



PORTSDOWN
Primary School & Early Years

Health and Well-Being Parents Information





At Portsdown we are committed to supporting each child's Health and Medical needs. We understand how important it is to provide a welcoming and supportive environment. We will help to ensure pupils can be healthy, stay safe, enjoy and achieve. The school aims to include all pupils with medical conditions in all activities. This upholds our value of 'inclusion' and 'safety'

All of our Teaching Assistants have had First Aid training and work closely with our school nurse, who runs regular 'drop in' sessions to enable parents/carers to come into school to discuss any concerns they may have with their children.

Due to Covid-19, it is not possible to offer 'drop in' consultations at this time. However, if you would like to speak to the school nurse, parents are able to contact either Debbie Hardy (Family Link Worker) or Sue Thomas (SENCO/Inclusion manager) who will be able to arrange this.

It is the parents'/carers responsibility to inform and to keep the school updated about their child's medical conditions and needs. We ask that you provide any relevant information about your child's health. This should be provided on admission to school or when a medical need is identified or changes.

Some children may have more complex medical needs and may require a Care Plan. This is used to record important details about a child's medical needs at school, their triggers, signs and symptoms, medication and other treatment. This will be written with parents, school nurse and our Inclusion Manager/SENCO, Sue Thomas.

The finalised plan will be shared with the relevant school staff, a signed copy will then be given to parents and the school nurse.

Most children will at some point have short term medical needs, this may include finishing a course of medicine. Where possible we ask that parents give medication to their children (many medicines can be taken before school, after and at bedtime). We recognise that there will be occasions where children may need to take their medicine in school and in these cases we ask that parents meet with Mrs Durow or the Head Teacher to discuss this. (Please see our Medicines Policy for more detail this can be found on our website <https://www.portsdownprimary.co.uk/policies/> or you can obtain a copy from the school if required).

Asthma and Allergies

The School recognises that asthma is a widespread, serious but controllable condition affecting many pupils at school. Portsdown Primary School positively welcomes all pupils with asthma. The school encourages pupils with asthma to participate fully in school life. We always try to make sure that the school environment is favourable to asthmatics and ensures that all staff understand asthma and what to do in the event of a child having an asthma attack. When a child joins the school parents/carers are asked to inform us if their child has asthma. It is also important that the school is informed if a child subsequently develops asthma.

Parents/carers are asked to ensure that the school is provided with a labelled reliever inhaler and volumatic spacer. All inhalers must be labelled with the child's name by the parent/carer.

Pupils with asthma are encouraged to carry their reliever inhaler as soon as the parent/carer, doctor or asthma nurse and class teacher agree they are mature enough.

The reliever inhalers of younger children are kept in the classroom in asthma boxes

For more information please see our Asthma Policy which can be found on our schools website <https://www.portsdownprimary.co.uk/policies/> or you can obtain a copy from the school if required

Head Lice

Head lice are easily treatable and very common amongst young school children. We ask that you regularly check your child's hair and/or treat your child to prevent further spreading. Parents will be informed if an outbreak occurs in class and a letter will go home to all parents/carers. In extreme cases, or if a child is severely distressed and distracted from learning the school will phone parents/carers and ask that they collect their child. Please come in and talk to a member of staff if you need advice or alternatively advice can be found online at [nhs.uk/conditions/headlice](https://www.nhs.uk/conditions/headlice).

Infectious Illnesses

Just coming into contact with another child can pass on some infections, therefore for everyone's protection, we ask that if your child has diarrhoea and/or vomiting they be kept off school and not return to school until 48 hours after the last episode of diarrhoea or vomiting.

You can find advice on whether your child is well enough to attend school on the following website <https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/> or if you are still unsure, phone us for advice.

Mental Health & Well-Being

At Portsdown Primary, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued.

At our school we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

We promote a mentally healthy environment through:

- Promoting our school values and encouraging a sense of belonging.
- Promoting pupil voice and opportunities to participate in decision-making
- Celebrating academic and non-academic achievements
- Providing opportunities to develop a sense of worth through taking responsibility for themselves and others
- Access to appropriate support that meets their needs

The class teacher has overall responsibility for the pastoral, medical and social care of every child in their class, therefore this would be the parents' first point of contact.

If you have concerns about your child's emotional well-being, please speak to their class teacher. There is support that we can offer in school whether that be in class from the teacher or an opportunity to work one to one with a member of our Welfare and Pastoral team.

If further support is required, the class teacher can liaise with the SENCO/Inclusion Manager for further advice and support. This may involve working alongside outside agencies such as Educational Psychology, Multi-Agency Behaviour Support service or health and social care.

We are able to contact CAMHs single point of access team who can offer advice and guidance. A referral to CAMHs will only be made in agreement with parents and if we feel we have enough information and evidence to suggest this is necessary.

Useful websites:

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://youngminds.org.uk/>

<https://www.place2be.org.uk/>

<https://www.mind.org.uk/information-support/for-children-and-young-people/>