

BUMPS, BRUISES AND NASTY DISEASES

It is a fortunate (and unusual) child who gets through their school career without any health problems. This leaflet is your guide as to what to do when ill health threatens to make learning or attendance difficult for your child.

"I don't feel well"

Most children pick up a bug, have the occasional tummy upset or a cold. If they cannot get up at all then clearly they should be off school. If your child is up and about, but a bit "off colour" we suggest they come to school. We have a medical room and an on-site 'nurse' and should the symptoms get worse we will contact you. Please make sure they have a drink with them.

If your child complains regularly and has odd days off school, get in touch with us. It could be a sign of unhappiness, bullying or a problem with learning.

"She's broken her arm/leg....."

Broken bones are dealt with very effectively by our local hospitals and should not keep your child off school beyond a couple of days.

If you contact us right away we can:

- re-organise a timetable or provide somewhere on the ground floor if stairs are a problem
- find a quiet corner to bring the work to if the limb must not be knocked

We can also liaise with physiotherapists to make sure we are providing the correct situation in school for the quickest recovery. If you wish to discuss a broken limb, please contact your child's Assistant Progress Leader or Ms Atkinson the school 'nurse'.

"I've hurt my foot/ankle"

Most children think they know the treatment for this one. "I'll wear trainers to school". This never helps our efforts with uniform and does not always help their injury. If after 24 hours the foot/ankle is still swollen please take your child to the doctor or casualty.

Itchy Matters

Headlice are very common in school these days. They love clean hair. Make sure girls, especially, comb their hair night and morning. If you do find headlice there is no need to keep your child off school while treating them. However, it is for this specific reason that hair should be tied back. Scabies and impetigo are fortunately less common but can be quite upsetting. Your doctor can treat this quickly and effectively. Once the infected area has dried up pupils should return to school. There is no need for your child to stay off school after treatment has been given.

You can get confidential help and advice on treating scabies and headlice from our National Health Service Nurse, Kath Fox. Contact her on 406446/406447

Asthma

Most of our asthma sufferers attend school as regularly as every other child. It is important that your child carries an inhaler if necessary and that we keep a spare inhaler in the medical room. This should be named and handed to Ms Atkinson. School is now allowed to keep spares to be used in an emergency. If particular weather or certain activities begin to cause difficulties please tell us right away.

Long Absences

These may be due to chronic illness or operations your child may have to undergo, hospital stays and surgery, or to having a condition such as ME which causes lengthy absence.

Our aim is to work with your GP and consultant to make sure this does as little damage as possible to your child's education. We work closely with the hospital tutors to provide work and keep as much continuity with lessons (and friends) as possible. The main thing we need is information. Keep in touch by ringing/writing to your child's Progress Tutor or Progress Leader. Some consultants send copies of letters/progress reports to us as a matter of course - this really helps.

Trauma, stress, depression, eating problems and not wanting to come to school.

Many children – probably 1 in 5 – suffer these symptoms at some time in their school life. Please contact us as soon as you realise something is wrong. The situation always needs discussion with school staff so we can advise you on who best to contact for more help and support. You might prefer to discuss the problem first with Nicola Burford. Your talk with her will be completely confidential. Children can also come along to see Nicola on Tuesday lunchtimes.

Contacts

To discuss any medical problems:
Ms Atkinson: 01524 64496

To discuss any aspect of your child's health and welfare in school contact the Progress Leader through Parentline or if more urgent on Tel 01524 64496 during school hours.

Nicola Burford – School Nurse 0300 2470040

Nicola can also help you to contact other health professionals.

If your child is absent for any reason please ring school as soon as possible on the morning **before 9am** of the absence!

If an illness lasts for more than one day please contact school again on **each day of absence** and speak to your child's progress tutor.

PARACETAMOL

If your child feels unwell e.g. headache, stomach cramps etc. the Medical/First Aider can **only** give your child a paracetamol when necessary if you have given permission.

SCHOOL ACTIVITIES

During your child's school career there will be times when they will be involved in activities both during curriculum time and after-school that take them off the school premises. e.g. sporting activities, end of term Worship and School Trips.