hand washing stops the spread of germs and promotes healthy homes and classrooms.

When should you wash your hands?

- Before eating or preparing food
- Before and after treating a cut or wound
- After using the toilet, changing a diaper, or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After being outdoors







How should you wash your hands?

1. Wet your hands with clean, running water.
2. Apply soap and lather your hands by rubbing them together.
3. Scrub your hands for at least 20 seconds. (Need a timer? Hum the *Happy Birthday* song from beginning to end twice.)
4. Rinse hands well under clean, running water.
5. Dry hands using a clean towel or air dry them.



Good nutrition and plenty of activity are key to a young child's growth and development. Healthy behaviors between birth to age 5 have a lifelong impact on a child's quality of life.

- 5** or more fruits & vegetables 
- 2** hours or less recreational screen time 
- 1** hour or more of physical activity 
- 0** sugary drinks, more water & low fat milk 

when to keep your child home

To keep our classrooms healthy, keep your child home from school until:

- Child has been fever-free for 24 hours without the use of fever-reducing medications
- Child can tolerate a normal diet without vomiting two or more times within 24 hours
- Child has no loose stools for 24 hours
- Child's open/oozing sores have been medicated with antibiotics for 24 hours and/or the sore is covered with a bandage
- Child's suspected communicable infections have been treated for 24 hours
- Child's rashes have been identified as non-communicable by a health care provider

low iron/anemia

When iron stores in the body are depleted, your child is at risk of anemia.

Steps to prevent low iron anemia include breast feeding or using iron fortified formula until age 1, encouraging a balanced diet, and pairing vitamin C-rich foods such as citrus fruits, broccoli, tomatoes, or potatoes with iron rich foods to help promote the absorption of iron.

Screening takes place by your child's health care provider between 9-12 months.

Talk to your child's provider for more information on how to test for low iron/anemia.

high blood lead levels

Has a health care provider screened your child for risk of lead poisoning?

Screenings takes place by your child's health care provider between 12-24 months.

A build-up of lead in the body can affect physical and mental development. Symptoms in children can include irritability, loss of appetite, fatigue, abdominal pain, developmental delays, or learning difficulties.

Talk to your child's doctor for more information about lead exposure or to request a blood lead test for your child.

Sources: Washington State Health Care Authority, Mayo Clinic, Centers for Disease Control and Prevention (CDC)