

## School Health Policy

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## School health policy

### **1. RATIONALE**

Amity Private School, School Sharjah is committed to making efforts for the good health of the students, staff and parents as it is vital to shape and protect the health and well-being of our school community.

We are aware that a comprehensive school health program will ensure the health of children as well as impact positively the communities around schools.

Amity, Sharjah is therefore committed to ensuring the provision of basic facilities and inputs that will help in the achievement of better health for school children by collaborating and networking with other stakeholders interested in the health of children.

The school is mindful of the need to keep a balance between academic and health goals and this policy aims to address and provide guidance on this balance, identifying individual and group responsibilities.

This document is influenced by the rules and regulations of MOH, SPEA and Health and Safety recommendations.

### **2. PURPOSE**

The purpose of this policy is to ensure, as far as is reasonably practical, that:

- To integrate health and its importance in the curriculum
- To promote the importance of physical health, mental health and well-being among students, staff and parents.
- To promote the teaching of positive values and life skills;
- To promote gender-related issues in schools;
- To enhance child rights and protection in schools;
- To promote good nutritional status of school children;
- To promote disease prevention and control;
- To promote hygiene, sanitation, and use of safe water;
- To provide a conducive, fully accessible, and inclusive environment for learners with special needs and disability;
- To promote identification of learners with special needs requiring rehabilitation;
- To develop safe, healthy environments and school infrastructure that are conducive to learning;

- To strengthen coordination of school health interventions by relevant Ministries, communities, and other stakeholders;
- To ensure mechanisms are put in place for the sustainability of school health programs;
- To facilitate effective monitoring and evaluation of school health programs.

## **2. Section 2: Guiding Principles**

### **2.1 Access to Health and Nutritional Services**

Every child has a right to quality health and nutrition services. We look forward to being the tool for achieving this goal in partnership with the communities in and out of school. Access to health and nutrition services shall be facilitated for vulnerable groups.

### **2.2 Access to Safe Water, Sanitation & Hygiene**

Every child has a right to access safe drinking water and adequate sanitation. The provision of safe water and sanitation shall be complemented by appropriate hygiene promotion and education.

### **2.3 Access to Education**

Every child has a right to quality education. Access to education will continue to be facilitated for vulnerable groups.

### **2.4 Non-discrimination**

There shall be no discrimination based on sex, ethnicity, race, family and social status, religion, locality, political affiliation, disability or illness.

### **2.5 Access to Information**

Every child shall have access to relevant health information, knowledge, and skills that are appropriate for their age, gender, culture, language, and context.

### **2.6 Equality**

Every child shall have equal rights, opportunities, and responsibilities as any other child and shall be protected from all forms of discrimination.

### **2.7 Privacy and Confidentiality**

Every child has the right to privacy and confidentiality regarding their health. A child's health status and medical condition shall not be disclosed to other

## 2.8 Safety

At Amity, Sharjah we are committed to providing safe and accessible physical environments. We aim to minimize the risk of physical injury and disease transmission by ensuring that adequate safety measures are put in place. In addition to that we shall provide a healthy psychosocial environment. There shall be no tolerance for sexual harassment, abuse, and other forms of juvenile exploitation.

## 2.9 Access to well-being services

Every child and staff can reach out to the I-care service desk to foster their emotional and psychological well-being

## 2.10 Gender Responsiveness

Planning and implementation of School Health Programmes shall be sensitive to the different needs of boys and girls.

## 2.11 Partnerships

Effective partnerships shall be developed at all stages of planning and implementation of the School Health Programme.

## 2.12 Accessibility

At Amity, Sharjah safeguarding the health of the students and making arrangements for all children of school age, including those with special needs and disabilities.

# 3. ROLES AND RESPONSIBILITIES

## 3.1. The Principal

- ❖ Arrange for an annual review and update of the policy.
- ❖ Provide appropriate resources from the school's budget to ensure that the implementation of the policy and the resources required can be acquired.
- ❖ Ensure that the school has a formal partnership for HPS at all levels, national and local level (i.e. a documented commitment to support and promote HPS, with clearly defined roles and responsibilities).
- ❖ Identify the training needs of the staff and pupils and ensure that all members of staff and pupils receive adequate and appropriate training and instruction in health awareness matters.
- ❖ Ensuring that students in the school acquire the knowledge they need to maintain a healthy lifestyle

- ❖ Monitor the standards of health nutrition drives, and also adapt them as a part of the curriculum
- ❖ Encourage staff and others to promote healthy lifestyles.
- ❖ Planning of school health programme activities e.g. school health action days.

