



Student Health & Wellbeing Information for Parents

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The Department of Education promotes culturally responsive approaches to strengthening student physical and mental health to maximise their engagement with teaching and learning. Eastern Hills Senior High School promotes and supports student health care needs and identifies and minimises health risks within the context of the schools' resources and the assistance available from specialist services. The procedures for health and wellbeing of students at the school comply with the Department of Education [Student Health in Public Schools](#) policy.

Health Care Support for Students

Students who need health care support at the school have a management and emergency response plan. Parents/carers of students with pre-existing medical conditions complete the [Student Health Care Summary](#) on enrolment at the school or if student health care needs change. Once the information is provided, a student health care plan is completed. It describes the level of health care support and the health procedures that may be required whilst a student is at the school. It includes written authorisation from the parent/carer for school staff to administer any form of medication at school either in the short term or long term and informed consent regarding which staff members have access to **confidential** medical information.

The health care needs will be communicated to classroom teachers and support information relating to life threatening conditions, for example anaphylaxis, will be provided by the School Nurse. The information will also include advice on responding to emergencies and who in the school is trained to provide care in critical situations. Staff will be notified whenever there are changes to a student's health status.

The health care plan will either be a generic plan or a standardised management and emergency response plan available for common health care needs such as anaphylaxis, allergies, diabetes, seizure or asthma. A student with a health care plan is identified in Compass with a *roll marking alert*.



Administering Medication

Medication will only be administered to students with written approval from a parent/carer. Parent/carer approval is not required in an emergency, for example unexpected anaphylaxis. It is the responsibility of the parent/carer to provide the school with medication that is clearly labelled with the student's name, within the expiration date and in its original packaging. Medications are kept in their original packet or pharmacy provided pack until administered to ensure the medication item and expiry is clearly discernible and protected against contamination. The medication is administered following the instructions on the package and is stored safely. A record is made each time that medication is administered to a student.

Medication administration of any non-emergency medications (e.g. Paracetamol, ibuprofen, Ritalin) to a student will be adhered to by two staff members noting: right patient, right medication, right dose and right time. A record will be made each time that medication is administered to a student.

Administration of First Aid

The school ensures that an adequate number of staff are first aid trained at the school. The school provides a number of first aid kits located in specific areas of the school which are regularly checked and topped up. The contents of the first aid kits correspond to recommendations from St John Ambulance Australia and contain additional equipment to enable prolonged first aid to be administered. A defibrillator is available within the Student Services Centre. The first aid kits are available in every Learning area of the school including the Library, Literacy Centre and ESU and there are two excursion bags with first aid supplies. See the chart included in this document which is provided to staff to guide [Suggested first Aid Procedures](#) for common first aid incidents at the school.

Responding to Student Illness or Health Issues

Non-Emergency Illness or Health Issues

Non-emergency illnesses may include abdominal pain, headache, fever, nausea, vomiting, sprains or strains, coughing, or severe nose bleeds. Where possible a student is sent to the Student Services Centre or else the Student services Centre is contacted for support. Student Services will contact the School Nurse if available or a person with first aid training and if necessary call the parent/carer to take the child home.

Non-emergency health issues may include sore throat, hay fever, head cold, tooth ache, soreness or period pain, blisters, nose bleeds, insect bites, nausea or dizziness, paper cuts, minor grazes, or mild asthma attack. In the first instance first aid will be administered to students in the Learning Area using the first aid kit provided. This included using an asthma inhaler for a mild asthma attack or an EpiPen for a mild allergic reaction. The Student Services Centre is contacted where further support is required.

Student who believe they need to go home due to illness or health issues report to the Student Services Centre who will contact parents/carer to take them home where necessary.

Medical Emergencies

A medical emergency is a sudden or unexpected threat to health which requires an urgent assessment and alleviation of symptoms. Medical emergencies may include severe allergies, asthma, diabetes, bleeding, seizure or shock, chest pains or abdominal pains, trauma, burns, head injuries, broken bones, eye injury, or extreme temperature. In an emergency staff will carry out first aid within the level of their experience or training and notify the Student services Centre where additional assistance is required from a first aid trained officer. An ambulance will be called in all cases of suspected serious injury or instances involving anaphylaxis.

Supporting Student Mental Health

The school implements strategies that strengthen student mental health literacy and promote student mental health through evidence-based social and emotional learning programs, alcohol and other drug prevention education and the teaching of mental health resilience and wellbeing through the Health & Physical Education curriculum.

Students are provided with information of how to access mental health services. The Student Services Teams promote and support student mental health through pastoral care and guidance to strengthen mental health and teach coping strategies. Complex mental health issues are managed by the School Psychologist and supported by the School Nurse.