



## HEALTH CENTRE INFORMATION FOR PARENTS/GUARDIANS

Health Centre and boarding staff are keen to ensure your daughter remains well and healthy whilst boarding at St Hilda's. The information below will help us to work together for the best health outcome for your daughter.

### ON CAMPUS VISITS

- **Dr. Natasha Hancock** visits the Health Centre every Tuesday at 1pm and generally bulk bills the girls. Dr Hancock works part time at Mosman Park Family Practice.
- **A Physiotherapist visits every Tuesday and Thursday after school**

### SUPPORT SERVICES

- **Local Services**  
The Health Centre staff can make recommendations for health services your daughter may need. i.e. opticians, dentists, orthodontists . We have many excellent health practitioners in the local area. Distance from the school is an important factor to take into account when booking appointments.
- **Flu Vaccinations**  
Boarders are offered a flu vaccination administered by Dr Hancock at the commencement of the flu season in the Health Centre. Email permission is required from parents for this to be undertaken. An email will be sent to all parents.
- **Orthodontist**  
If you are considering braces for your daughter, please look at Mosman Park Orthodontics as a very good option, as it is in easy walking distance from the school. This will save time and money on paid transport in the long run.
- **Out of School Appointments**  
Out of school appointments for the girls have significantly increased recently, placing staff under pressure with the ability/time to transport to the various appointments. We encourage appointments to be made out of school hours if possible and then if the appointment is within walking distance, the girls are usually able to walk with friends if appropriate.

Where possible, parents are responsible for the transportation to and from appointments. If family or friends are not available, then it is likely an older student may take a taxi depending

upon the nature/location of the appointment. A quick discussion with the staff will sort this matter out.

If a student needs an adult to accompany them (e.g. Yr. 7, 8 and some treatments) then it is possible for the Health Centre staff to arrange a boarding staff member to accompany the student. Any transport costs are added to the student account.

If appointments are in the local area of Mosman Park and Cottesloe and in school time, then where possible, the Director of Boarding or a boarding staff member will transport the student.

- **Notification of Appointments**

When making any medical appointments for your daughter, please inform the Health Centre via email [healthcentre@sthildas.wa.edu.au](mailto:healthcentre@sthildas.wa.edu.au) or phone 9285 4235. The appointment is written in the diary and the School and Boarding Staff are informed. The student is sent an email reminder the day before and collects an exeat on the day of the appointment from the Health Centre.

## **PERSONAL MEDICATION**

### **All student medications need to be handed to the Health Centre.**

This is for safety and duty of care reasons that we require all families to comply with this request. Girls are given over the counter and script medications as needed, by the Nurses and Boarding Supervisors (as per written parental permission on admission).

For any other medication issues or requests please discuss directly with the Health Centre staff.

## **CONTACT INFORMATION**

If you would like any further information please do not hesitate to contact Health Centre Staff on 9285 4235 or by email [healthcentre@sthildas.wa.edu.au](mailto:healthcentre@sthildas.wa.edu.au)

<b>Responsibility:</b>	Director of Boarding
<b>Review Date:</b>	July 2019
<b>Next Review Date:</b>	March 2020