

RYDAL PENRHOS SCHOOL

THE HEALTH CENTRE

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Edenfield, 14 Lansdowne Road, Colwyn Bay. LL29 7DB.

Telephone: 01492 539729 / 07793800425

E-mail: healthcentre@rydal-penrhos.com

THE HEALTH CENTRE TEAM

Sister in Charge	Peta Stevens RGN
Nursing Assistant	Deborah Edwards NVQ Level 3, QA Level 3
Health Centre Assistant and Chaperone	Julie Lamacraft
School Counsellor	Tracey Boothby MBACP.

HEALTH CENTRE SUPPORT

Rysselene Surgery	All boarders are registered with this local NHS Doctor's Surgery. Based at: West End Medical Centre, Conway Road, Colwyn Bay, Conwy. LL29 7LS
Sports Therapist (Page 4)	Philip Mather BEd Hons. MNASC. Dip PT Based at: New Field Pavilion, Walshaw Avenue.

The Health Centre is a specifically designated, fully equipped health care facility situated opposite the Senior School on Lansdowne Road in the same building as the Bursary. The Health Centre is managed by a qualified nurse who is available to provide twenty-four-hour advice and support as required.

MISSION STATEMENT - 'Healthy children get the most out of their education'

Our aim is to enhance the educational potential of all pupils by promoting wellness and addressing any health issues which may create barriers to learning. In collaboration with parents, teachers and community resources we aim to encourage pupils to develop positive attitudes to health, promote the development of healthy life choices and ultimately give our pupils the necessary tools for a happy, healthy life.

INFORMATION RELEVANT TO ALL PUPILS

Medical Information

The school is required by **UK law** to hold medical information including emergency contact details for all our pupils. **A completed health questionnaire is a mandatory requirement for your child's entry to the school.** Please complete the Health Questionnaire enclosed and return it in the envelope provided.

HEALTH QUESTIONNAIRES MUST BE COMPLETED IN FULL AND RETURNED AT LEAST TWO WEEKS PRIOR TO YOUR CHILD'S FIRST DAY AT THE SCHOOL. IN THE INTEREST OF YOUR CHILD'S SAFETY WE REGRET THAT HE/SHE WILL NOT BE PERMITTED TO PARTAKE IN ANY SPORT, ACTIVITIES OR SCHOOL TRIPS UNTIL WE ARE IN RECEIPT OF THIS DOCUMENT.

In order that we can provide the best care for your child you may be sent a Health Information Update form as required. It is imperative that **all** forms be returned as consents previously given are deemed to be invalid after a few months.

IF YOUR CHILD SUFFERS FROM ANY SIGNIFICANT ILLNESS / INJURY OR RECEIVES ANY VACCINATIONS OR OTHER MEDICAL TREATMENT DURING TERM TIME OR THE SCHOOL HOLIDAYS, PLEASE KEEP US INFORMED AND PASS ON ANY RECOMMENDATIONS THAT HAVE BEEN MADE. Please telephone the Health Centre on 01492 539729 if you are in any doubt as to whether your child is fit enough to return to school.

Confidentiality

All medical information will remain confidential unless it is in the interest of your child for specific relevant details to be disclosed to appropriate members of staff. Teachers will be made aware of conditions that may have implications for your child in School, for example asthma, epilepsy, diabetes, vision, hearing problems or significant allergies etc.

Parent Liaison

Every effort will be made to inform you of the medical progress of your child. Parents and guardians are also welcome to telephone or visit the Health Centre.

Pastoral Care

Health Centre staff are an integral part of the School's pastoral structure which aims to ensure that all aspects of each child's individual needs are recognised. As with all those involved in pastoral care, staff in the Health Centre provides non-judgmental support and comfort for any child who presents with a worry or personal problem.

Counselling

The counselling service is available to any pupil and is very much part of the strong tradition of pastoral support within the school. The School Counsellor, Tracey Boothby holds appointments in the Health Centre every Thursday. She also has a 'drop-in' session throughout lunch time. Pupils can book appointments via the Health Centre or by phone on 07824544424. Additional information for pupils and parents is available on the School website.

In the rare event that a pupil's psychological problem is so severe that remaining in school is likely to impede his or her recovery or be detrimental to others, the School reserves the right to recommend a period of time off school under the care and supervision of parents.

Infectious Illness

In accordance with the Department of Public Health guidelines, the School reserves the right to send home for a period of exclusion any child with an infectious illness. Please refer to Incubation and Exclusion Period information sheet enclosed.

