



## Health and General Well Being

### Illnesses and Accidents

If your child is seriously injured or becomes ill during the day we will immediately contact you and/or obtain medical treatment. It is therefore very important that we have your current address and telephone number, as well as any emergency contact number. We provide written notification to parents for any first aid administered at school and will contact you in the event of a head bump/injury as soon as possible.

Please notify us of any changes or if your child is ill on the day of school by:

- calling the school on 82638333
- writing a note to your child's teacher via classroom electronic communication e.g. Seesaw
- or via our Skoolbag app using the e-forms link advising that your child is ill

Please contact us if your child has any of the following conditions:

Allergies requiring medication, Bee Sting allergy, Epilepsy, Asthma or the need for regular medication or precautions which must be taken during school hours. **An emergency action plan from your healthcare professional must be provided for treatment of the above conditions and updated yearly.**

If your child contracts an infectious disease such as measles, mumps etc. please inform the school as soon as possible.

When your child has contracted an infectious disease she/he must be excluded from school for specific periods. Follow the advice from SA Health. Periods of exclusion are as follows (extended list available [here](#)):

- Mumps Not less than 14 days, or for at least one week after the complete subsidence of all swelling, whichever is the longer period.
- Measles Not less than 7 days from the appearance of the rash and until there is no abnormal discharge from nose, eyes or ears.
- German measles (Rubella) Children must be excluded for not less than 7 days, or until a medical Measles certificate of recovery has been issued.
- Chicken Pox Children must be excluded for 7 days and suspected sufferers for 3 days.
- Ringworm If ringworms appear on an exposed part of the body they must be treated and covered, or the child must be excluded from school.
- School Sores Exclude until appropriate treatment has commenced. Any sores on exposed surfaces should be completely covered with a dressing.
- Conjunctivitis Children may be excluded until there is no discharge from the eyes.
- Hepatitis A Children excluded until a medical certificate of recovery is Hepatitis produced.
- Whooping Children excluded for 4 weeks unless medical certificate of recovery is cough produced.
- Head Lice Parents will be advised of head lice and effective treatment should be carried out with a suitable preparation available from the school or the chemist prior to the child returning to school. Please check all family members' hair regularly for lice.





- Influenza Exclude until well (at least 7-10 days for children)
- Viral gastroenteritis Exclude until no diarrhoea for at least 24 hours.
- Common cold Exclusion is **not** necessary, but a child with a cold should stay home until he or she feels well.
- COVID 19 Follow SA Health advice and DFE Testing, Isolating and Quarantine for School and OSHC Settings requirements.

Preventing the spread of infectious diseases:

Take precautions to prevent or minimise the spread of infectious disease. Basic precautions include:

- following [good hand and respiratory hygiene](#) including regularly washing hands and covering nose and mouth when sneezing and coughing
- treating all blood and body substances as potential sources of infection and use personal protective (eg gloves, glasses, face masks)
- using waterproof coverings over any break in the skin

Ensure children, young people and employees with symptoms and signs of an infectious disease such as fever, cold/flu, vomiting or diarrhoea:

- have limited contact with others
- are encouraged to seek medical attention
- follow [SA Health's exclusion from childcare, preschool, school and work](#)
- stay at home until symptoms have passed.

### **Student Mental Health**

Mental health refers to student cognitive, social and emotional wellbeing.

School staff are not trained to diagnose mental health conditions or provide therapy. Health professionals are responsible for diagnosis, assessment and treatment.

The school will support students to ensure they are safe, supported and connected to the health services they need.

Parents / caregivers can access support from:

- local child and adolescent mental health service (CAMHS)
- local hospital
- Women's and Children's Hospital.



## No Nut Products Please

We ask all parents to ensure that children do not bring food to school or preschool that contains nuts, especially peanuts. Nutella or hazelnut spread, all nuts, cooking oil and other food that may contain nuts. As we have young students in our school and preschool with nut allergies, it is imperative that we ensure their safety by not placing them at risk.

Students with nut/peanut allergies can sometimes only have a mild reaction and will react differently in terms of how quickly they may have symptoms. Some reactions can occur due to eating a particular food and can happen immediately or a person may not feel anything until a few hours after eating it.

Most reactions can

- affect the skin – in the form of red, bumpy rashes (hives) eczema, or redness and swelling in the mouth.
- the gastrointestinal tract - in the form of belly cramps, diarrhoea, nausea or vomiting
- the respiratory tract – symptoms can range from a runny nose, itchy, watery eyes and sneezing to the triggering of asthma with coughing and wheezing.

In really bad cases, nut and peanut allergies can cause anaphylaxis – a sudden, potentially severe allergic reaction that can involve various systems in the body (such as the skin, respiratory tract, and cardiovascular system). This can cause a person's blood pressure to drop, airways to narrow and tongue to swell, resulting in serious breathing difficulty, loss of consciousness and in some cases, even death. Anaphylaxis usually occurs minutes after exposure to a triggering substance, such as a peanut, but some reactions may be delayed by as long as 4 hours.

In addition to requesting that parents do not send food with nut products to the school, teachers will:

- Supervise students' at eating time
- Encourage them not to share food
- Encourage them to adopt hygienic practices and wash their hands before and after eating.

Students who bring food that contains nut products to school will be asked to eat the food away from other students.

If you have any questions about this information, please contact the school.