Further advice

For further advice and guidance you can also contact NHS Direct on 0845 46 47

www.nhsdirect.nhs.uk

Local pharmacy – your local pharmacist can offer help and advice.

Useful School Information

School Telephone Number: 02392 735998

School Website
www.fernhurst.portsmouth.sch.uk



Information in this guide has been taken from the Health Protection Agency document 'Guidance in Infection control in schools and other childcare settings' – April 2010. www.hpa.org.uk

How do we promote good health?

Pupils at Fernhurst are taught the benefits of healthy eating and regular exercise. This is put into practice in games and PE lessons and in the food supplied at lunchtimes.



We encourage healthy snacks at break-times e.g. fruit and vegetables.

Children are taught, and regularly reminded, of the importance of frequent and thorough hand washing.



Fernhurst also publishes and supports public health campaigns, such as 'Catch it, Bin it, Kill it' to encourage good hand hygiene practices.

With consent from parents, our welfare staff will administer medicines in school so pupils can continue to access their education.

At Fernhurst we aim to work with parents to support the whole child in taking personal responsibility for their physical and mental wellbeing so they are 'Fit for Life'.

How can you promote good health in your child?

- Can you walk to school?
- Has your child had a healthy breakfast?
- Does your child's bedtime give them enough sleep?
- Is fresh air and exercise a regular activity in your busy lives?

Please talk to our inclusion team if you have any concerns.

Should my child go to school today?

Think twice – every day counts.



FERNHURST JUNIOR SCHOOL
Together Towards Success

Every day counts

Medicines in School

Children can come to school even if they are taking medicine, as staff are able to administer this.

Please hand any medication (labelled with your child's name and class) into the school office and complete a consent form.

Headache, Earache or Stomach Ache

Children with a headache, earache or stomach ache can still go to school – just let our staff know they are unwell – give paracetamol and plenty of fluids to drink. If the headache, earache or stomach ache persists seek medical advice.

High temperature

Give paracetamol and plenty to drink. After paracetamol if your child feels better bring them into school. If your child's high temperature continues for three days or more, seek medical advice.

Coughs and Colds

Children should be given paracetamol, plenty of fluids to drink and can be sent to school. If your child is asthmatic, remember they may need their blue inhaler more often.



Not sure whether to send your child into school? Phone the School Office on **02392 735998** and ask for help.

Sore throat, tonsillitis and glandular fever

Children should be given paracetamol, plenty of fluids to drink and can be sent to school with any medication they may need during the school day.

Diarrhoea and vomiting

Children can return to school **24 hours** after the last episode of diarrhoea or vomiting.

Head lice

Children can go to school with headlice but they MUST be treated for the condition to prevent further spreading.
Parents should treat their children and other family members by wet combing with a nit comb and conditioner.

Scabies

Children can go back to school after the first treatment. Others living in the same house should be treated too.

Impetigo

Children can go back to school when their lesions are crusted or healed, or, two days after starting antibiotics.

Threadworm

Children can go to school when they have started their treatment. Others at home should also be treated.

Conjunctivitis

Children can go to school. They should be encouraged to wash their hands to prevent further spread of infection.

Measles, Chicken Pox and German Measles

Measles – Children should go back to school four days after the rash has started.

Chicken pox – Children should go back to school five days after the rash has started

German Measles – Children should go back to school six days after the rash has started.

Mumps

Children should go back to school five days from the start of swollen glands.

Whooping cough

Children should go back to school five days after starting antibiotics. Non-infectious coughing may continue for many weeks.