

DEALING WITH ILLNESS IN CLASSROOM:

- ✳️ **If your child is unwell, keep them away from school until they are fully recovered and feel able to join in.**
- ✳️ **If they come back too early, they risk spreading their germs to other children.**

Why is good hygiene important?

- ✳️ **Once your child becomes infected, germs can quickly spread to the rest of your family at home.**
- ✳️ **Bouts of the common cold and upset tummies are common at the start of a new term – both in schools and families.**
- ✳️ **So, helping your child understand about good hygiene will go a long way to helping them and the rest of your family stay healthy.**

✦ **Avoid spreading cold and flu viruses although vaccinations can protect your child from some serious diseases such as tetanus, diphtheria and whooping cough, injections cannot protect children from every type of harmful bacteria.**

TOP TIPS FOR GOOD SCHOOL HYGIENE:

1. Keep hands clean:

Thorough hand washing is the single most effective way to help prevent the spread of infections in schools. Teach our children how and when to wash their hands (rubbing the hands together for at least 20 seconds using soap and clean running water). Always wash hands:

- ◆ **After using the toilet.**
- ◆ **Before eating.**
- ◆ **After playing outside.**
- ◆ **After touching something dirty.**

- **After coughing, sneezing or blowing their nose.**
- **After touching a dirty tissue.**
- **After petting/stroking animals.**
- **Whenever hands look dirty.**

2. Coughs and sneezes spread diseases

- ☯ **Teach our children to cover their nose and mouth with a tissue when coughing or sneezing to stop germs from becoming airborne.**
- ☯ **Throw used tissues in a bin and always wash hands with soap and water afterwards.**
- ☯ **If there isn't a tissue available, encourage our child to sneeze or cough into the crook of their elbow instead of their hands, to reduce the spread of bacteria.**

3. Healthy diet:

Whether our child has a packed lunch or a school dinner, a varied and balanced diet will help protect their health and promote proper growth and development. Eating properly also aids concentration during lessons.

Preparing a packed lunch:

Make sure you wash and dry your hands before you start making a packed lunch. Eating area should also be clean and disinfected. Then:

- ◆ Check all foods are within their best-before dates.**
- ◆ Use an airtight, rigid lunch box that is washed and dried before and after use.**
- ◆ Wash fruit, salad and vegetables thoroughly in fresh clean water.**
- ◆ Try to prepare food fresh each day, as there will be less opportunity for germs to grow.**

4. Drink plenty of water:

Water is much healthier than drinks that are high in sugar, sweeteners, additives and caffeine.

Encourage your child to drink plenty of water throughout the day, as even slight dehydration can lead to poor concentration, lethargy, irritability and headaches.

DEALING WITH ILLNESS:

- If our child is unwell, keep them away from school until they are fully recovered and feel able to join in.
- If they come back too early, they risk spreading their germs to other children.
- As a rough guide, keep children away from school when suffering from the following infectious diseases

Chickenpox: For five days after the rash appears.

Vomiting and diarrhoea: Until 48 hours after the last episode of vomiting or diarrhoea.

The Flu: Until completely recovered.

Measles: For four days after the rash appears.

Bacterial Meningitis: Until completely recovered.

HOW CAN WE HELP:

As well as encouraging good hygiene in children, we can also help prevent the spread of germs in school by following these basic steps:

- ☺ Keep school bags clean and free from food remnants, especially if your child carries a packed lunch to school.
- ☺ Sports clothes should be brought home once a week for washing.
- ☺ Make sure our children change their socks and underwear daily.

- ☺ **Wash school uniforms on a high temperature to kill bacteria.**
- ☺ **Helping to keep our children healthy at school through good hygiene.**
- ☺ **Whether our child is starting school for the first time or returning after the holidays, mixing with lots of other children will expose him or her to many more germs than there are at home.**
- ☺ **While we can't prevent contact with all germs (and remember that exposure to some germs is a good thing), we can help reduce the risk of our child picking up an infection through healthy hygiene habits.**

MAINTAINING HEALTH IN OUR SCHOOL:

In order to maintain a good health of our student our school is providing a health care.

👁 In month of September 11th, 2019 we had an eye check up for our students from KG to grade 8 & in same month of September 13th, 2019 we had a dental check up for our students from KG to grade 8.



RECORDING WEIGHT:

- ❖ Measuring a child's weight is one of the earliest ways of monitoring her/his growth and development.
- ❖ Weight depends on age and height of a child. Hence there will be differences in weights of children.
- ❖ Recording a child's weight regularly and serially is more important than a single reading alone.
- ❖ Improper weight for age is a cause for concern and it indicates that a child may not be healthy.