School Health Schedule

The School Health Centre Team works in partnership with the local NHS Child Health Service to ensure that your child benefits from all the services on offer to him/her. The NHS School Nurses attend the School to undertake health checks on Reception age children this includes vision and hearing tests and height/weight checks. They also provide an immunisation service in accordance with the NHS Immunisation Programme. If your child is due a health check or any immunisations, you will be sent a NHS medical questionnaire and/or a consent form. If you wish your child to be included, you need to complete and return the NHS documents in addition to the health questionnaire requested by the School.

If you have any concerns about your child's health please do not hesitate to contact us on: 01492 539729.

Off Games/Activities

Day Pupils who need to be excused from games or activities due to illness or injury are required to give the Physical Education Department a signed and dated parental letter, indicating why they are unable to participate and for how long they need to be excused. Please include doctor's recommendations if applicable.

Boarders who need to be off games or activities will be assessed by the school nursing staff and issued with an 'Off Games' card as appropriate.

Hospital Care

If your child has an accident or emergency that requires urgent hospital treatment, **every possible effort will be made to contact you.** It is essential, therefore, that the School has at least **three** current contact phone numbers. Please be sure to inform the School immediately if there are any changes to the contact details. However, in extreme cases, your child may be taken to hospital to receive the appropriate emergency medical treatment before we are able to contact you.

Dental Care

The School provides optional cover with the Denplan for Schools Accident and Emergency Dental Plan. This plan offers worldwide comprehensive dental accident and emergency cover 24 hours a day, 365 days a year at a preferential rate. For further information, call: **0800 214357. For Denplan 24-hour emergency helpline/claims phone: UK: 0800 844999. Overseas: 0044 1962 844999.**

In order to reduce the risk of dental injuries during sport, **please ensure that your child has a well-fitting mouth guard. Mouth guards are compulsory for all contact sports.**

NB. DENPLAN AND MOST OTHER DENTAL INSURANCES ARE INVALIDATED FOR INJURIES SUSTAINED IN CONTACT SPORT IF NOT WEARING A MOUTH GUARD

Opro mouth guard impressions are taken on site by a qualified dentist at the start of every new school year. If you would like your child to be included, please place your order online at www.opro.com at least two weeks before the start of the new school year. Alternatively, your child's own dentist can assist/advise you.

Routine Dental Care – Boarders only

Due to a shortage of NHS Dentists, we recommend that your child continues to receive routine dental care at home during the school holidays. If your child is undergoing orthodontic treatment which needs to continue during term time, please contact the Health Centre to discuss arrangements for this to continue after your child has joined the school.

Registration with a Doctor – Boarders only

All boarders are registered with A NHS doctor at Rysseldene Surgery, which is walking distance from the school. If your child has previously been registered with a doctor in the UK, please send his/her **NHS MEDICAL CARD** or complete and return the **BOARDER'S REGISTRATION WITH A DOCTOR** form enclosed.

Boarders who are already registered with a local doctor may remain with their own doctor providing that parents take full responsibility for any appointment requirements. If you would like your child to remain with his own doctor, please inform the Health Centre.

Note: It takes several months to transfer notes between doctors. Once your child's records have been received here, they should stay here until he or she leaves the School. If your child needs medical attention during the school holidays, he/she can usually be seen by a family doctor as a **temporary resident**. **PLEASE DO NOT RE-REGISTER AS A PERMANENT RESIDENT AS THIS CAUSES CONFUSION AND CAN LEAD TO NOTES BEING LOST.**

PUPILS WHO NEED TO TAKE MEDICINES IN SCHOOL

School Homely Remedies (non-prescription medicines)

PUPILS ARE NOT ALLOWED TO CARRY NON-PRESCRIPTION MEDICINES, HOMEOPATHIC, HERBAL OR ORIENTAL REMEDIES ON THEIR PERSON OR KEEP THEM IN THE BOARDING HOUSE.

The School Health Centre provides a range of homely remedies for symptomatic relief of most minor ailments, these are also available in each boarding house. Therefore, there is no need for any pupil to bring anything into school other than prescription medicines. For the safety of all pupils **any non-prescription medicines brought into school will be confiscated and destroyed**. The School Homely Remedies list is available on request from the Health Centre.

Prescription Medication

Pupils are permitted to self-administer medicines that have been prescribed for them by a doctor. However, in all cases the pupil must undergo a risk assessment by the Health Centre staff.

- **All** medicines (including inhalers and EpiPens) brought into School **must** be in the original packaging and clearly labelled with the pupil's name, dose to be given and frequency of administration. Doctors instructions should be included if appropriate. For the safety of all pupils, **medicines not correctly labelled will be confiscated and destroyed**
- A **REQUEST FOR MEDICINES TO BE ADMINISTERED** form (yellow) enclosed at the back of this booklet **must** be completed for **each** medicine that is brought into School (this form may be photocopied). Please complete **side 1** if you require School staff to administer the medicine or **side 2** if you would like your child to carry his/her own medicine (including inhalers and EpiPens). We regret that medicines cannot be administered/carried unless we are in receipt of a completed request form.

