



## Health and Wellbeing

The health of students is relevant to their learning and our school programs and practices promote health and safety and support students who need help with health issues. We provide first aid and temporary care for students who become unwell or who have an accident at school. Where students are known to have significant health care needs parents and teachers work together to write an individual health care plan for the student.

### Immunisation

From January 1994, parents are required to provide the school with proof of immunisation at the time of enrolment. (The Community Health Centre or your family doctor will issue an Immunisation Certificate). If you are unsure of your child's immunisation status or have concerns about this you should contact the Community Health Centre. Parents have the right to not have their children immunised. However, in the event of an outbreak of a vaccine preventable disease, unimmunised children may be required to remain at home for the duration of the outbreak.

### Healthy Living

"Crunch and Sip" practices have been introduced in some classes. At about 10.00am each day, students stop work to crunch fruit and vegetables and sip water. The "Big Breakfast" program, sustained with the support of staff from Karabar Super IGA, ran for a second year. Students eat a healthy breakfast together before the day's lessons begin. In term 2, local radio station Qbn-FM, joined the big breakfast session to help build a sense of community.

### Infectious Diseases

Parents are asked to advise the school if their child contracts an infectious disease. The more common infectious diseases include: chicken pox, measles, hepatitis, mumps and whooping cough. Other common diseases that may require exclusion include: ringworm, conjunctivitis, impetigo (school sores) and pediculosis (headlice). Information about what diseases are infectious, the signs and symptoms and how long to keep your child away from school is available from the Community Health Centre or on-line from the NSW Department of Education.

### Sickness or Injury

A first aide officer treats students who become ill or who have an accident during school time. Students must first inform their teacher who will direct or escort them to the sick bay. If the child is sufficiently ill or injured, parents will be contacted and advised to collect their child. The P&C Association subscribes to the NSW Ambulance Service for use in emergencies. A record is kept of reports of accidents. Painkillers will not be given to children.

### Medication

Some students require regular prescription medication for a variety of reasons. The school's administrative team is only able to administer this medication when parents have completed a request form and provided the school with detailed written information. Parents are responsible for keeping the school informed of any changes to medication.

### Allergies

Parents need to advise the school if their child has been diagnosed with an allergy that could affect their learning or well being at school. Our school has a "Healthy" canteen closely following D.E.C procedures and policies thus supporting students with allergies.

**Anaphylaxis** is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen (eg nuts, bee stings, latex). Anaphylaxis is potentially life threatening and always requires an emergency response. Our school is a "nut aware" school and all care is taken to prevent any nut products entering the school grounds. The school community is to be congratulated for its co-operation in supporting this practice.

### Sun Safe Practice

Our school aims to protect the student's skin from damage and to develop long-term positive attitudes to protection from the sun. We endeavour to reduce student's exposure to sun wherever possible. They are required to wear hats as part of school uniform when they are outside or they play in shaded areas.