### **3.2 Responsibilities of the Chairperson**

- ❖ Monitoring and evaluating the different roles played by the members.
- ❖ Initiating different strategies to promote health in school and communicating the same to the members of the team.
- ❖ Effectively communicate a vision of inclusion, ensuring the engagement of the entire school community
- ❖ Conduct a school-wide review of current practice to highlight examples of best practice to grow further, and to identify areas which require targeted improvement
- ❖ Develop and implement a comprehensive and strategic inclusive education improvement plan 6
- ❖ Ensure that all staff receive the support they require so that inclusive approaches to teaching and learning are embedded within their practice 7) Provide an annual programme of continued professional development for all staff at all levels across the school

### **3.3. The Leadership Team with the School Operations manager and medical staff**

- ❖ Promote high standards of health across the school.
- ❖ Coordination of all School Health stakeholders, bilateral and multilateral partners at the national level;
- ❖ Planning of school health programme activities e.g. school health action days
- Resource mobilization and utilization;
- Implementation of all aspects of the School Health Policy in schools;
- Supervision, monitoring and evaluation;
- Conducting pre-entry and routine screening;
- Dissemination of reports and school health information to parents and community;
- Facilitation of referral between school and health facility;
- ❖ Conducting research (School-Based Health Research);

### **3.4. Staff responsibilities**

- ❖ All members of staff understand and fulfill their responsibilities to ensure a healthy learning environment.

- ❖ To be familiar with the health program policy and all safety regulations laid down by the school management and receive appropriate supervision, instruction, and training.
- ❖ Take an active interest in promoting health and suggest ways to promote it better.

### **3.5 Responsibilities of the Inclusion Champion**

- ❖ Providing Student support services
- ❖ Encouraging students to express themselves freely and openly
- ❖ Promoting mental health support and helping students develop coping mechanisms for stress, anxiety, and other mental health issues.
- ❖ Drafting the Health policy
- ❖ Compilation of the SEF and SIP

### **3.6 Responsibilities of the counselor**

- ❖ Promoting ideas and modelling practice that support the development of
- ❖ Follow-up on the new initiatives by the school inclusive attitudes and approaches
- ❖ Engaging thoughtfully with feedback from the community through positive relationships and well-developed interpersonal skills
- ❖ Sharing information with senior leaders
- ❖ Providing the motivation and support required for improvement over time.

### **3.7 Responsibilities of the Parent Relation Executive**

- ❖ Communicate the committee roles and initiatives with the stakeholders.
- ❖ Document all the minutes of the meeting.
- ❖ Collaborate with the Parent Health Ambassador to partner with school in initiating and implementing various health promoting plans

### **3.8 Responsibilities of the Health and Safety Officer**

- ❖ To ensure that the inventory of medical equipment and supplies, setting staff schedules, updating and maintaining patient records, and being an information resource for patients and healthcare workers

- ❖ Ordering medical supplies; managing the revenue cycle; and overseeing patient billing, claims, and reimbursement
- ❖ Management of the healthcare facility's policies and procedures, ensuring that best practices are followed, and resolving cases where the facility is out of compliance
- ❖ Finding innovative ways to optimize the level of healthcare while also reducing the facility's costs
- ❖ Develop departmental goals and objectives for workers to improve the patient experience
- ❖ Recruiting, training, and supervising healthcare workers

### **3.9. The Responsibilities of Students**

- ❖ Students following their age and aptitude are expected to:
- ❖ Exercise personal responsibility for the health of themselves and others
- ❖ Observe standards of dress consistent with health and/or hygiene
- ❖ Observe all the health rules of the school and in particular the instructions of staff given in an illness
- ❖ Use and not willfully misuse, neglect, or interfere with facilities or equipment provided for their health and safety.

### **3.10 The Responsibilities of the Parent (Health Ambassador)**

- ❖ Presenting parental perspective and insights on school health initiatives and policies.
- ❖ Communicating with other stakeholders about the Health committee and its initiatives.
- ❖ Help to review health-related curriculum programs and partnerships to ensure the alignment with the needs of the school community
- ❖ Supporting the committee in developing recommendations for improving school health and safety policies and practices.
- ❖ Serving as a liaison between parents and staff on health-related matters.
- ❖ Promoting Health programmes, resources, and events to the parent community.

