



AMERICAN COMMUNITY SCHOOL
OF ABU DHABI *SINCE 1972*

Health and Wellness Office Handbook 2019/2020

Healthy Food Happy Vomiting Wash Hands
Exercise HEALTH & WELLNESS Fever
Diarrhea School Health Screening
Energy Sleep Vaccinations Positive Thinking
ALLERGIES Education Prevention
SaFeTy First-aid WELLBEING student
INJURIES promotion community
Advocacy feel better Nutrition vision
Drinking water strength
dehydration

Confidentiality and Consent

Health data and health information is considered confidential and student's school health records are only accessible by the health team. We respect the rights and dignity of all attendees within the health office.

Under the electronic enrollment school policies (Veracross) consent is obtained yearly from parents for a number of health interventions ie health screening, over the counter medications, and first aid care.

We may also contact parents for further consent/clarification as needed.

Students with Chronic Healthcare Needs

The American Community School of Abu Dhabi strives to be an allergen aware campus, and not an allergen free school. An allergen aware campus seeks to create an environment in which children with severe allergies can learn to make appropriate choices to keep themselves safe. We discourage the bringing in of food products containing any form of nuts. The following guide is distributed to Elementary Parents, as nuts are not allowed in this school.

[Being Food Allergy Smart at ACS](#)

ACS aims to support children with health care needs throughout the school day. Students who have medical conditions such as allergies, asthma, diabetes, seizures, or any other chronic condition are required to have a yearly healthcare plan (see link) and discuss health updates with the school nurses. To ensure their health needs are met and considered throughout the school day, please provide relevant supporting medical reports i.e. allergy-testing results.

We aim to work in partnership with parents to support their child within the campus and value communication from parents for any health matter.

If your child requires emergency medication such as an epipen,ventolin inhaler, or anti seizure medication, to be held within the Health & Wellness Office please provide a copy of the prescribing physicians prescription.

All students with health issues are entered onto a medical alert list, which facilitates sharing with ACS faculty staff to better support relevant students. Any activities in school (i.e. PE) that are restricted due to a health matter we encourage parents to share with us for inputting on the medical alert information list.

[Healthcare Plans](#)

Medication Requirements Within School

If a student requires a course of medication through the school day or for a field trip, parents are required to complete a medication consent form which will allow education staff to administer such medication (or supervise) on a field trip or a school nurse within school for a designated period of time. Students are not allowed to carry medication themselves within the campus unless discussed with the health office. Some MS and HS students carry their own ventolin inhaler and epipen, but the health office is required to be informed and supplied with a spare.

The health office holds some over the counter medications, which are restricted to those, listed within the school policies that parents consent to by either agreeing or disagreeing. These medications are only those within the Department of Health (DOH) Standard for Administration of Medication in Schools.

School Nurses are required to supervise the administration of prescribed medications to students and ensure compliance with the standard no matter what age.

[Medication Administration form](#)

Student: Becomes Unwell/Accident at School

If a student sustains an injury during the school day, the nurse will assess and respond with appropriate care. This may include monitoring during the day, before evaluating the need to inform parents via email or through telephoning. We attempt at all times to work with parents for the benefit of their child as well as with their teacher.

Where relevant we will inform parents/guardians of any significant incidences as appropriate to the incident and age of the child. Any injuries to the head/face of a student in KG1, KG2, G1 parents are always informed via email.

On arrival to the Health Office the student logs their visit onto Veracross on an iPad, which records the purpose and time duration.

For significant injuries i.e. fractured limbs, parents are informed once the school nurse has provided appropriate care and assessment to determine the need for further medical intervention. Parents are signposted to the relevant acute medical facility, which is generally Sheikh Khalifia Medical City on Al Karama Street.

All injuries sustained on the campus that require further assessment to an outside health facility are documented on a ADEK incident form and held within the student health records as well as shared with the ACS Health & safety Committee. The ACS Health & Safety Committee review accident forms and implement preventative measures to reduce accident reoccurrence after a risk assessment has taken place. This committee implements and reviews health and safety measures to ensure the campus is a safe environment for students to access the wide range of curriculum activities on offer.

Students who become unwell during the school day and assessed as needing to go home are kept in the Health & Wellness Center until collected by their parent (or person listed as an emergency contact on Veracross). The parent will be informed of any school absence requirements.

Infectious Disease Prevention and Control Procedures

The Health and Wellness Center: Infectious Diseases Prevention and Control Procedures provide a set of measures to reduce the spread of illness across the campus. This is to assist our students and staff to stay healthy. See some of the highlighted areas from our infectious Disease Prevention and Control Procedures underpinned by the Department of Health Standards.

[Infectious Disease Prevention and Control procedures](#)

Coughing and sneezing: Easily spreads infection. Children and adults should be encouraged to cover their mouth and nose with a tissue and dispose of the tissue appropriately in a bin. If no tissue is available cough etiquette guidelines are followed whereby the person coughs or sneezes into their upper sleeve or elbow.

