Culford School

Health Promotion and Screening Policy

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V2.0

Contents

1. Rational....3
2. Aim....3
3. Delivery of Service....3
3.1 Health Promotion....3
3.2 Health Screening....4
3.3 Disease Prevention....4

1. Rational

Early school health promotion and screening initiatives were developed in the tradition of the medical model to prevent specific diseases or health problems. Traditionally the school nurse role was considered to be reactive rather than pro-active. However, we recognise that programmes need to be developed to address the major public health problems of today, including drug and alcohol misuse, smoking, healthy eating, physical activity, mental illness, obesity and sexual health.

2. Aim

Our aim is to deliver a holistic programme of initiatives that promote the health and well-being of our students and staff as well as to prevent disease.

By offering a Health Promotion and Screening Programme, we believe it will foster: -

1. development of good relationships within the school
2. the promotion of staff health and well-being
3. promotion of self-esteem among pupils
4. consideration of staff exemplars in health-related issues.

3. Delivery of Service

3.1 Health Promotion

Health promotion initiatives are offered and delivered across the whole school to both pupils and staff by the Nursing Team.

Pupil health promotion is offered in a variety of ways and has been deliberately left 'fluid' so as to be able to react to the demands of the school as and when required.

Examples of involvement include:

- Small group specific sessions
- Notice board Information
- Poster/leaflet campaigns, including health promotions board situated in Ashby dining hall.
- Teacher/parent Advice
- Head Lice Prevention (bug busting)
- Awareness campaigns e.g. sun awareness, water intake, back care
- Teaching health related topics in the PSHE Learning for Life programme
- Termly health e-newsletter Health Matters covering seasonally, age appropriate, and contemporary topics

3.2 Health Screening

Health Screening is offered and delivered across the school by the Nursing Team. Screening is in line with school policy e.g. for new boarders but also national guidelines e.g. rising 5's checks.

Examples of screening include:

- Initial Medicals for New Boarders by nurse, but with criteria for GP review.

Current criteria for GP review; underlying medical condition, new concerns raised at time of screening, overseas pupil whose country of origin is considered to be developing country and routine healthcare/vaccines may not be established.

- Annual Heights and weights of all boarders
- Rising 5's check – in line with current government guidelines, height, weight, vision and hearing test for all reception age children
- Chlamydia Screening – outside agency/community services
- Half termly 'Health Visitor style clinics' for Pre-Prep and Prep parents to facilitate regular access to a nurse to allow parents to ask child growth and development questions

3.3 Disease Prevention

- HPV vaccines are offered and delivered to Year 8/U3 boys and girls (as per Dept of Health policy) this vaccine is delivered by the Suffolk Immunisation team at the medical centre during the school day.
- Meningitis ACWY and Td/IPV is offered and delivered by the Suffolk Immunisation Team in Year 9/F4
- COVID 19 vaccine school vaccine programmes
- Routine childhood immunisations and travel vaccines that are required (as per Dept of Health policy) are administered for all boarders that are registered with the school GP. These are given at the medical centre during the school day, under patient specific directives.
- Asthma checks are carried out annually or more frequently if required on all asthmatic boarders registered with the school GP.
- Asthmatic day pupils are sent a school asthma card annually this completed by parents and held in the relevant school office.
- Healthy Weight Support Programme specifically aimed at boarders, individual programme developed by the school nurse and may involve support from a personal trainer (subsidised by the Health Centre).