### **3.11 Responsibilities of the Student Health Ambassador**

- ❖ Representing the student community and voicing their viewpoints on school health, programs, and services.
- ❖ Gathering feedback from students through surveys, interviews, or focus groups and share with the committee.



- ❖ Developing creative ideas to make health education engaging for students.
- ❖ Advocating improvements in students' nutritional intake, physical activities, and mental well-being through the health hub.

### **3.12 Partnership with external organisations**

- A. Physical Health-NMC hospital
- B. Dental Health-Solanki Dental Center
- C. Wellbeing- UAE Heartfulness Team

## **4. AREAS OF RESPONSIBILITY**

- ❖ First aid and the administration of medicine – School Nurse
- ❖ Hazard reporting – School Operations Manager/Health and Safety Officer.
- ❖ Health Inspections – School Medical Team
- ❖ Medical Waste Management- Operations Manager
- ❖ Catering and nutritional standards – School Operations manager
- ❖ I care-School Counsellor(Well-being Champion)

## **5. SCOPE OF THE POLICY**

### **5.1 Healthy Eating**

A balanced diet is important for good health. A healthy varied diet can help maintain a healthy body weight, enhance general well-being, and reduce a number of diseases such as heart disease, stroke, cancer, diabetes, and osteoporosis. It is recognized that there is an important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. Amity, Sharjah realizes the need to promote healthy eating for every child. It recognizes the value of promoting healthy eating habits and the important role this plays in the prevention of illnesses therefore enabling children to achieve their full potential at school.

Amity Sharjah aims to provide an environment that supports a positive and healthy approach to eating practices. We aim to create an awareness of the importance of healthy eating and the benefits it brings.

To ensure that pupils are well nourished and that every pupil has access to tasty, nutritious food and a safe, easily available supply of water.

Ensure that the consumption of food is an enjoyable and safe experience, which encourages the positive social interaction of pupils.

Amity Sharjah informs parents of the Healthy Eating protocols when they enroll their child. This reflects the medical, ethical, allergenic, and religious requirements of pupils and staff. Parents are advised to provide school snacks and lunches that contain sufficient nutrition to satisfy the child of one-third of his daily nutritional requirements.

Foods that are high in fat, salt, or sugar should be limited. This is aimed at preventing tooth decay and excess weight gain

Sweets, chocolates, crisps, sweetened cereal bars, and fizzy drinks are not encouraged within school and should not be included in packed lunch boxes.

There is an easily accessible water supply to all of the school community during the school day.

Teachers will ensure that water bottles are refilled regularly and that pupils have access to them throughout the day.

In keeping with Amity Sharjah's policy of no nuts or pork policy, nuts, pork, or foods containing nuts are not allowed.

Children are asked not to share or swap food with their classmates. All school staff are encouraged to act as positive role models for children in all aspects of healthy eating.

Amity Sharjah will seek ongoing support from parents, and the school community for the Healthy Eating Policy and its implementation through newsletters, parent meetings, etc.

**Our expectations:**

- Parents will act as positive role models by supporting their children in making healthy choices within their diet.
- Parents recognize the value of promoting healthy eating and the important role and effect that this plays in their child's health and development.
- Parents will avoid including sweets, chocolates, crisps, sweetened cereal bars, and fizzy drinks in their child's lunch box.
- Parents will notify and provide the school with information regarding known food allergies that their child has.
- Parents will ensure that lunch boxes are washed thoroughly every day to maintain a safe hygienic environment for the storage of food.
- Parents will check that all food is within the 'best before' or 'use by' date.
- Parents, where possible, will ensure that lunches remain cool by providing ice packs or an equivalent cooling system within the packed lunch box.
- Children take responsibility for their nutrition and act as role models for other children.
- All pupils at Amity Sharjah will participate in a healthy eating educational programme.

### **Monitoring arrangements**

Brief all staff on the Healthy Eating Policy. Include information on healthy eating and nutrition in newsletters and assemblies to promote healthy eating and nutrition. Notify all new staff and pupils of the Healthy Eating Policy. Continual assessment of nutritional needs in children.