Pre-Preparatory and Preparatory Pupils

- All **MEDICINE REQUEST** forms and medicines **must** be handed directly to Reception or your child's form tutor at the Prep school. (Please do not send the medicine in your child's bag unless you have made an arrangement to do this with your child's tutor)

Senior Day Pupils

- **Must** report to the Health Centre immediately after registration at 8.25am if they bring any medicines into School. The nurse on duty will undertake a brief risk assessment of pupils who wish to self-administer during the School day.

Boarding Pupils

- Any boarder who brings permitted (prescribed) medicines into the boarding house must report to the Health Centre with their medicines within 24 hours of bringing their medicines into school so that a risk assessment can be undertaken.

PUPILS MUST NOT UNDER ANY CIRCUMSTANCES SHARE/SWAP OR TRADE THEIR MEDICINE WITH ANY OTHER PUPIL.

NB. Administration of all medicines sent in from home is at the discretion of the member of staff to whom the request is made. Every effort will be made to fulfil your requirements. However, please note that neither the member of staff nor Rydal Penrhos accept responsibility for failure to do so.

WHAT HAPPENS IF YOUR CHILD IS ILL OR INJURED IN SCHOOL?

It is absolutely essential that we are able to contact you or someone with parental responsibility for your child at any time throughout the school day. Please ensure that you provide updated phone numbers if they change.

Pre-Preparatory Pupils

If your child has a minor illness or injury during the School day, he/she will generally be cared for by the first aid trained Pre-Prep staff and you will be informed as soon as possible. If the illness or injury is more significant a nurse will attend to give advice or care for your child until you arrive.

Preparatory Day Pupils

Children who are ill or injured whilst in School will be cared for by a qualified first aider or the nurse on duty. If necessary, your child may be taken to the School Health Centre where the nursing staff can care for them until he or she feels well enough to return to School or until you can be contacted to either take your child home or to the Hospital Accident & Emergency Department.

All Senior Pupils & Preparatory Boarders

If your child becomes unwell during the School day, he/she may be cared for in the School Health Centre until he/she feels well enough to return to lessons or until arrangements can be made for him/her to go home. If you have consented to your child receiving non-prescription medicines (*homely remedies*), the lowest possible dose will be administered taking into account any pre-existing medical conditions including allergies that your child may have.

Children who suffer minor injuries may be treated in the Health Centre by the nursing staff. If your child's injury requires hospital treatment you will be contacted by telephone so that you can accompany your child to the hospital. Boarders whose parents or guardians live outside the UK or a considerable distance away from the School will be escorted to hospital by a member of School staff and you will be notified as soon as possible.

Medical Appointments

Pupils who need to attend medical or dental appointments may be escorted by the School chaperone. This service is chargeable and will be added to your School bill. A list of charges is available from the Health Centre on request. Alternatively, if you wish to make your own arrangements please inform the Health Centre.

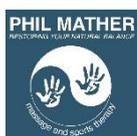
All Pupils

WHAT HAPPENS IF YOUR CHILD NEEDS TO GO HOME DUE TO ILLNESS OR INJURY?

In the interest of protecting your children, **pupils are NOT permitted to make their own arrangements to go home.** If your child telephones you to request that you collect him/her because he/she is unwell/injured, please advise him/her to report to the Health Centre or his/her Housemaster so that we can contact you to confirm arrangements. Boarding pupils who are unable to go home may be admitted to the Health Centre and cared until they are able to return to their boarding house.

Sports/Soft Tissue Injuries

From September 2018, Mr Philip Mather will run a private **Specialist Massage and Sports Therapy Clinic** based in **Changing Room No3 at New Field Pavilion.** He will be available to provide support to the nursing staff in the care and long term management of postural and sporting injury. This service is the product of a partnership agreement between Mr Mather and Rydal Penrhos School. As a result, pupils may be referred for assessment and treatment by the Health Centre, PE Department or by direct contact from parents. There is a charge of £24 an hour [normal cost is £30 per hour] this can be paid directly or charged to a pupil's school account, a full assessment and report usually takes about an hour, follow up treatments, where required and agreed will generally last 30min.



Contact details;
Mobile; 07793800423
E-mail; pjm.cr3@rydalpenrhos.com
Web; www.pjmmassageandsporttherapy.co.uk