

**BUMPS
BRUISES
AND
NASTY DISEASES**

**Ripley St. Thomas
Church of England
High School**

It's a fortunate (and unusual) child who gets through a school career without any health problems. This leaflet is your guide to what to do when ill health threatens to make learning or attendance difficult for your child.

1. "I don't feel well"

Most children catch "flu", have the occasional tummy upset or serious cold. If they can't get up at all then clearly they should be off school. If your child is up and about, but a bit "off colour" we suggest they come to school. We have a medical room and an on-site nurse and should the symptoms get worse we will contact you.

If your child complains regularly and has odd days off school get in touch with us. It could be sign of unhappiness, bullying or a problem with learning.

2. "She's broken her arm/leg...."

Broken bones are dealt with very effectively by our local hospitals and shouldn't keep your child off school beyond a couple of days.

If you contact us right away we can:

- a. re-organise a timetable or provide somewhere on the ground floor if stairs are a problem
- b. find a quiet corner to bring the work to if the limb must not be knocked

We can also liaise with physiotherapists to make sure we are providing the correct situation in school for the quickest recovery. If you wish to discuss a broken limb, Denise Richardson, our on-site nurse, can be contacted at any time during the school day.

3. "I've hurt my foot/ankle"

Most children think they know the treatment for this one. "I'll wear trainers to school". This never helps our effort over uniform and does not always help their injury. If, after 24 hours the foot/ankle is still swollen please take your child to the doctor or casualty.

4. Itchy Matters

Headlice are very common in school these days. They love clean hair. Make sure girls, especially, comb their hair night and morning. If you do find headlice there is no need to keep your child off school while treating them. It is for this specific reason that hair should be tied back. Scabies and Impetigo are fortunately less common but can be quite upsetting. Your doctor can treat this quickly and effectively. There is no need for your child to stay off school after treatment has been given.

You can get confidential help and advice on treating Scabies and head-lice from our Health Service Nurse, Debbie Kelly. Contact her on 518946.

5. Asthma

Most of our asthma sufferers attend school as regularly as every other child. It is important that your child carries an inhaler if necessary and, if possible, that we keep a spare inhaler in the medical room. If particular weather or certain activities begin to cause difficulties please tell us right away.

6. Long Absences

These may be due to chronic illness or operations your child may have to undergo, hospital stays and surgery, or to having a condition such as ME which causes lengthy absence.

Our aim is to work with your GP and consultant to make sure this does as little damage as possible to your child's education. We work closely with the Hospital tutors to provide work and keep as much continuity with lessons (and friends) as possible. The main thing we need is information. Keep in touch by ringing/writing to your child's Progress Tutor or Progress Leader. Some Consultants send copies of letters/progress reports to us as a matter of course-this really helps.

We are happy for your child to attend part time, to have a partial or amended timetable, to take rest periods etc. Please tell your consultant we recognise some situations require confidential handling. In these cases we suggest you contact Mrs. Bray (Deputy Head) first, to work out how best to approach the problem with staff and fellow pupils.

7. Trauma, stress, depression, eating problems and not wanting to come to school.

Many children—probably 1 in 5—suffer these symptoms at some time in their school life. Please contact us as soon as you realise something is wrong. The situation always needs some investigation in school and we can advise you on who best to contact for more help and support. You might prefer to discuss the problem first with Debbie Kelly. Your talk with her will be completely confidential. Children can also contact Debbie on Wednesday lunchtime..

Contacts

To discuss any medical problems:

- ◇ Denise Richardson - on-site nurse
Tel 64496 - school hours

To discuss any aspect of your child's health and welfare in

School:

- ◇ Ann Bray - Deputy Head
Tel 64496 - school hours

- ◇ Debbie Kelly - Health Authority School Nurse
Ashton Community Care Centre - Tel 518946
Debbie can also help you to contact other health Professionals

If your child is absent for any reason
please ring school as soon as possible on
the morning of the absence!
If an illness lasts for more than a couple of
days please
contact school again on the third day and
speak to your child's form tutor.