



Health and Wellness Manual

2022 - 2023

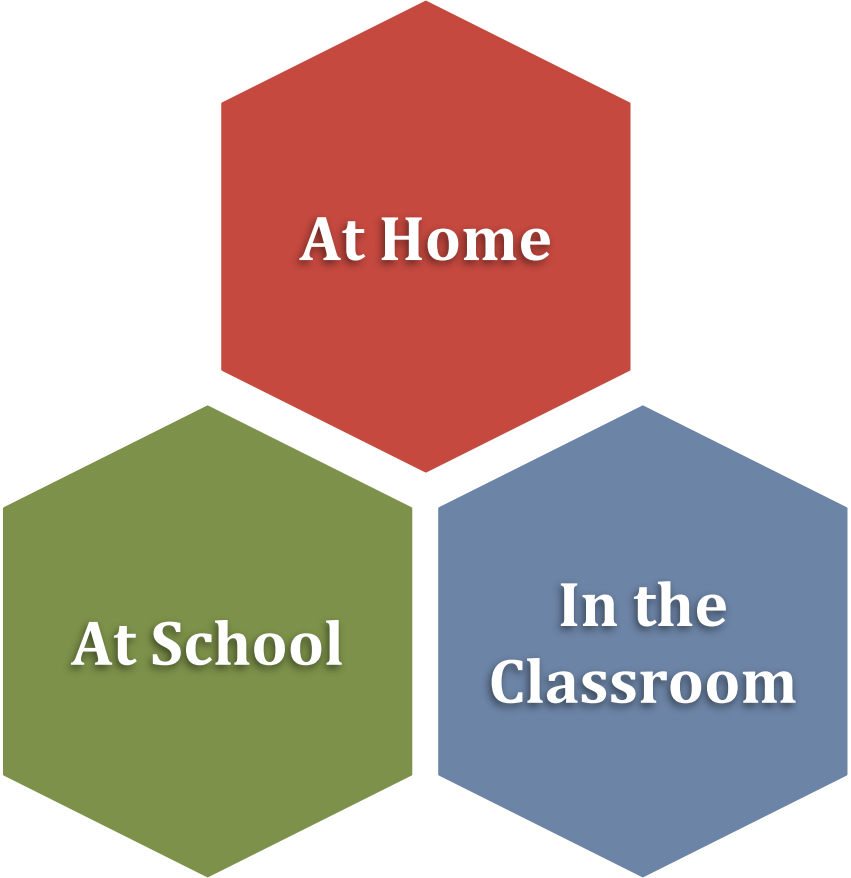
Disclaimer

This manual contains general guidance to assist schools, administrative sites, parents, and families in navigating health and wellness considerations for communicable and infectious diseases. This document is to be used in conjunction with guidance from your health care provider and/or guidance from your local health department.

*The information contained in this presentation comes from reputable sources and is current as of 8/30/22.



Promoting a Healthy and Safe Learning Environment



Promoting risk reduction through a great culture of teaching



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Section 1: Student Wellness

Whole School, Whole Community, Whole Child

Orange County Public Schools (OCPS) integrates the Whole School, Whole Community, Whole Child, or WSCC model provided by the Centers for Disease Control and Prevention (CDC) to address health in schools. The WSCC model is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement, and the importance of evidence-based school policies and practices.

The WSCC model has 10 components:

1. Physical education and physical activity
2. Nutrition environment and services
3. Health education
4. Social and emotional climate
5. Physical environment
6. Health services
7. Counseling, psychological, and social services
8. Employee wellness
9. Community involvement
10. Family engagement



Hygiene Tips

Sleep Hygiene

Sleep hygiene refers to good sleeping habits. A good rest of 8 to 12 hours helps students focus not only on schoolwork but also personal health, it increases concentration, and is known to improve academic performance.

Below are tips to personalize your sleep hygiene:

- Make sure to dedicate time away from electronics to wind down for sleep
- Try to sleep the same time every night
- Avoid large meals and caffeine before bed to increase your chances for a restful sleep

Personal Hygiene

Good personal hygiene practices are also linked to academic performance. School staff and students can maintain good personal hygiene.

Some examples of good personal hygiene practices are:

- Washing your body
- Brushing your teeth
- Covering your mouth when you sneeze



Handwashing

Handwashing is one of the best ways to protect yourself and your family from getting sick.

