"This is what God asks of you only this
To act justly,
To love tenderly,
And walk humbly with your
God"

Micah 6:8

Student Health Policy
MISSION STATEMENT
At Mary MacKillop Memorial School we, the parents, students and staff are committed to continuing the vision of our founders, Mary MacKillop and Julian Tenison Woods. We value and endeavour to provide an education of excellence and care in a family environment, being accessible to all while upholding the Catholic tradition based on the philosophy “In Omnibus Caritas” … In all things love and kindness.

Rationale:
The Student Health Policy aims to guide staff in dealing with the student health issues of a student becoming unwell at school, medication, Anaphylaxis and Asthma. Mary MacKillop Memorial School is committed to ensuring that all students, staff and volunteers in our care are safe and that their well being is maintained. Teachers have a duty of care for students and are in a position to monitor student health. This may require teachers to send notify parents that a student is unwell.

In an effort to reduce absenteeism parents often send medication to school to be administrated during the school day. It is important that such requests are managed in a manner that is appropriate, ensures the safety of students, and fulfils the duty of care of staff.

General Health and Medication Aims:
To ensure:

- That the needs of students are met in regard to health issues that arise during the school day
- That long term medical treatment is supported, where necessary, by the school
- That medication is administered appropriately to students in our care.
- All students are safe with regard to medication while in the care of the school

Implementation:

- Children who are unwell should not attend school.
- When a child becomes unwell at school the parents are notified.
- Where prescribed medication is to be administered during the school day appropriate documentation must be completed, i.e. specific written instruction from parents the medical practitioner or pharmacist’s including the name of the student, dosage and time to be administered (original medications bottle or container should provide this information).
- Non-prescribed oral medications (e.g. head-ache tablets) will not be administered by school staff.
- Self administering, by students, of prescribed or non-prescribed oral medications is prohibited. This excludes asthma, or diabetic medication.
- All verbal requests for children to be administered prescribed medications whilst at school must be directed to the principal, who will contact the parents and obtain the appropriate instructions and permission.
- Requests for prescribed medications to be administered by the school ‘as needed’ will cause staff to seek further written clarification from the parents.
• All student medications must be in the original containers, must be labelled, must have the quantity of tablets confirmed and documented, and must be stored in either the office or staffroom refrigerator, whichever is most appropriate.
• Consistent with our Asthma policy, the students must have an asthma medical plan.
• Classroom teachers will be informed of medications for students in their charge and classroom teachers will release students at prescribed times so that they may visit the school office and receive their medications at the appropriate time.
• All completed Medication Request Forms and details relating to students, their prescribed medication, dosage quantities and times of administering will be kept and recorded in confidential official loose-leaf medications register located in the school office.
• Students involved in school camps or excursions will be discreetly administered prescribed medications by the ‘Teacher in Charge’ in a manner consistent with the above procedures, with all details recorded on loose-leaf pages from the official medications register. Completed pages will be returned to the official medications register on return of the excursion to school.
• Parents/carers of students that may require injections are required to meet with the principal to discuss the matter.

**Allergy**

Allergies are becoming a more frequent occurrence within our community; consequently a response to the needs of those students, staff and volunteers with identified allergies is required.

Allergic reactions can vary from mild discomfort to severe reactions with the potential to be fatal. Anaphylaxis is a severe and sudden allergic reaction. Common allergens include nuts, eggs, shellfish, wheat, pollens, dairy products, bee stings, pet hair etc.

Current research and advice regarding Allergies and Anaphylaxis indicates that the proactive approach in managing allergies in the environment is to educate our community about the various types and triggers to allergies, and develop safe practices to support community members with allergies.

**Allergy Identification Aims:**

At Mary MacKillop Memorial we aim to minimise the risks to staff, students and visitors who are identified as having the potential for anaphylaxis, to develop an understanding about allergies and their triggers, to promote education about safe practice, and to be aware of staff, students and volunteers who have allergies and their Medical Action Plans.