Do's/ Don't while taking weight:




- ☞ Ensure correctness by removing the parallax.
- ☞ Ensure that scale is set at zero every time before weighing each child.
- ☞ Weigh with only light wear.

RECORDING HEIGHT:

- ! Measuring a child's height regularly is one very important assessment.
- ! It is an indicator showing that she/he is growing normally and is healthy.
- ! Improper height for age is a cause for concern and it indicates that child may not be healthy.
- ! Inadequate gain in height is also a cause for concern.

Do's / Dont's while taking height:

Steel measuring tape or special graph scale to be used never use a tailor's tape.

-  It is to be ensured that appropriately upgraded and updated First Aid Box is positioned at the designated place in the school bus.**
-  The drivers and conductors of the school bus are appropriately trained in First Aid.**
-  Periodical Assessment of the First Aid provisions of the school bus is carried out by the school authorities.**

HEALTH REPORT:

School Health Record

There are two formats given here regarding a format of Health Cards. The first one is in the form of a child's Health History which the school may take at the time of admission so that the School has a record of the child's Health status. This is merely suggestive.

The second format is more general and needs to be periodically updated to keep a record of the continuous format Health status of the child through school. At no stage should the school consider any external Examination or referral without taking the parents into confidence. Establishing good health practices is essential but keeping the parents aware and informed and taking their consent and approval at every step is even more so. For each parent the health of the child is of paramount importance and their support will be assured.

SCHOOL HEALTH RECORD

General Information

Name:	Admission No:.....
Date of Birth:	Father's/Guardian's Name & Address:
	_____

	Phone No. Office:
	Resi:..... Mobile:

Note : The schools before implementing the Health Cards may consult a local Registered Medical Practitioner.

BOTH SIDES OF THIS FORM TO BE SUBMITTED AT THE TIME OF ADMISSION

Name of the Student M/F Class.....
 Date of Birth Blood Group

Father's Name Mother's Name

VACCINATIONS

Immunization	Age Recommended	Due Date	Date
BCG	0-1 Month		
Hepatitis B	At Birth		
	1 Month		
	6 Month		
DPT	2 Months		
	3 Months		
	4 Months		
HB	2 Months		
	3 Months		
	4 Months		
Oral Polio	At Births		
	1 Months		
	2 Months		
	3 Months		
	4 Months		
Measles	9 Months		
MMR	16 Months		
DPT+OPV+HIB	18 Months		
Typhoid	2 Years		
Hepatitis A (2 Doses)	2 Years		
Chicken Pox	After age 1 year		
DT - OPA	4 th Year		

BOOSTER DOSES

Typhoid (every 3 years)			
TT (every 5 years)			
Other Vaccines			

Signature of Father Signature of Mother

HEALTH HISTORY

ALLERGY TO ANY FOOD, ADHESIVE TAPE, BEE STING

Allergy	What Happened	How Severe	Medication Taken at the Time of Allergy

- Does the child have any problem during physical activity
- Signature of Father Signature of Mother

To be certified by a Registered Medical Practitioner

Date of physical examination Height Weight
B.P. Pulse Vision L R
Squint Conjunctiva Cornea Ear L R

Clinical Examination	Normal	Recommendation
Head/Neck		
Abdomen		
Surgery		
Serious Illness		
Nails		
Skin		

Summary of Current health condition, _____

- Fit to Participate in age specific physical activity _____
- Fit to participate in age specific physical activity with precaution _____
- Should not participate in competitive sport _____

Signature of Doctor



Name of the Doctor

YEAR PLANNER:





2019 - 2020

DATE & MONTH	IMPORTANT DAYS	PLAN
10 th June	Planting trees	Conducted by our school management by distributing saplings from KG to Grade 8 students.
28 th June	Water conservation day	Conducted by Grade 8 students.
26 th July	Plastic awareness program	Rally and distributing of cloth bags from Grade 5 to 8 students.
18 th October	Dengue awareness program	Rally and pasting of logos in homes from Grade 5 to 8 students.

FUTURE PLANS:

-  We plan to conduct workshops for Grade 6 to 8 and form a rapport of being friendly peers.
-  With the help of our counsellor want to develop a Peer Mentor Club so that no needy student suffers silently and has someone to share and discuss.

CONCLUSION:

-  **Cleanliness is most important for physical well-being and a healthy environment.**
-  **It has bearing on public and personal hygiene.**
-  **It is essential for everyone to learn about cleanliness, hygiene, sanitation and the various diseases that are caused due to poor hygienic conditions.**
-  **We have to definitely say thanks to our school attendant and concierge who are taking more care on hygiene of our students and school campus all the time.**