After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, counter tops, chairs, sinks, shared pens, elevator buttons, and microphones, please sanitize your hands before touching your eyes, nose, or mouth because that's how germs enter our bodies.



You can keep yourself and others safe by washing your hands, especially from any communicable and infectious diseases. The times when you are likely to get and spread germs include, but are not limited to:

- Before, during, and after eating food
- After entering a building or school
- Before and after handling papers that are not your own
- Before and after treating a cut or wound
- Before taking medication
- After using the restroom
- After blowing your nose, coughing, or sneezing
- After handling your cellphone that has been placed on a table or other area that is not your own
- After touching a recycling or garbage receptacle



Nutrition and Exercise

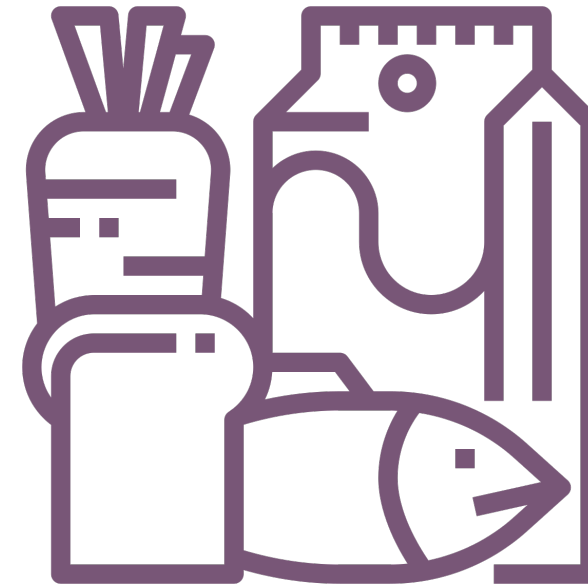
Nutrition & Exercise

According to the CDC, school nutritional services provide students with opportunities to learn about and practice healthy eating. The explorations of health, diet, and exercise have a positive impact on your body and mind. Some ways that schools assist students in the elements of nutrition and exercise are:

- Food plate and pyramid education
- Planting gardens on school campuses
- Offer special food diets for allergies
- Physical education programs
- Outside play/recess

*School Wellness Policy: [Local School Wellness Policy](#)

*CDC: [Nutrition Education in US Schools](#)



Self health monitoring includes paying attention to your bodies response to nutrition and exercise.



Access

OCPS has many health partners in the community to assist students with health needs. A qualified health professional can answer questions, such as those relating to mental and physical wellness.

Please take a look at the OCPS Health Services and Student Services website to obtain the contact information of health professionals in your area.

- Student Services: [OCPS Student Services](#)
- Student Health Services: [OCPS School Health Services](#)



Resources

The Florida Department of Health (FDOH) Orange has programs and services available for all Orange County residents. Local providers or programs can assist you with obtaining health insurance, accessing health care, acquiring immunizations and viewing immunization schedules, obtaining physicals, offering tips on healthy living, and visiting your school to provide health education on local programs.

Please visit the site below for more information:

- [FDOH Orange Programs and Services](#)



Addressing Homelessness

The state of Florida finds it essential to address homelessness. Reaching out for help increases wellness and well-being. Programs can offer assistance with:

- Nutrition
- Healthcare
- Resilience
- Stable housing
- Career building
- Safety
- Trauma



Helpful Resources:

- [Orange County Government Florida](#)
- [Florida Department of Children and Families](#)
- [Florida Coalition to End Homelessness](#)
- [HUD](#)



Healthy Learning Environment

OCPS coordinates with the FDOH Orange in protecting children from certain symptoms of communicable diseases. If a student has any of these symptoms, please do not send the student to school. Bringing a student to school with any of these listed symptoms/conditions, puts other children and staff at risk of getting sick.

- APPEARANCE/BEHAVIOR: Unusually tired, lack of appetite, complaints of not feeling well, headache or complaints of pain.
- EYES: Drainage, mucus, or pus from the eye(s). Itchy, red, or swollen eye(s).
- FEVER: Temperature 100.4- children must be fever free for 24 hours without medication.
- COUGH/NOSE Discharge: Chronic cough or greenish nose discharge, should be seen by a health care provider. These conditions may be contagious and require treatment.
- SORE THROAT: Swollen glands in neck, pain when swallowing or fever.
- DIARRHEA: 2 or more watery stools in a 24-hour period, especially with fever.
- VOMITING: Vomiting 2 or more times in the past 24 hours.
- RASH: Body Rash- with fever or itching. Pimples, boils, or small circular itchy patches and any open draining areas should be evaluated by a health care provider.
- SCABIES: Children may return to school after proof of treatment (24 hours after treatment has started).
- IMPETIGO: Children may return to school after being symptom free (24 hours after treatment has started).
- EAR: Complaining of ear pain, drainage from the ear, foreign objects in the ear or holding the ear.
- LICE: Children may not return to school, until they have been treated and are free of lice and nits (eggs). Refer to the OCPS No Lice No Nit paperwork.