Therefore our aim is for the whole school to be aware of the potential dangers of allergies in identified students. In order to reduce exposure to food substances where there is a known allergen with potential anaphylactic reaction:

• Teachers will supervise eating so food is not shared amongst students
• Parents are asked to provide lunches that DO NOT contain nuts (this refers to any NUT PRODUCT listed as an ingredient as found in nutella, peanut paste and muesli bars).
Parents are encouraged to only bring birthday treats that do not contain nuts
Where a shared lunch is organised, parents are reminded to be vigilant that no nuts or nut products are brought to school
Family Fun Days / Parish BBQs – the above applies.
Reminders of the allergy issue will be raised in newsletters at least once per term and pamphlets containing Anaphylaxis will be distributed at least twice per year.
Resources supporting an understanding of allergic reactions will be made available for class use, and for individuals to borrow from the school library.
Parents will be encouraged to borrow the Anaphylaxis DVD and discuss this with their child/children.

Any queries regarding Allergy Policy and Procedures, please contact the school.

References:
ASCIA Australian Society of Clinical Immunology and Allergy Inc.
School Guidelines for managing students with food allergies
www.foodallergy.org
Department of Education and Children’s Services
www.chess.sa.edu.au
Anaphylaxis Australia
www.allergyfacts.org.au

Asthma
Asthma affects up to one in four primary aged children, one in seven teenagers and one in ten adults. Students with asthma have sensitive airways, making it hard for them to breathe. It is important that all school staff are aware of how to assess and manage an asthma emergency, and the importance of daily asthma

Asthma Aim
To provide a safe and healthy school environment that takes into consideration the needs of all students, including those who may suffer from asthma.

Education about Asthma
- Asthma attacks involve the narrowing of airways making it difficult to breathe. Symptoms commonly include difficulty breathing, wheezy breathing, dry and irritating cough, tightness in the chest and difficulty speaking.
- Children and adults with mild asthma rarely require medication; however severe asthma sufferers may require daily or additional medication (particularly after exercise).
- Most students with asthma can control their asthma by taking regular medication.
- Severe asthma attacks can be life threatening.
Some common symptoms include:

1. Cough
2. Tightness in the chest
3. Shortness of breath/ rapid breathing
4. Wheeze (whistling noise from chest)

**School management processes:**

- Parents are asked to register their child as an asthma sufferer on School Application for Enrolment Form, and asked to supply an updated Asthma Action Plan.
- Asthma Action Plans to be updated or confirmed, each year. For students where the condition is serious and chronic, a doctor / paediatrician update is required to update the Asthma Action Plan. Appropriate Asthma Action Plan format available at [www.asthma.org.au](http://www.asthma.org.au)
- Copies of student Asthma Action Plans are kept in a classroom file, and in the first Aide room and school office.
- Parents / guardians are responsible for ensuring that their child has an adequate supply of appropriate asthma medication (including spacer) with them at all times, as required.
- Parents need to prepare their child to self manage their condition, by training in the use of medication, and encouraging the reporting any symptoms of discomfort, without delay.
- For school camps, excursions and sporting events, teachers will hold a Asthma Action Plans for students with asthma, and parents need to provide asthma medication that the student carries with them at all times.
- Posters of the basic Asthma Emergency Action Plan are to displayed in the First Aide Room, staff room, classrooms and school office.
- Asthma Emergency Action kits are to be retained in the First Aide Room, with portable kits to be taken on school camp, excursions, sports venues and for school evacuations.
- Asthma kits are to be checked for expiry dates.
- Recommended cleaning procedures for asthma equipment are to be observed.

**Professional Training of staff:**

Providing accredited professional development for all staff every three years

Maintaining sufficient numbers of staff trained in CPR

At the commencement of each year, ensuring that staff are briefed regarding the response to the management of asthma attacks.

- to identify symptoms
- act promptly according to management plan
- record incident and notify parents
- seek formal update any of significant changes in Asthma Action Plan
Copies of student Asthma Action Plan are retained in the classroom, and made available to emergency teachers.

Students with asthma are to keep with them appropriate asthma medication.

Teachers to regularly consult with parents regarding preventative and management procedures.

Classroom will display basic asthma emergency plan

**Modifications to school play environment:**

Mary MacKillop Memorial School will endeavour to avoid the planting of plants that trigger allergies, where possible. If plants within the school environment are identified as the source of the allergy the school will endeavour to remove the source of the allergy.

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Ratified by School Board on 20/04/2010

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