

SCHOOL CLINIC GUIDELINES AND POLICIES

The Arab Unity School Medical Team has a key responsibility for the physical well-being of students in school. They also contribute to preventative health strategies, eg giving information on healthy eating and coordination with government departments such as Dubai Health Authority. If a child becomes unwell in school, the nurse or doctor will assess them and recommend a course of action. To help maintain health and safety in our school, it is imperative to have parents' cooperation as follows:

1. ACCIDENTS AND EMERGENCIES

If your child has an accident or illness and requires emergency treatment, every effort will be made to contact you. To assist with this, please keep the School informed of any change in your contact details. In the case of a serious emergency, an ambulance will be called and your child will be taken to Rashid Hospital or another government hospital at the paramedics' discretion.

2. MEDICAL FORMS

When your child starts the school, you will be required to complete several medical forms. Please return them promptly with all the relevant information provided as they are mandatory for the Medical Record file of each student. It is of the utmost importance that the school is made aware of any health related issue your child has and any medication he/she is receiving. It is mandatory for us to receive any medical, psychological or educational assessments or reports before entry to the school. This will affect how we deal with your child's needs, including emergency procedures.

3. CONSENT FOR OVER-THE-COUNTER/PRESCRIBED MEDICINES

If your child is in pain or has fever or any health problem that could be treated in the school, we are able to give the necessary medicine to relieve his/her symptoms if consent is given on the AUS Consent Form completed at the time of admission; however, you can refuse giving him/her medicine at school. The completed Consent Form will be attached to your child's Medical File.

If you expect the school to give your child some medicine, it should be handed over to the School Bus Nanny or personally to the concerned School Nurse in the original Pharmacy container with the child's name along with the doctor's complete prescription. We also require a note (in School Diary) from the parent with details of the medicine being given to school and the dose, timing and method of administration.

Children should not be given medicines of any kind to carry in their bags, either prescribed medicines or over the counter medicines.

4. ILLNESS

To concentrate and function effectively in school, good health is one of the most important aspects. It is therefore important that if your child is unwell, they should rest at home and recuperate fully before returning. This also protects other students and staff from contracting the illness. **(Please refer to our Infection Control guidelines attached below.)** If your child is absent due to medical reasons, please submit medical certificate to the school authorities.

5. SCHOOL MEDICAL EXAMINATIONS

Dubai Health Authority requires that all students in private schools entering Nursery, Pre –K or kindergarten and Years 1, 5, 9 and school leaving as well as new students to have medical examination. This will be carried out by School Doctor and is basic non-invasive examination. Parents will be informed if any health problem is found.

6. IMMUNIZATIONS

Students up to 5 years of age need to be vaccinated as per the required schedule from an external clinic/hospital as per Dubai Health Authority (DHA). All students (Year 1 onwards) are required by DHA to provide a copy of their vaccination record. We check this against UAE vaccination schedules. You will be advised of outstanding vaccines. Vaccinations can only be given to students with written parental consents and all necessary forms and original vaccination card prior to vaccination date. No vaccination will be given if the original vaccination book is not presented.

7. SUN CARE

In our sunny climate in Dubai, steps must be taken to prevent heat exhaustion, heat stroke and skin cancer. Students are encouraged to wear hats and apply sunscreen lotion, especially during outside activities. They are encouraged to drink water regularly; drinking water is available in many areas of the school. During warmer months, students are encouraged to remain in shaded areas and not to run around too much to prevent their body from overheating and dehydrating.

8. SNACK BOXES and WATER BOTTLES

To support your child's concentration at school, please provide nutritious food in snack boxes. Teach your child to start the day with a healthy breakfast as this helps your child do better in lessons. **Sweets, fried food, fizzy/ aerated drinks and chewing gums and nuts are not allowed in the school.** Ensure that your child carries a water bottle to school. Encourage them to drink plenty of water.

If your child has any food allergy, please firmly instruct him/her not to eat from other student's food.

9. PHYSICAL ACTIVITY

Children should know the importance of exercise. Encourage them to be physically active. Children love your company. Play with them, walk with them, swim with them and engage them in household work and gardening.

10. PERSONAL HYGIENE

Encourage your child to wash hands before and after meals and after using toilets. Make sure he/she brushes teeth twice a day. Make sure your child gets adequate sleep. Make sure they take regular showers, keep their hair and nails trimmed and ensure that your child comes to school neat and tidy. Teach them to cover their nose &/ mouth while sneezing and coughing.

Make sure children get adequate sleep. They need an average of 8-9 hours of sleep daily to keep them active throughout the day.

11. HEAD LICE

Head lice cause frustration for parents, teachers and children. Parents have the primary responsibility for detection and treatment of head lice. We will work cooperatively with parents to assist managing head lice effectively. Preventing spread is a key priority in this management.

If we notice a child with head lice or eggs, the school nurse will inform the parents accordingly. Parents will be asked to collect the child from school (if lice are present) and treat him/her immediately. On their return to school, the child will be examined again by the nurse. If the child is found to be free of head lice, they can resume their school activities as normal. Should they still carry head lice, they will be asked to return home for further treatment until the problem has been resolved.

INFECTION CONTROL GUIDELINES

1. In order to reduce the spread of illnesses in school, please do not send your child to school if he/she has any of the following complaints:

- red, watery and painful eyes
- fever
- skin rash
- vomiting/diarrhea
- heavy nasal discharge
- persistent cough

He/she should be certified fit by a licensed Physician before resuming the school. Inform the school clinic if your child is suffering from chicken pox, measles, etc.

2. If they have an infected, wet sore or wound, it must be covered by well-sealed dressing or plaster.

3. The school clinic will manage injuries and illnesses that occur in school during school hours. Any illnesses or injury occurring outside of school must be treated privately.

THANK YOU FOR TAKING TIME TO READ THE ABOVE INFORMATION!