

As per school policy any medications needed to be given at school should be sent with written instructions that include the following:

Medication to be given must include the following

- Amount to be given
- Time to be given
- Name of child to be given to
- Class that your child is in
- Written letter with Parent's signature including information above.

The Nursing department should be notified along with the teacher by a parent in writing, verbal , by phone (13666555 extn:6014 for Boys 6036 for Girls)

Reminder:

If your child has had a fever the night before and you have to give Panadol then it is best to keep them home, so they do not infect others. Upon return to school they should be brought to the Nursing office to be checked.

Any communicable diseases like: Chicken pox, head lice, hand, foot and mouth disease or any other communicable diseases need to be reported to the Nursing office.

Parents in regards to Children with asthma that require medication; you should come to the Nursing office and discuss this matter with them. An inhaler and a nebulization mask set are advisable to be kept at school in the Nursing room.

The Nursing office should always be updated on any required or undergoing treatment by a doctor or dentist.

Medications:

Medications left in your child's bag could be dangerous especially if they are small. Some children are happy to share things which could propose a problem for another child, especially for those children with allergies to the medicine that your child is taking.

Allergies:

Parents need to inform the Nursing Office, teachers and write in your child's diary of any allergies to foods, medications and bees.

Safety:

All children should be walked through the school gate coming and leaving the school by their parent/or whomever is responsible for picking them up. Small children should have their hands held and kept close. You never know what might be in their little minds.

Hygiene:

Parents need to make sure that your child showers, brushes their teeth and changes their clothes on a daily basis. Also, check their nails and hair. Good habits to teach and remind your child to wash their hands before eating and after using the toilet, covering their nose and mouth when coughing or sneezing with a tissue then disposing of the tissue in the bin and wash your hands.

General Health:

Parents are responsible for making sure that you/someone at home is checking their child on a daily basis and if they are not well then please keep them home.

Fever:

If your child has had a fever the night before and you have to give Panadol before they come to school then it is best to keep them home, so they do not infect others. Their bodies also need to rest. Upon return to school they should be brought to the Nursing office to be checked. If your child becomes sick at school you will be called to come and get them. You should take them as soon as possible. Know that the only person that can sign for your child's treatments in an emergency is the parent or guardian.

Communicable diseases:

Chicken pox, head lice, hand- foot-mouth disease, shingles, measles or any other communicable diseases need to be reported to the Nursing office. Upon the students return it would be helpful to bring a doctor's sick leave. Before entering the classroom the student should be checked in the Nursing Office. We recommend that your child receives yearly flu shots if they have any underlying conditions such as: Asthma, any blood diseases or other health problems.

Asthma:

A parent needs to come to visit the Nursing Office to discuss this matter. An inhaler and a nebulization mask must be kept at school in the Nursing room.

Diabetic Children:

A parent needs to come to visit the Nursing Office to discuss this matter. Glucometer, lancets, glucometer sticks and preferred juice & snacks should be with the child every day.

Illnesses/Injuries:

A parent needs to come to visit the Nursing Office to discuss this matter. The Nursing office should always be updated on any required or undergoing treatment by a doctor or dentist. If your child becomes sick or is injured at school, you will be called to come and take them. You should take them as soon as possible. Know that the only person that can sign for your child's treatments in an emergency is the parent or guardian.

Head Lice:

Please check your children's hair on a daily basis. If you notice any white spots in their hair or excessive head itching, please take them by your doctor and if it is noted by a doctor then notify the school and it would be helpful to submit a doctor's form to the school nurse saying so. It is recommended to keep your child out of school for two consecutive days of hair washing with a head lice shampoo. All family members should use shampoo. Steps to follow at home are washing of all clothes and bedding with **hot** water, daily vacuuming of your house and don't share any brush or hair accessories.

تعميم صحي لسلامة أبنائنا الطلبة

أولاً: الأدوية

يجب إرسال أي دواء مع تعليمات خطية موقعة من ولي الأمر تتضمن:

- اسم الدواء
- الكمية
- وقت إعطائه
- اسم الطالب
- الصف

يمنع ترك الدواء في حقيبة الطالب

- يجب إخطار قسم التمريض والمعلم خطياً أو عبر الهاتف:

البنين : 13666555 رقم التحويل 6014

البنات: 13666555 رقم التحويل 6036

ثانياً: الأمراض المعدية والحمى

- إذا كان الطالب يعاني من حمى أو تم إعطاؤه خافض حرارة (مثل البنادول) في الليلة السابقة، يرجى إبقائه في المنزل حتى لا ينقل العدوى.
- يجب إبلاغ قسم التمريض عن أي حالة من: (الجدري – القمل – اليد والقدم والفم – الحصبة – أي أمراض معدية أخرى).
- عند عودة الطالب للمدرسة، يجب مراجعة قسم التمريض قبل دخول الصف مع تقديم تقرير طبي إن أمكن.

ثالثاً: الحالات الصحية الخاصة

الربو: توفير بخاخ وقناع جلسة تنفس في غرفة التمريض.

السكري: يجب أن يحمل الطالب جهاز قياس السكر والمستلزمات اليومية (شرائط – إبر – وجبات خفيفة/عصير).

أي متابعة طبية: يرجى تزويد قسم التمريض بأي تحديثات أو تقارير طبية.

رابعاً: الصحة العامة والنظافة الشخصية

- التأكد من استحمام الطالب وارتداء ملابس نظيفة يومياً.
- قص الأظافر وتمشيط الشعر بانتظام.
- تعليم الأطفال بغسل اليدين قبل الأكل وبعد استخدام الحمام، وتغطية الفم والأنف عند السعال أو العطس.

خامساً: السلامة

- على ولي الأمر أو من ينوب عنه مراقبة الطفل أثناء الدخول والخروج من بوابة المدرسة.
- يُنصح بإمساك يد الأطفال الصغار لضمان سلامتهم.

سادساً: القمل

- يرجى فحص الشعر باستمرار.
- في حال الإصابة: إبقاء الطالب في المنزل ليومين متتاليين مع استخدام شامبو خاص.
- غسل الملابس وأغطية السرير بالماء الساخن وتنظيف المنزل جيداً.
- عدم مشاركة أدوات الشعر مع الآخرين.

نشكر تعاونكم وحرصكم المستمر على صحة وسلامة أبنائنا.