



## Health and Safety Policy

### Academic Year (2016-2017)

**Purpose:** To ensure the health and safety of all students and staff

- Good nutrition, good hygiene and regular exercise will help student's ability to learn and achieve at school and throughout his/her life.
- Parents need to regulate children's sleeping time as good night sleep is essential to help children be active at school. At this age (3 to 5) children should go to bed between 7:00 pm and 9:00 pm and wake up at 6:00am so they should get at least 10 hours of sleep. At age 3 most children usually nap in the afternoon but by the age of 5 most of them do not need a nap.
- Updating the medical information about the child is the parents/guardians responsibility. Parents should contact the admin/nurse for any concern.
- If the student has temperature, he/she should not be attending school and the parents should notify the school.
- If your child contracts a contagious illness he/she must be kept at home and the nurse should be notified immediately. The child cannot return to school unless he/she brings a medical certificate, which indicates freedom from infection.

### **Some typical infection symptoms**

- **Chicken pox:** a slight fever runny nose and rash that begins as raised pink spots that blister and scab.
- **Measles:** fever, tiredness, runny nose, cough and sore red eyes for a few days, followed by red blotchy rash that starts on the face and spreads down the body and lasts four to seven days.
- **Conjunctivitis:** the eye feels scratchy, is red and may water. Eyelids may stick together during sleep.
- **Impetigo (school sores):** small red spots change into blisters that fill with pus and become crusted. Usually on the face, hand and scalp.
- **Ringworm:** small scaly patch on the skin surrounded by a pink ring.

### **Head lice**

Head lice can be very annoying but they do not harm your child's health and they have no bearing on a child's hygiene. However, the school is very strict about this matter as head lice spreads easily from one person to another. This infection requires constant checking and disinfecting so any parent who refuses to cooperate with the school in this matter will risk losing their child's place for the next academic year.



The school nurse conducts regular checkup for head lice. If a child is found with head lice the following is done:

- The parent/guardian is contacted
- The student will remain in the clinic until the parent/guardian comes to pick him/her up.
- The parent will be provided clear guidance on for treatment and prevention of further infections.
- The absence of the student is compulsory for 2 days or until he/she is fully treated from the infection. After the student returns, a checkup will be conducted, if the problem remains, then the parent is obliged to keep the student at home until it is fully treated. The student's absence will be counted as sick leave.
  
- **It is parents/guardians' responsibility to:**
  1. Regularly check their child's hair.
  2. Keep long hair tied back or braided
  3. Keep a fine toothed comb in the bathroom and encourage all the family to use it when they wash their hair.

**Regular Checkups and Assessments:**

- The school Nurse maintains health records on each child and conduct regular tests for vision, hearing, height and weight.
- Parents are notified of any problems.
- Injured and ill children are assessed and treated accordingly.
- Teaching staff and support are trained in basic first aid and CPR.
- Regular fire drills will be conducted so students are aware of what to do in case of a fire.

\_\_\_\_\_

I, parent of \_\_\_\_\_ read, understood and will abide by the above detailed Policy.

Parent/Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Contact #: \_\_\_\_\_