



## **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 coordinate 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, all the necessary first aid will be taken care of and 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. In most cases which are not so serious and where the child is stable, parents may be contacted to collect their child from the School Clinic. It is then the parents' responsibility to seek further medical advice if required.

### **2. MEDICAL FORMS**

When your child starts 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/allergies your child has and any medication he/she is receiving. For new entrants, it is mandatory for us to receive any medical, psychological or educational assessments or reports before entry to 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 school, we are able to give the necessary medicine to relieve symptoms on completion of the AUS Consent Form; however, you can refuse this consent. The completed Consent Form will be attached to your child's Medical File.

If you expect the school to give your child some specific/prescribed 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 letter from the parent authorising the school nurse to give the medicine along with the name of the medicine, 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 of the greatest importance. 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 FS 1/FS 2 , Years 1, 5, 9 and in the school leaving year have medical examination. Students transferring from schools outside Dubai also require a medical, regardless of their age. This will be carried out by School Doctor and is basic, non-invasive examination and includes a simple (reading) eye test (except for FS children). Parents will be informed if any health problem is found. If you would prefer to take your child to your own family doctor for their medical examination, please notify the School Nurse.

A general height and weight measurement and calculation of BMI is also conducted for all the students in the school annually and for those who are found to be in the category of 'Obese', the measurement is done twice a year.

#### **6. IMMUNISATIONS**

Students up to 5 years of age/ before entering to Year 1 need to be vaccinated as per the required DHA schedule from an external clinic/hospital. All students (only Year 1 onwards) are required by DHA to provide the original vaccination record to the School Clinic if they wish to receive the vaccination from school (or submit a copy of the same if you refuse to have vaccination from school). We check this against UAE vaccination schedules. You will be advised of outstanding vaccines. Outstanding vaccinations (as per UAE Vaccination Schedule) will be given to students from Year 1 onwards and can only be given with written parental consent and where all necessary forms and original vaccination card provided 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. FOOD**

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, 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 students' food and also clearly mention on the medical form.**

**For health and safety reasons, distributing any kind of food items in the class on the occasion of birthday or otherwise is not allowed as we have students with various allergies in school.**

**If your child has motion sickness or if he/she is not comfortable to travel in school bus/car after having milk/very heavy breakfast like oily food in the early morning, please avoid the same and provide a more nutritious and healthy breakfast (like fruits, cereals, sandwich, etc).**

## **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**

Parents should ensure their children:

- Are trained to wash their hands with soap and water before and after meals and after using the toilet.
- Brush their teeth twice a day.
- Gets adequate sleep. They need an average of 8-10 hours of sleep daily to keep them active throughout the day and to be ready to learn effectively.
- Maintain personal hygiene by taking regular showers; keeping hair clean and tidy and nails clean and trimmed; and come to school neat and tidy each day.
- Learn to cover their nose/mouth while sneezing and coughing.

## **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/nits, the school nurse will inform the parents and advise accordingly. Parents will be asked to collect the child from school (if lice are present) and treat him/her immediately. On 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. As head lice spread very fast, we need your understanding and cooperation to prevent this spread.

## **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/diarrhoea
- heavy nasal discharge
- persistent cough

He/she should be certified fit by a licensed physician before resuming 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.**