***If at any time school staff believes a child is medically in danger or unhealthy enough to remain on campus, a parent/guardian and/or 911 will be called.**



Healthy Learning Environment

A list of reportable diseases is located on your local health department website. Students are to stay home if diagnosed by their health care provider and return with a physician's note. For more information on reportable diseases please contact the county epidemiology department:

- [FDOH Orange Epidemiology](#)



A DH 680 Proof of Immunization record is a form needed for school entry.

- For more information please call 407.723.5004.
- Appointments can also be scheduled by following the QR code.

[FDOH Orange Appointment Link](#)

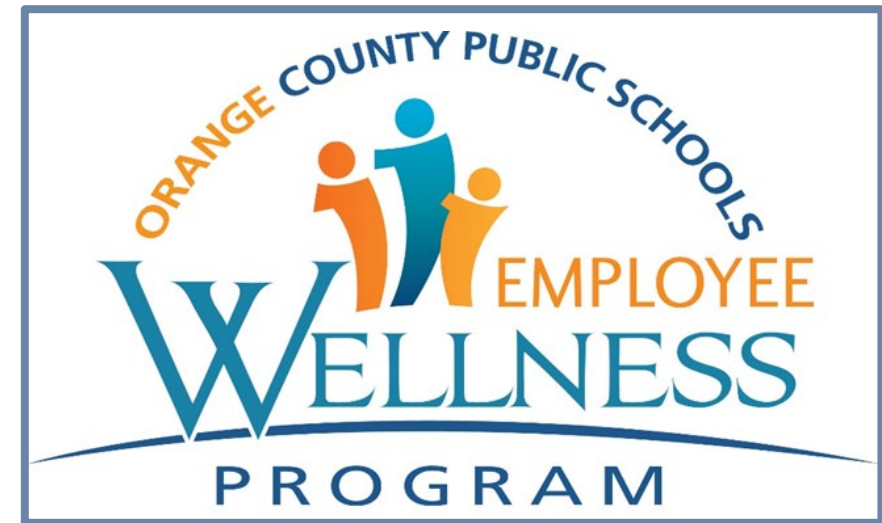




Section 2: Employee Wellness

Employee Wellness Program

OCPS believes that a healthy staff can more effectively perform their duties and model appropriate wellness behaviors to students. The [OCPS Employee Wellness Program \(EWP\)](#) is designed to reach all employees at various levels of interest and need. As a self-insured entity, we strongly support wellness activities that encourage our employees to play an active role in their health status. We offer preventive and disease management programs with a full continuum of prevention, early detection, and health maintenance components.



Employee Assistance Program

The Employee Assistance Program (EAP) is a confidential and professional service available to all employees and their household members, regardless of insurance coverage. The EAP is available 24 hours a day, 7 days a week. Visits are available telephonically, via video or face-to-face. Employees and household members are eligible to receive five free sessions per issue, per year. In addition to counseling, EAP offers services for work/life support, elder care, childcare, financial services, legal services, access to webinars, and more!



Employee Health Plans

OCPS employees and their dependents enrolled in one of the OCPS medical plans can access care through the 24-hour Health Information Line, Virtual Care (telephonic or video), or face-to-face with their in-network provider. Access all of these services through www.myCigna.com. OCPS employees who are not insured through an OCPS medical plan should contact their insurance company for information on how to access care.



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- Orange County Public Schools. (n.d.). *Student services*. https://www.ocps.net/departments/student_services



Additional Resources

For any additional guidance and resources, please contact the appropriate district office or your local health department.

- District Main Line: 407.317.3200
- Employee Hotline: 407.250.6269
- District Website: www.ocps.net
- Florida Department of Health in Orange County:
 - <https://orange.floridahealth.gov/>
 - Contact Line: 407.858.1400



Our Promise. Your Support. Their Success.

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