



## HEALTH POLICY

### 1. PURPOSE

To promote a healthy lifestyle for all members of the school community by providing:

- a health education program relevant to students' needs which teaches a balance of knowledge and skills to enable students to develop healthy behaviours and clarify values.
- ways to encourage the creation of a healthy, safe and supportive school environment that complements and supports the classroom health learning experiences.
- methods to promote awareness of health issues in the family and the community.

### 2. SCOPE

St Hilda's has a commitment to provide in theory and in practice, a positive, healthy and caring school environment in which students can achieve their full potential and develop interpersonal skills that will enable them to face the challenges both in and out of school now and in the future.

The Health Policy provides a reference to encourage those organising activities in the School to be conscious of promoting a healthy lifestyle.

### 3. POLICY

#### 3.1 Management and Organisation

The School Executive will meet regularly to monitor and initiate strategies.

Responsible for:

- Document and review the School's Health Policy
- Develop and support school health promotional events
- Monitor the status of the School health environment
- Assist staff and parents
- Provide professional learning for staff in the health area.

#### 3.2 Health Education

- The Health Education curriculum is based on relevant sections in the K – 10 Health Education syllabus.
- At Year 10 level the curriculum focuses on health, nutrition and personal presentation.
- It is developmental in nature and includes a balance of knowledge, attitudes and skills.
- The Health Education program adopts a harm reduction approach to drug education - (which includes abstinence as the primary objective).
- There is an annual review of the curriculum and regular in-servicing of staff.

### **3.3 Personal Development**

- St Hilda's promotes positive actions that maintain and improve the individual's self-worth and the self-worth of others through the Health Education program.
- St Hilda's has a comprehensive pastoral care framework.
- Teachers promote positive behaviours and attitudes within and between students.
- Teachers model appropriate behaviour.
- Student Services staff provide leadership on school-wide mental and emotional health.
- St Hilda's encourages support for younger students by older students.

### **3.4 Physical Environment**

The whole school community has a right to work in a clean and safe environment. The Occupational Health and Safety committee monitors the state of the physical environment and health and safety issues pertaining to staff and responds to any concerns raised by members of staff.

### **3.5 Physical Education and Outdoor Education**

Physical fitness is promoted in the following ways:

- Compulsory PE curriculum for K - 12, offering a wide range of activities from competitive to recreational pursuits.
- Participation in a wide range of sport and recreational pursuits.
- Interhouse and Interschool competitions sport competitions.
- Cocurricular sporting, recreational and fitness activities
- Development of positive self-concept in regard to sportsmanship, participation and team work.
- The extensive camp program for Years 5 - 10 which incorporates mental and physical challenges.
- A comprehensive Duke of Edinburgh Award program.

### **3.6 Nutrition**

Sound nutrition practices are promoted by:

- All students are taught nutrition as part of classroom Health Education and Home Economics from Kindergarten to Year 10.
- School fund-raising events aim to involve nutritious food.
- Sponsorship that may compromise the School health program is not accepted.
- The School Café and Mezze supports classroom nutrition education by providing a range of healthy foods high in fibre and low in sugar, fat and salt.
- Not using food as a reward for behaviour.
- Discouraging overeating and the eating of high fat and high carbohydrate/sugary foods.

### **3.7 Bay View Campus Café and Chidley Mezze**

- The Café and Mezze aim to serve a variety of food choices which are nutritious, appealing and affordable to students. The profit made is not to be at the expense of this primary aim.

- The Café and Mezze supports the School Health Policy and complements the K – 10 Health Education Syllabus and the Home Economics Syllabus, by food choices, information and promotions.
- Foods served will be in accordance with the Australian Dietary Guidelines.
- Healthy food options include fresh fruits at subsidised cost, wholemeal bread and rolls, appealing salad trays, minimal use of butter on breads, fruit juices and bottled water. We do not sell:
  - Nuts or nut products
  - Twisties, chips (with the exception of Red Rock chips) or similar products
  - Lollies and chocolates
  - High sugar soft drinks

### **3.8 Drugs**

- Parents are asked to advise the school of any medical condition of their child which requires ongoing medication.
- Medicinal drugs and needles are to be used in accordance with prescribed procedures.
- Prescription drugs are not to be administered to the students by the School Nurse without written parental permission. (Senior School)
- Prescription drugs are not to be administered to the students in the Junior School without written parent permission to Junior School reception, the early learning teachers and extend-ED teachers (as appropriate)
- Students are to carry only enough medication for one school day.
- Analgesics will only be provided to students by the school nurse.
- St Hilda's is a "smoke-free" environment - this applies to students, staff and visitors.
- Students are not permitted to smoke during any school based activity or whilst wearing the school uniform.