Gastric Concerns, vomiting, diarrhea: Gastric illnesses and infections can be passed amongst children and staff very easily. Children should remain home until they are symptom free for a minimum of 48 hours (Health Authority directive), before returning to school. If your child's health status deteriorates or does not improve then please consult your doctor promptly. Children become dehydrated very quickly.

Fever: Students and staff who have a fever of 38° C/100.4F (Health Authority Directive) are to stay at home and not return to school until fever free for at least 24 hours without the use of fever reducing medication i.e. Tylenol, Ibuprofen, Paracetamol or Advil.

Head Lice: are a common problem in children, particularly those of primary school age. However, the presence of head lice infestation is not a public health threat and contact can be from home, out of school activities, as well as school.

The primary responsibility for detection and the treatment of head lice lies with the parents of the student. Parents are encouraged to check their child's hair once a week at home using the wet comb method with a head lice comb to check their child's hair is *head lice free*. Head lice combs are available to buy for 10 AED in the Health Office.

Students do not need to stay at home if their parents are treating live head lice. Parents are encouraged to inform the Health & Wellness Center for monitoring cluster cases. If cluster cases are identified a whole grade health promotion strategy is used to protect the rights and confidentiality of individual students and parents of that grade will receive an email with the head lice management guidance. This is considered best practice in managing head lice within the campus environment. Please see the link for further details on head lice management.

[Head lice Management](#)

Chickenpox: Students suspected of having chickenpox must be kept at home and seen by their family physician/pediatrician to confirm or exclude diagnosis. Chickenpox is a notifiable communicable disease and all confirmed cases require the submission of a medical report to the Health & Wellness Center. Please note Ibuprofen (Advil) is contraindicated for use with children with fever related to chickenpox and Paracetamol is recommended.

Medical Emergency

In the event of a medical emergency we have procedures in place to ensure this will be dealt with safely and professionally. The school clinic is equipped with emergency equipment and we have 3 defibrillators available on the campus. The school nurses, as part of their professional development, receive regular training. Emergency medication will be administered to students in compliance with the Health Authority Abu Dhabi guidelines and electronic enrollment consents.

Most of ACS faculty staff are first aid trained and the campus has wall mounted first aid boxes for use by the ACS community when the health office is closed.

For emergencies where an ambulance has been called and the parent unable to accompany or come to school, an appropriate staff member is allocated to accompany and meet the parent at the facility. As per Ministry requirements the school nurses are expected to remain on the school site.

School Health Screening

At enrollment and re-enrollment parents *consent* (agree or disagree) through the school policies listed on Veracross to the DOH Schools for Health Screening Program for G1-G12. This is undertaken throughout the year by the School Nurses. This is part of the UAE's population monitoring with the WHO (World Health

Organization) whereby each student's height, weight, and distance vision (Sonksen logmar test) is submitted electronically to ADEK/DOH. Students do not see their results.

Vision screening results are sent to all parents electronically once the whole grade is completed. Screening data is confidential and not shared with education staff without prior agreement with parents. Color vision screening is undertaken in Grade 7 and Grade 11.

<https://schoolsforhealth.haad.ae/school-clinics/school-screening-program.aspx>



School Immunization Program

At enrollment ACS parents are required to submit copies of immunization cards/records per ADEK Ministry requirements. The expectation in the UAE is for all children to be fully vaccinated under a child immunization program.

The DOH/SEHA Schools for Health program is offered for free to UAE residents within all Abu Dhabi schools. Parents will be notified when these programs are running and a signed consent form either agreeing or disagreeing to the program is required for each G1 (boys/girls), G8 (girls only) and G11 (boys/girls) registered student. The health office is more than happy to discuss any concerns or questions parents may have before consenting.

These immunizations are equivalent to many other countries' childhood schedules, but may be at different age ranges. If you choose to have it done privately or within your home country within these grades, we still require a copy of those immunizations to demonstrate a vaccination protection coverage requirement.

School Immunization Program

One of our Grade 10 students did a project based around perceptions of vaccination side effects and sourced the clip on the front cover. Here is the link for the evidence base that highlights the importance of vaccine preventable diseases to help children stay healthy and safe.

<https://sites.google.com/view/sources-vaccines>

Field Trips: The Health & Wellness Center assists with managing wellness for school-sponsored trips. We provide 1st aid bags with appropriate over the counter medications suitable for trip needs. Only those students whose parents have consented for these medications under the school policies or within the trip form will have these administered by education staff. We produce a medical alert list for each field trip (residential/day trip) and ensure individual student's medication held in the clinic accompanies such trips. For travel advice over and above that of the trip organizational company please see:

<http://www.fitfortravel.nhs.uk/destinations.aspx>

<https://wwwnc.cdc.gov/travel/>

Complaints

We welcome feedback from parents, staff and students. If you have a particular concern please bring this to our attention so that we may resolve and work together to improve experiences for all concerned.

