

St. Andrews International School Samakee

Document Information			
Policy Number:	PO-H&S-6	Created by:	Headteacher
Reviewed by:	All Teachers	Responsibility:	All Staff
Last Review:	9/2025	Next Review:	9/2027
Review Cycle:	Triennial	Ratified by:	SLT

Good Health Policy

Policy and Practice Statement

At St. Andrews we view the health of children to be of paramount importance and include parent information on the following topics for guidance.

- Sun Sense
- Medication
- Illness

Sun Sense

A sunny day beckons children to come out to play, please remember though, whereas a small amount of sunlight can be healthy, too much can lead to painful burns. We plan outdoor activities that ensure children spend time in shady areas and encourage frequent fluid intake. During exceptionally hot weather we do take additional precautions at school; Outdoor playtime is reduced, children are encouraged to play only in the shade, and extra fluid intake is actively encouraged. Please help us to protect your child by providing a sun hat for him/her to wear each day. Hats are kept in school during the week and sent home on Fridays for washing.

Medication

If your child is taking any form of medication please check with your pediatrician before allowing your child to return to school, your doctor may have good reason for not allowing interaction with others for an appropriate period of convalescence. If your child is permitted to return to school but requires medication please observe the following precautions.

It is a dangerous practice for children to get into the habit of taking any medication without the supervision of an adult. Therefore please do not allow your child to bring any medication to school without our prior knowledge. Please hand all medication to the school nurse personally with clear instructions in English. The nurse will dispense the medication at the appropriate times.

Illness

Please make sure your children are completely restored to health before returning to school. We ask that children do not return to school until successful completion of any recommended medication in

St. Andrews International School Samakee

order to minimise the danger of transmission of the infection to other children, their families, and staff. We hope that your cooperation will help us to maintain a healthy environment for everyone.

It is always important to seek the advice of a qualified medical doctor whenever there is any doubt regarding the health of your child but we have established the following guidelines for your information.

Please note that if Primary and Upper Students are well enough to be in school they should participate in all activities including PE and Swimming. Medical notes are required if this is not possible. Thank you.

Student illness during school

Students who become ill during the school day will be sent to the school nurse. Parents will be notified when a child becomes too ill to continue with the school day. Maintaining current telephone and emergency numbers is essential. It is the responsibility of the parent or guardian to arrange transportation if it is necessary for the child to go home.

Parent Information

Some guidelines when your child complains of not feeling well on a school day:

One of the problems confronting parents of school age children occurs when a child complains of not feeling well on a school day. A decision must be made as to whether the child stays home or goes to school. What do you do? How do you make the right decision? You don't want to keep him home if he really isn't sick, and you also don't want to send a sick child to school.

This information is intended to provide guidelines to be followed until your doctor can be contacted for his opinion.

COLD, SORE THROAT, OR COUGH

The common cold presents the most frequent problem to parents.

A child with a "heavy" cold, runny nose and a hacking cough belongs home in bed, even though he has no fever.

If your child complains of a sore throat and has no other symptoms, he may go to school. If white spots can be seen in the back of the throat or if fever is present, keep him/her home and arrange to see your doctor.

FEVER

A fever is a warning that all is not right with the body. The best way to check for fever is with a thermometer. No child with a fever of 100 °F (37.8°C) or more should be sent to school.

When no thermometer is available, check your child's forehead with your cheek. If it is hot, keep the

St. Andrews International School Samakee

child home until fever can be checked with a thermometer.

Do not allow your child to return to school until he/she has been free of fever for 24 hours without the use of fever-reducing medication.

On arrival at school every day your child will be checked for a fever by the school nurse, children who show signs of fever are sent home.

HEAD LICE

Head lice may cause intense itching of the scalp. Check the hair, particularly behind the ears and at the back of the head, for head lice and their tiny white eggs attached to the hair. Caution your child against sharing anyone else's combs and brushes or clothing, especially hats.

This information is intended to provide guidelines to be followed until your doctor can be contacted for his opinion.

PAIN

→ **Earache**--Consult your doctor without delay.

→ **Headache**--A headache may be a sign of an elevated temperature. If the temperature is normal a child whose only complaint is a headache, usually need not be kept at home. Frequent headaches may be a sign of a need for an eye exam or perhaps a visit to the doctor for allergy or migraine headaches testing.

→ **Toothache**--Please contact your dentist. It is difficult to concentrate on schoolwork while experiencing dental pain.

PINK EYE

Conjunctivitis, either bacterial (Pink Eye) or viral can be highly contagious and uncomfortable, so take heed when your child complains of an eye or eyes burning, itching and producing a discharge. Treatment includes good hand washing, isolation of infected bedclothes to prevent the spread to others, and the use of prescription eye drop for at least 24 hours before the child may return to school.

RASH

A rash may be the first sign of one of childhood's many illnesses, such as chickenpox or ringworm.

A rash, or "spots," may cover the entire body or may appear in only one area.

Do NOT send a child with a rash to school until your doctor has said that it is safe to do so.

STOMACHACHE, VOMITING, OR DIARRHEA

Consult your doctor if your child has a *stomachache* that is persistent or severe enough to limit his/her activity.

St. Andrews International School Samakee

If *vomiting* occurs, keep your child home until he can keep his food down.

A child with *diarrhea* should be kept at home.

FLU POLICY

WHAT CAN WE DO TO PROTECT OTHERS AND OURSELVES AGAINST FLU?

The best thing we can do to protect ourselves, the children, parents and school staff is to follow good hygiene practices. These will help to slow any spread of the virus and will be the single most effective thing we can do to protect others and ourselves from infection.

When you cough or sneeze it is especially important to follow the rules of good hygiene to prevent the spread of germs:

Always carry tissues.

Use clean tissues to cover your mouth and nose when you cough and sneeze.

Bin the tissues after one use.

Wash your hands with soap and water or a sanitiser gel often.

There's a simple way to remember this:

CATCH IT, BIN IT, KILL IT.

DO I NEED A FACE MASK?

The available scientific evidence shows that these basic facemasks don't protect people from becoming infected. The best way to protect ourselves and stop the spread of flu viruses is by using and disposing of tissues and washing our hands, as explained above.

Remember to CATCH IT, BIN IT, KILL IT.

WHAT ARE THE SYMPTOMS?

Some of the symptoms are the sudden onset of **fever**, **cough** or **shortness of breath**. Other symptoms can include headache, sore throat, tiredness, aching muscles, chills, sneezing, runny nose or loss of appetite.

WHAT SHOULD I DO IF MY CHILD HAS THESE SYMPTOMS?

Keep your child at home and visit your doctor if symptoms persist.

St. Andrews International School Samakee

WHAT WE DO AT SCHOOL

- If a child arrives at school with flu-like symptoms, including fever, cough, runny nose, sore throat, aches, headaches, chills and fatigue, they will be quarantined in the nurse's room, sent home, and parents will be asked to seek medical advice from their health care provider.
- Parents are requested to keep ill children at home and limit contact with others to keep from infecting them.
- Individuals can return to school and normal activities 7 days after the onset of flu-like symptoms.
- All children, parents, carers, visitors and staff are requested to clean their hands using cleaning gel provided at the entrance of the school.
- The cleaning staff wipes down common surfaces with a germicide throughout the day.
- All school air conditioners are cleaned regularly and classrooms aired.

MEDICAL ROOM

- Our medical room is used by the school nurse for the care of children who feel ill during school hours.
- This room is well stocked by the school nurse and prepared for children who become ill at school.