



Whole School Health Plan



Overview

Purnululu Aboriginal Independent Community School (PAICS) provides high quality health programs that have a strong underpinning of prevention.

Throughout this document you will find information relating to:

- Dealing with Ill Students
- Anaphylaxis Procedures and Training
- First Aid
- Food and Nutrition
- Sun Protection
- Substances Education
- School Nurse Program

Dealing with Ill Students

Ill students are to go home for parental supervision where possible. Most houses in the community have large families living in them so there is almost certainly someone that can look after the child. The parents are always informed of why they have been sent home (with a note from their teacher) and they are welcome to return once they are feeling better.

If there is no one able to supervise the ill child at home PAICS will look after the student by quarantining them into a separate room to lay on a couch or beanbag to rest, where visual supervision is still possible.

If the student is feeling a particular pain or symptom and the school knows of any related medical history (through our Easy School Database) the School Clinic, located in Warmun will be informed.

Medication

All medication is to be administered by the school principal or teacher where appropriate.

All medication is locked securely in the school office.

Special medication can be administered by the principal or teacher upon approval from the parent and the school nurse. This may include ear drops, eye drops etc.

Anaphylaxis

What is it?

Allergies

Allergies occur when the immune system produces antibodies against substances in the environment (allergens) that are usually harmless. Once an allergy has developed, exposure to the particular allergen can result in symptoms that vary from mild to life threatening (anaphylaxis).

Anaphylaxis

Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening. Although there has been an increase in the number of children diagnosed as at risk of anaphylaxis, deaths are still rare. However, deaths have occurred and anaphylaxis must therefore be regarded as a medical emergency.

For information on the following topics, access the link from the Department of Health Western Australia <http://www.health.wa.gov.au/anaphylaxis/home/index.cfm>

- What are the main causes of anaphylaxis?
- Signs and symptoms
- Why is it important to know about anaphylaxis?
- How can anaphylaxis be treated or prevented?
- Anaphylaxis at schools or day care centres

PAICS aims to have all staff trained in anaphylaxis and the administration of appropriate medicine/treatments. PAICS to EpiPens on site at all times. These are replaced every 12 months.

First Aid

PAICS endeavours to have all staff trained every 12 months in first aid. This includes Aboriginal Education workers. Training is provided by St Johns Ambulance in Kununurra and takes place over 2 days. First aid training is essential at PAICS due to our remote nature.

Food and Nutrition

PAICS offers a healthy and nutritious cooked lunch everyday as part of the school health program. The meals are prepared by Aboriginal Education Workers and consist of meat, vegetables and rice/pasta.

PAICS does not run a canteen, instead provides fruit and water to children at recess time. During the cold season children can have soup or baked beans / spaghetti on toast for recess.

Lunch times at PAICS are a great time to catch up on the day's news from around the community and Kimberley in general.

The school cooked meals program has been very successful for a long time.

PAICS also has specific nutrition related education programs offered through the Curriculum.

Sun Protection

PAICS take all reasonable measures to ensure students do not incur sunburn or heat stroke. Students are encouraged to play in the shaded areas or wear a hat if they are spending time in the sun.



Substance Education and Policy

PAICS has a zero tolerance for substance abuse or alcohol related issues at school. If someone is under the influence of drugs or alcohol, be it students or staff / community members, they will be asked to leave. Upon refusal Police will be called.

Historically, PAICS has implemented the Kids Matter program with great success. In 2015, new staff will be trained in this program to continue the program in the school.

School Nurse Program

PAICS shares services with the Warmun School Clinic for official school related check-ups for children. All information is collated and kept in Warmun with the school having access to key medical information for its records.

PAICS works alongside the Warmun Health Team to set priorities for education over a 12 month period that may include diabetes education, trachoma education etc.

School Dental Program

PAICS are annually invited to take part in the School Dental Program. The van is located in Warmun and all children are able to have their teeth checked with information being relayed to the school staff.

All students at PAICS brush their teeth every day at school before the start of the day. This has been a successful program and is sponsored by the Kimberley Dental Team.

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