### **5.2 Diabetes Management**

Amity Sharjah School recognizes the need to support students with diabetes to manage his/her diabetes successfully and continue to achieve more academically.

Effective communication between parents/guardians, the school nurse, and teachers is important to manage diabetes successfully.

The policy will provide clear guidelines and procedures so that designated school personnel understand their roles and responsibilities fully.

Emergency plans will be accessible in case of hypoglycemia (low blood sugar reaction) or the suspected onset of hyperglycemia (high blood glucose). Children are taught that diabetes is self-managed and that treatment is individualized based on the particular child's needs. Each child will have a separate Diabetes Management Plan to maintain a balance between insulin intake or production, food intake, and physical activity.

### **Accommodations for Self-Management**

The school nurse, parents/guardian, and the student should consult to determine the most appropriate location for glucose checks and insulin administration.

Should consider the age and developmental level of the student, privacy concerns, the length of time since diagnosis, and the child's capacity to implement procedures, including cleanup and disposal of medical waste, in a consistent, correct, and safe manner and by district blood-borne pathogens protocols.

### **Social and emotional impact**

Amity Sharjah recognizes that diabetes care tasks set children apart from their peers. Efforts will be made to ensure that routine diabetes care does not make the child feel singled out or that they do not fit in.

### **5.3 Sun care**

Dehydration and heat stress lead to poor performance in children resulting in them feeling unwell with symptoms of light-headedness, dizziness, and headache. With this in mind, Amity Sharjah realizes the need to protect pupil's skin and educate them about the effects of the sun, thus reducing the risk of skin damage and dehydration from exposure to the sun.

At Amity Sharjah we aim to provide ongoing education that promotes personal responsibility for skin cancer prevention.

An environment that supports a positive approach and healthy practices to living in a sunny climate.

Create an awareness of the need to reschedule outdoor activities to support safe practices about sun exposure.

Ensure that all children attending our school are protected from the harmful effects of the sun throughout the year.

During Summer, the temperature on the field is measured to ensure it is safe for students to expose themselves

### **5.4 Storage and Administration of Medicines in School Policy**

Many pupils will at some time need to take medication in school. For many this will be short term, perhaps finishing a course of antibiotics. Other pupils may have medical conditions such as asthma or diabetes that if not properly managed could limit their access to education. Some children have conditions that also require emergency treatment for example severe allergic conditions (anaphylaxis) or epilepsy. Pupils with such conditions are regarded as having health care needs. Most children with health care needs can attend school regularly and, with some support from the school, can take part in most normal school activities.

**Responsibilities:** The storage and administration of medicines in school are the responsibility of the School Nurse. A standing order list of medications that can be administered to school children is authorized by the School Doctor and the medical authorities.

**Storage:** All medicines must be kept in a locked cupboard in the School Clinic. Some medication such as insulin might need to be stored in a fridge. Only medication that has been approved by the School Doctor, and identified on the Amity, Sharjah standing order, can be administered to pupils by the medical staff.

**Communication:** Pupils can only have simple medications (as per standing order) if their parents have completed a written consent form. However, in some certain circumstances, verbal consent may be obtained to administer medication, following telephone contact with the pupil's parent. The parent should after that provide written consent. Pupils requiring the administration of specific medicines should have completed the "Parental Consent for the Administration of Specific Medicines Form". Prescribed medicines should only be given to the named person on the container, taking care to follow dosage and instructions

## 5.5 Infection Prevention and Control

Amity Sharjah aims to provide a set of measures to reduce the spread of illness, through cross- infection, in school. It covers the prevention of infection and communicable diseases which include effective hand washing, general hygiene, and maintenance of a clean school environment.

These protocols are made accessible to and read by all Staff Members.

Principles:

- Hand washing is one of the most important ways of preventing the spread of infection. The recommended method is the use of liquid soap, warm water, and paper towels.
- The use of non-medicated soap, provided in a soap dispenser is encouraged. Harsher soap which contains antiseptic (unless required under specific circumstances) should not be used as it may make hands dry and potentially chapped, therefore increasing the risk of infection.
- Hands should always be washed after using the bathroom, before eating or handling food and after handling animals.

