



Open minds campus

A community of self-directed learners

Reviewed annually

Health Policy

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INTRODUCTION

The following health policy is designed to encourage healthy habits in students and staff at school, as well as when at home. The guidelines we have established are to be reviewed annually (barring unforeseen events).

It is the responsibility of the principal and staff to ensure that the health guidelines are understood by other members of staff, our students, and our parents whenever necessary.

This health policy is part of our commitment to 'follow the student' in a hygienic, happy, and most of all healthy learning environment.

A. LEGAL REQUIREMENTS

- A *birth certificate* is needed on admission.
- An *indemnity form* must be signed and included in it must be the medical history of the student.
- *Medical Aid* details of the student.

B. ILLNESS POLICY

Our school adheres strictly to legal guidelines for dealing with illness in the campus. These standards are designed to protect the student.

- No student may be sent to school if they are sick or unable to participate in daily activities. The student will recover better at home. Other students and adults at the campus will hence be protected from continued exposure to the illness.
- The school is neither licensed nor equipped to care for ill students.
- If a student becomes ill while at school, the parents will be called to fetch the student.
- When illness is accompanied by a fever, the student may not return to school until her/his temperature has been normal for 24 hours (without medication).

C. MEDICATION POLICY

Staff may not administer any medication prescription or treatment except in the use of topical ointments such as sun block or anti-septic.

D. FIRST AID

- Various staff members must have current basic training in first aid.
- First aid kits are located in the first aid cupboard. A fully stocked first aid kit will be taken on all field trips and will be kept in each vehicle used to transport students.

- All first aid kits will be checked by the staff and restocked each month.

E. HEALTH RECORDS POLICY

Each student's health record will contain:

- Identifying information about the student
- Medical Aid details
- Health and nutrition history
- A list of current medications
- Names of health care provider and dentist, address and phone number
- Allergies, expected symptoms
- Consent for emergency care at hospital

F. DISEASES

To ensure the wellbeing of all the students, please note that students who have become infected with an infectious disease such as chickenpox, heavy cold, gastro enteritis etc., must remain at home until they have a medical certificate to say that they are no longer a risk to others.

In the case of the student having a contagious disease, it is the responsibility of the parent to advise Open Minds Campus thereof.

G. MINIMISATION OF CROSS-INFECTION

It is essential to always be clean and hygienic.

- Toilets must always be kept clean.
- Toilet paper must be available at all times as well as water jugs for Muslim students.
- Hands must be washed after the use of the toilet.
- Tissues must be disposed after blowing the nose and hands must be washed immediately after.
- Hands must be washed before and after lunch.
- Desks must be cleaned before and after lunch.

H. NUTRITION

Nutrition is important to establish good eating habits from early childhood, to prevent illness and obesity, as well as improve concentration.

Children are discouraged from bringing sweets, fizzy drinks, biscuits coated in sugar, chocolate, juice in bottles, energy drinks, biscuits with icing/jam filling, cake, or anything else which contains refined sugars and carbohydrates.

I. COMMUNITY INVOLVEMENT

A written consent form must be signed by the parents authorising the provider to arrange for the transportation of the student in need of emergency care.

J. Emergency Services

1. In case of an emergency the parents or next of kin will be called first.
2. Emergency telephone numbers are listed next to all telephones

Ambulance services – 10177

Police – 10111

Other numbers

K. Childline

1. The ChildLine contact number which is 0800055555 is affixed to all telephones on the premises and students are made aware of the importance of this telephone number.
2. Changes in student's behaviour/appearance will be investigated.
3. The school operates in accordance with the local authority guidelines, and records kept on students will be shared with the Social Welfare department if the student is investigated on any type of abuse.
4. Educational visits from the ChildLine organization are arranged to provide advice and support to students in distress or danger, also awareness on personal safety.
5. If a report is to be made to the authorities, the student's parents will be informed at the same time as the report is made.
6. The school will maintain ongoing contact with the authorities to ensure the student's safety.