



John Colet School

**STUDENT HEALTH AND WELFARE
SUMMARY**

The school and its teachers owe a common law duty of care to take reasonable steps to protect students from any injury that may be reasonably foreseen. This requires teachers and the Headmaster not just to react to situations as they arise but to engage in appropriate risk management to reduce the risk of injury.

We developed the following policies in response to student health and welfare risks that we have identified, key risk areas are addressed below.

Counselling Services

Our students may experience a wide range of behavioural, emotional, social and psychological issues that, if left untreated, may jeopardise their wellbeing and learning. Examples include mental illnesses, friendship difficulties, family breakdowns, relationship issues, eating disorders, bullying, traumatic events, alcohol and substance abuse, self-esteem and identity difficulties.

Our Deputy Head of School is available to all students for pastoral care. The School is also able to refer students and their families to counselling services. We are committed to providing a safe environment and assisting students develop appropriate skills and attitudes to resolve problems in academic, psychological, emotional and social contexts.

Allergy Awareness and Students at Risk of Anaphylaxis

Allergies occur when the immune system reacts to substances (allergens) in the environment, which are usually harmless. Anaphylaxis is the most severe form of allergic reaction. Individuals can have a mild, moderate or severe allergy. Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life-threatening.

We are committed to providing a safe learning environment for all our students. We recognise that while policies and procedures to reduce the risk of an allergic reaction can be developed and maintained they cannot achieve a completely risk-free environment. Risk can be reduced but not eliminated.

All our staff who regularly supervise or have contact with students at risk of an anaphylaxis have up-to-date anaphylaxis training and know how to prevent, recognise and treat anaphylaxis. This includes how to reduce the risk of a reaction, how to recognise a reaction and then respond to any emergency.

Asthma Management

Asthma attacks must be identified quickly and treated correctly to ensure the best outcome for students affected. All staff are aware of the symptoms, triggers and best practice management of asthma so that they can assist their asthmatic students. We are committed to supporting students who suffer from asthma and assisting them to participate in all regular activities.

It is our policy that we:

- a. provide a clear set of guidelines for the management of asthma
- b. have established procedures for responding to, and dealing with, students who have been diagnosed with asthma
- c. have established procedures for responding to an asthma attack
- d. identify and, where possible, minimise asthma triggers
- e. where possible, encourage students with asthma to self-administer medication and keep it on their person
- f. where necessary, modify activities for the student with asthma in accordance with their needs.

Individual Health Care Plans

Many of our students have special health issues that may need to be managed through the development of Individual Health Care Plans. Individual Health Care Plans will be developed for:

- a. severe asthma, type 1 diabetes, epilepsy, allergies that can progress to anaphylaxis (such as a food and insect allergy)
- b. any student who is diagnosed as having a condition that may require an emergency response
- c. any student who requires the administration of health care procedures.

We have practices and procedures to manage students who need Individual Health Care Plans. Parents and carers should contact the Headmaster if they require further information.

Sun Protection

Too much exposure to ultraviolet (UV) radiation from the sun causes sunburn, skin damage and increases the risk of skin cancer. Sun exposure in the first 15 years of life contributes significantly to the lifetime risk of developing skin cancer.

It is our policy that we use a combination of sun protection strategies to assist students to be responsible for their own sun protection including:

- a. checking sun protection times
- b. making shade available
- c. wearing hats that protect their face, neck and ears when they are outside
- d. wearing sunscreen
- e. staff modelling appropriate sun protection behaviour
- f. incorporating sun protection and skin cancer awareness education into the curriculum
- g. including sun protective clothing in our uniform.