- Infection can be spread easily by coughing and sneezing. Children and adults should be encouraged to cover their mouth and nose with a tissue and dispose of the tissue in a bin.
- All spillage of vomit, saliva, nasal and eye discharge, blood, and feces should be cleaned up immediately. Disposable gloves and disposable plastic aprons must be worn. When spillage occurs, it should be cleaned using a product that contains both a detergent and a disinfectant.
- Maintaining a clean environment is essential for good infection control. Adequate waste disposal bins should be provided throughout the school.
- Regular cleaning of non-contaminated surfaces such as table tops and toilet seats should be carried out with standard cleaning solutions.
- To reduce the spread of illness through cross-infection, the following points apply:
- DO NOT send the student if they show symptoms of
- Fever ( $\geq 37.5$  degrees). Keep the child at home for at least 24 hours after the fever is gone without the use of a fever-reducing medicine.
- Unexplained skin rash that has not been assessed by a doctor
- Vomiting (return to school after 24 hours of last episode of vomiting).
- Diarrhea (return to school after 24 hours of last episode of diarrhea).

## 5.6 School Clinic

At Amity Sharjah to maintain the health and well-being of all students and school personnel by providing access to primary, preventive health care service in a school setting the following protocols are followed

Health records shall be maintained in the custody of the school clinic and shall be available to a patient or his/her designated representative through the attending healthcare professional at reasonable times and upon reasonable notice.

Each student has a medical file in the school.

A complete, comprehensive, and accurate student medical record is maintained for each student.

A record includes a recent history, physical examination, any pertinent progress notes, medications, laboratory reports, imaging reports as well as communication with other student/ patient personnel.

Records and highlights allergies, management of allergies, and untoward drug reactions.

The Clinic maintains an immunization record of all students

Records are organized in a consistent manner that facilitates continuity of care.

Records include information regarding but are not limited to:

- a) Health history, including chronic conditions and treatment plan.
- b) Screening results and necessary follow-up.
- c) Immunization status and certification.
- d) Health examination reports.

Ensure that the medical record storage system is equipped with environmental control and applicable safety & security measures.

### 5.7 Health Screening

School nurses will conduct mandatory health screening on students according to Sharjah Health Authority standards for School health screening. The BMI and all other essential records highlight the importance of creating individual Health plans in cases where the child suffers from Obesity.

All screening results shall be maintained in the student’s health records.

### 5.8 Immunization

The school nurse shall facilitate the vaccination process and coordinate with the school personnel about the vaccination requirements and timeline.

The parents/guardians are required to submit the student’s vaccination records for record purposes and must be kept in the student’s school medical record/file.

## 6. THE HEALTH COMMITTEE

Group / Team / Committee	Health Committee
Original Formation	
Members	Appointed by Principal
General aims	To ensure the health and well-being of all students, and staff at all times and minimize potential health risks
Committee Tasks	All members of staff understand and fulfill their responsibilities to ensure a healthy learning environment.

	<p>To <i>be</i> familiar with the health program policy and all safety regulations laid down by the school management and receive appropriate supervision, instruction, and training.</p> <p>Take an active interest in promoting health and suggest ways to promote it better.</p> <p>Ensuring that students in the community's schools or community centers learn the knowledge they need to maintain a healthy lifestyle</p> <p>Monitor the standards of health nutrition drives, and also adapt them as a part of the curriculum</p> <p>Encourage staff and others to promote healthy lifestyles.</p> <p>Planning of school health programme activities e.g. school health action days.</p>
<p>Frequency of meetings</p>	<p>Per Term</p>
<p>Committee Members &amp; Responsibilities</p>	<p>Vice Principal-Mr. Himanshu Yadav - <b>Head of the committee</b></p> <p>Principal-Ms. Archana Sagar- <b>Member</b></p> <p>Head of Operations. Anish Jose- <b>Member</b></p> <p>Inclusion Champion –Ms. Sangeetha Unnikrishnan- <b>Member</b></p> <p>Counsellor-Ms. Chithu Elsa- <b>Member</b></p> <p>School Nurses–Ms. Jinu Issac- <b>Member</b></p> <p style="text-align: center;">Ms. Anjaleena Thottunkal- <b>Member</b></p> <p>Head of Physical Education. Sandeep Chaprana- <b>Member</b></p> <p>Parent Relation Executive–Ms. Pranita Pravin- <b>Member</b></p> <p>Health Ambassador- Dr. Vijay Nagarajan - <b>Member</b></p>