

Health and Welfare

Illness

If your child seems unwell in the morning, please do not send them to school, even if they are keen to come. The school day is demanding and if we have to contact you, or your nominated contact person, it is often time consuming as well as being distressing for your child.

Please do not send your child to school if they have been sick or had diarrhoea. In line with Health Protection Agency guidelines, our policy is that children must be at home for 48 hours after symptoms have stopped (i.e. two clear nights).

Children who are well enough to come to school will be expected to go out at playtime and lunchtime and to participate in PE unless they have a fracture or serious ligament damage.

Emergency Contacts

If your child becomes ill or has an accident during school time we will use the contact details that you have provided to make arrangements to ensure your child's well-being. The contact numbers which parents provide are kept in the office. If your telephone number or contact person changes please let us know. Please bear in mind that we do not have nursing facilities and if a child needs to go home it is best for them if they are collected quickly.

Absence

It is with the well-being of your child in mind that we ask you to notify us of the reason for your child's absence. This can be done by letter, telephone call or personal contact. If absence is likely to be prolonged, parents are asked to let us know in advance.

Children leaving the premises

We cannot permit children to leave the school premises for any reason during the school day, except on the direct instruction of the parents or when accompanied by a member of staff. Please make sure that we have prior notice if you need to take your child out of school for any reason.

Medicines in School

If your child needs to have any medication in school you will need to complete a permission form. Medication kept in school is generally long-term medication such as asthma inhalers, epi-pens etc. Short-term medicines can usually be adjusted so that doses can be given before and after school. In exceptional circumstances, for example if the medicine must be given four times a day or if your child attends an after-school club, we may be able to arrange for the medication to be administered at lunch time. In all cases, only medication prescribed by your GP may be administered in school.

School health

The health of the children in school is vital to enable them to reach their full potential. All children are offered health screening and the audiometrician tests all children at the ages of 5-6 for hearing problems. Parents who would like to speak to the school nurse about health matters should contact the school office.

Nuts

Dangerous reactions to nuts seem to be on the increase. This problem is not always obvious and a child or their family may not realise that they have an allergy. We would like to ask for your help in avoiding an anaphylactic reaction in any of our children by ensuring that all food brought into school is nut free. This applies to packed lunches, as well as party, celebration and birthday food brought in to share with the class. Some of our children bring in sweets for their birthdays. These are given out by the teacher at the end of the day and children are told not to eat them until they have checked with the person who is collecting them.

Sweets and chocolate bars

We do not allow sweets in school, except in the case of a birthday treat for the class to take home. Please do not include them as part of your child's packed lunch or for break time.

Milk

Children in the Foundation Stage are entitled to free school milk. If you do not wish your child to have milk, or if your child has a milk allergy, please let the school know.

Fruit

Children in the Foundation Stage and Key Stage 1 are provided with a free piece of fruit each day, funded by the Government. Please advise us of any fruit allergies your child may have. Children in Key Stage 2 may bring in their own fruit.

Water

We recognise the medical dangers of dehydration, as well as the considerable amount of research which shows that concentration levels are reduced when children are dehydrated. We encourage children to bring water to school under the following guidelines:

- Children can bring water to school in a plastic bottle with a sports top
- All bottles must be clearly labelled with child's name and class
- Only water can be brought to school
- Water bottles can be refilled during the school day
- The bottles must not be taken onto the playground

Lunchtime Arrangements

Our school kitchen staff cook for our children each day. About one third of our children eat a school meal each day. School meals should be paid for in advance on Monday morning, with money sent into school in an envelope clearly marked with your child's name. Meals are currently £1.90 each and cheques should be made payable to 'Principals Contract Catering Ltd'. Up-to-date information about the cost of school meals is available from the office. The kitchen staff aim to provide healthy meals and dietary requirements can be met if details are provided in writing in advance.

Children may bring a packed lunch which is also eaten in the dining area. Please do not send drinks in a can or a glass bottle and please do not send fizzy drinks. As mentioned earlier, please do not include sweets, chocolate or nut products. Children will not be allowed to share their lunches and any remaining food will be put back into their lunchbox to take home. Please make sure lunchboxes are named.

Moving House

We keep details on file of addresses, telephone numbers, GP etc. for each child. If any of your details change please let the office know immediately. If you plan to move away from the area we will need to know the name and address of your child's new school so that we can send on their records.

Sun Protection

We are anxious to do all we can to keep our children safe from the sun during sunny periods. Please make sure your child brings a sun hat and a water bottle to school during sunny weather. We would ask that if parents wish to place sun screen on their children, they do so before coming to school. Playtimes may be shortened during very hot spells for the protection of the children.