

➤ Health and Wellness- We Are in This Together

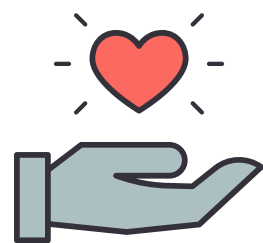


Health and Wellness Pledge: A Family Commitment

We are asking all of our families to commit to supporting MCH's health, wellness and safety protocols. Families must agree to keep children home when they are not feeling well, have COVID-like symptoms or have potentially been exposed. We also are asking families to agree to pick their children up promptly if they are notified by the school that their child has any symptoms of illness.

Each family will be required to complete the MCH Health and Wellness Pledge, which will be sent out with August Enrollment Packets. This must be completed prior to the start of school.

➤ You Can Help!



Keeping Children Emotionally Safe

- Ask how they are feeling and give them space to share and ask questions.
- Maintain a routine at home to provide stability.
- Continue reassuring them that the adults in their lives are there to support their well-being, both physically and emotionally.
- Reach out for help. Your child's teachers and [Student Support Director](#) are available for support.



Teaching and Encouraging Health Protocols

- Visually show and practice keeping six feet apart.
- Practice wearing a cloth face covering.
- Encourage frequent hand washing and use of hand sanitizer.
- Practice coughing and sneezing into elbows.
- Add daily temperature checks to the morning routine.



Maintain Preventative Health Measures

- Continue regular doctor visits and well-child appointments.
- Keep immunizations and physicals current.
- Encourage lots of physical activity and time outside.