



## STUDENT HEALTH POLICY

### 1. Healthy Lifestyle

- 1.1 It is a crucial part of the education of each student to be aware of the importance of a healthy lifestyle and the school will make opportunities for this to happen in overt ways as well as through the hidden curriculum.
- 1.2 The school will encourage students to make positive choices about adopting a healthy lifestyle.
- 1.3 An active lifestyle will be encouraged. A wide range of sporting and fitness activities will be made available to students through the curriculum and as extra-curricular activities.
- 1.4 The school will monitor the number of students who participate in extra-curricular fitness and sporting activities and will seek to add provision to appeal to those who do not become involved in any of the existing activities.
- 1.5 Healthy eating will be encouraged for all students. As part of this, students will be educated in the importance of, and requirements for, a healthy diet through Home Economics, iLearn and other lessons.
- 1.6 Students will be enabled to make healthy meals for themselves during Home Economics lessons.
- 1.7 Food served in the school's restaurant will adhere to government regulations.
- 1.8 Parents and carers will be able to manage, online, their daughter/son's expenditure in the restaurant through the school's cashless catering system.
- 1.9 Students will be encouraged to avoid the problems of strong sun when involved in outdoor summer activities. The steps taken to do so are detailed in the school's Guidance on Sun Protection.
- 1.10 Staff in the Student Services Office will work with the relevant healthcare professionals to organise any necessary routine medical, dental or immunisation programmes.
- 1.11 Parents, carers and staff will be notified if a contagious condition is circulating in school. They may then take appropriate medical advice.
- 1.12 In the case of a serious medical risk to the school community, the school will seek urgent medical advice and share it with all those who could be affected.

### 2. Students with Long-term Medical Needs

- 2.1 Prior to a student's arrival at the school, parents or carers will be asked to provide full details of any medical conditions affecting the student.
- 2.2 If a student's medical condition(s) requires in-school support for its management, a Care Plan will be drawn up by the school nurse, parents and carers, appropriate health care professionals and other relevant parties.



- 2.3 Student Services staff and Learning Support staff will usually implement the Care Plan.
- 2.4 Where an element of a Care Plan requires specialist training to implement, the school will seek support in this from the relevant healthcare professional.
- 2.5 If specific training is required to carry out any element of a Care Plan, this will be provided for school staff involved in the care of the student.
- 2.6 If specialist equipment or adaption of school premises is necessary for the treatment or accommodation of a student with medical needs, the school will endeavour to find resources to access them.
- 2.7 Care plans will be reviewed at regular intervals, at least annually by health care professionals (not by the school).
- 2.8 Where it is necessary, a risk assessment will be completed for a student with medical needs.
- 2.9 All relevant staff will be made aware of the medical needs of students with whom they have contact. Care plans and risk assessments will also be drawn to their attention.
- 2.10 It is the responsibility of parents and carers to pass all relevant information about new or on-going medical conditions and treatment to the school.
- 2.11 Where the school feels it is necessary, further information or advice may be sought from a medical professional.
- 2.12 Sharps and hazardous waste created by the treatment, in school, of a student or other person with medical needs must be disposed of in the dedicated disposal units in the medical room.
- 2.13 Where emergency medication is kept on site it is the parents' responsibility to check expiry dates and replace as necessary.

### **3. Students with Short-term Medical Needs**

- 3.1 First Aid training will be provided for all staff who are prepared to undergo training.
- 3.2 Student Support will usually deal with emergency treatment in school.
- 3.3 These staff will have a high level of First Aid training.
- 3.4 All medical issues must be referred to the Student Support office. If the student cannot be safely sent to the office, a request must be sent to the office for a First Aider to come to the student.
- 3.5 Staff in the Student Support office will determine the most appropriate treatment in each case.



- 3.6 In the case of a serious illness or emergency an ambulance will be called immediately and parents or carers notified of the situation.
- 3.7 If a student may require medical help, though not as an emergency, parents or carers will be notified immediately and asked to make appropriate arrangements.
- 3.8 Students who are not well enough to continue to attend lessons should not remain in school. Wherever possible, parents or carers will be contacted and asked to take the student home. If this is impossible, the student will remain in the medical room.
- 3.9 Minor illnesses or injuries will be dealt with in school and the student returned to lessons after appropriate treatment.
- 3.10 If a student has a contagious condition, parents or carers will be asked to care for them at home until the danger of contagion has passed.
- 3.11 Short-term medication or treatment will be provided by the school, subject to an approved request by parents or carers and the availability of a member of staff with appropriate skills.
- 3.12 Where necessary, staff will be informed of the nature of a student's short-term medical condition and needs or potential interventions and adjustments required.

#### **4. Medical needs on School Trips and Visits**

- 4.1 All school trips and visits will undergo risk assessment.
- 4.2 Wherever possible a trip or visit will be accompanied by a trained first aider.
- 4.3 Adequate first aid kits will be taken on all school trips and visits.
- 4.4 Staff accompanying school trips and visits will familiarise themselves with the medical needs of participating students.
- 4.5 Full medical details will be required from parents or carers of students participating in overnight trips.
- 4.6 On-going medical treatment or medication will be provided subject to the same conditions as that given in school.
- 4.7 The school will insure students and staff participating in trips and visits for medical emergencies.
- 4.8 Minor illnesses and injuries will be dealt with by school staff.
- 4.9 Specialist medical treatment will be sought for illnesses or injuries requiring it.
- 4.10 Parents and carers will be informed if specialist medical treatment has been sought.
- 4.11 Students cannot participate in a school trip or visit against the advice of a doctor.

#### **5. Administering Prescribed Medication at School** (see 'Policy for the Administration of Medicines')

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## **6. Supporting Students who Wish to Manage Their Health Care**

- 6.1 Students who disclose personal information, including medical information, to a member of staff, will be supported sensitively.
- 6.2 The school will seek to provide opportunities for students to access medical advice through drop-in sessions, no worries appointments and counselling. This may include the provision of emergency contraception or condoms.
- 6.3 Staff involved with the medical care of students must continue to deal with Child Protection issues according to school policy.
- 6.4 Staff involved with the medical care of students must do so with regard to any relevant legislation.
- 6.5 Where a situation is thought to require the involvement of other agencies, the school will endeavour to access that help for the students, with her/his agreement.
- 6.6 If appropriate, the school will endeavour to gain the student's agreement for parents or carers to be informed. If the student will not give consent, the school may notify parents without the student's consent.
- 6.7 Only after serious consideration has been given to all factors, including legal requirements, will parents be informed of the student's medical situation against the wishes of the student.

## **7. Review**

- 7.1 This policy will be reviewed in 2023.

January 2019