### **3.9 Injury and First Aid**

- In case of an accident, the student is to be taken to the Health Centre in the Senior School and the Wellness Room in the Junior School, (see Emergency and Evacuation Procedures).
- Where neck/back injuries or serious injuries are suspected, the patient is NOT to be moved unless they are in danger.
- Parents will be contacted and if deemed necessary, an ambulance called.
- It is compulsory for all students to wear bicycle helmets whilst riding to and from school.
- All staff are required to have a current First Aid certificate.
- Departments within the School have detailed procedures to follow when handling chemicals used in their departments.
- Where blood is involved, members of the School community are to take precautions to prevent coming into contact with spilled blood. Staff should follow universal hygiene precautions.
- If a syringe is found - it should not be handled without gloves. The Dean of Students or Deputy Head of Junior School must be informed immediately, and the local environmental officer from the Town of Mosman Park is to be contacted to arrange for its safe removal.

### 3.10 Infection Control

It is vital that infection control guidelines be followed within the School community to ensure the safety and well-being of both staff and students. Any queries can be addressed to the Health Centre.

St Hilda's staff and students are requested to follow Universal Precautions when working in the School environment.

Universal Precautions or 'body substance isolation' describes the standard of infection control practice that is internationally recommended for all health care situations and all patients. The principle is to assume that all patients are potentially infected with blood-borne pathogens and pathogens in body fluids. Body fluids such as blood, urine, faeces, sputum, semen, vomitus, pus, wound secretions and spinal fluid should be isolated.

Gloves are worn as a barrier to protect the wearer's hands from contamination. Non-utility gloves, that is, disposable latex or vinyl gloves, must **never** be reused.

Health care workers and teaching staff **must** wear gloves in the handling of blood or body substances, for example when:

- direct contact is anticipated with blood and body substances, mucous membrane or non-intact skin
- handling items or contacting surfaces contaminated with blood or body substances
- performing any procedure where skin penetration is anticipated.

**Hands must be washed after removal and disposal of gloves.**

Staff involved in blood spills (e.g. Blood nose) are requested to follow the guidelines below:

**Do not become complacent because in doing so you put yourself and others at risk.**

Staff involved in the management of spills should:

- wear protective apparel including gloves
- confine and contain the spill
- remove the bulk of the blood and body substances with absorbent material
- clean the spill site with detergent solution
- then wipe the site with disposable towels soaked in bleach solution
- contaminated towels must be placed in plastic bag marked "Infection" and sent to the laundry
- rubbish bins containing contaminated paper towels must be removed, tied up and marked "INFECTIOUS"

### **3.11 Harmful Virus Risk Management**

- St Hilda's is pro-active and endorses the WHO and Australian Health Department's recommendations in an effort to contain the spread of harmful viruses. We will continue to monitor situations and disseminate updated information as appropriate.
- Staff will be provided with professional learning on harmful viruses by St Hilda's nursing staff when needed.
- When necessary families considering overseas travel should view the latest Travel Bulletin from the Australian Department of Foreign Affairs and Trade.
- Any student or staff member who has travelled to harmful virus affected regions may not return to St Hilda's for several days post departure from that region. Similarly any student or staff member who has had close contact with a person who has been diagnosed may not return to St Hilda's for 12 days.
- If any student or staff member is suspected of carrying a harmful virus she/he must not attend school. Parents are notified immediately if any student or staff member is infected with a harmful virus (i.e. mumps, chicken pox, shingles) in accordance with Health Department guidelines

### **3.12 Health Promotion**

- Staff health is valued and information sessions and health promotion activities are provided for staff.
- Staff education and awareness of relevant student health problems is provided through seminars. (e.g. anaphylaxis, epilepsy, diabetes, asthma, visual impairment).
- Parent seminars to be conducted (e.g. Nutrition, "Drugs in Perspective", Understanding Teenagers).

### **3.13 Evaluation**

- An annual review of the Health Policy will be conducted using the following data:
- Record the prevalence of health issues across the curriculum.
- Number of staff attending and hours of professional learning completed in the health area.
- Number of parents attending health information sessions.
- Health Centre records.
- Staff, students and parents surveys.

Professional learning programs to be planned and monitored on the results of the annual review and projected future needs.

## **4. Related Policies**

- *Allergy Awareness*
- *Asthma*
- *Substance Misuse*

## **5. BREACH**

If anyone breaches this policy they may be subject to disciplinary actions.

**Responsibility:** Dean of Students  
**Review Date:** May 2015  
**Next Review Date:** May 2016