COUNTRY HOUSE SCHOOL

HEALTH AND MEDICATION POLICY

I'M TOO SICK TO COME TO SCHOOL WHEN I HAVE...

1. Vomited twice or more in 12 hours
2. Diarrhoea, or more than 2 loose stools in 12 hours
3. A fever over 38, body aches, pains or chills
4. An unknown rash, blisters or patches on my body
5. Thick, coloured or unusual discharge from my eyes, ears or nose
6. No appetite, and I look pale and feel miserable
7. Started antibiotics in the last 24 hours, or need daily medicine to get through the school day.



WHEN MAY MY CHILD COME BACK?

- **Vomiting or diarrhoea:** 48 hours after the last episode, and eating normally again
- **Fever:** 24 hours fever-free, without any fever medicine
- **On antibiotics:** 48 hours after the first dose, and feeling well. Some illnesses need longer, for example whooping cough (5 days) and impetigo (until the sores are dry and crusted). Your doctor will guide you.
- **Rashes, sores or eye infections:** once your doctor confirms it is no longer contagious
- Where there is any uncertainty, the school may ask for a short note from your doctor confirming your child is well enough to return and is no longer contagious.

IMPORTANT

- It remains the responsibility of the parent or guardian to care for their unwell child. Please have alternate care available for the days your child is too ill to be at school.
- Once a doctor has confirmed your child's diagnosis, please let the school know the reason for the absence. It is our duty to inform all parents of any contagious illness doing its rounds.
- Please respect our judgement when we phone you to fetch your child. We are not qualified physicians, but we do have the intuition to know when a child is too ill to be at school. Infections spread quickly to other children and staff, and ultimately lead to teacher absenteeism.

NO MEDICATION IN SCHOOL BAGS



No medication of any kind may be carried in a child's school bag, pencil case, blazer pocket or locker. This includes chronic medication, vitamins, pain tablets, allergy tablets, cough syrup, creams, sprays and ointments of any kind, and anything else bought over the counter.

This rule applies to **every child in the school, preschool right through to Grade 12.** Older learners are not an exception. A child who carries medicine can lose it, take too much, forget a dose, or share it with a friend, and the consequences of that are serious.

ALL APPROVED CHRONIC MEDICATION MUST BE:

- Handed in at RECEPTION by a parent or guardian, not by the child
- Clearly labelled with the child's name, dosage and times it must be administered
- Stored securely at reception
- Administered only by our designated First Aid Appointee, who will complete the medication journal each time the medication is administered
- Collected by the parent or guardian at the end of the day. It remains the parent/guardian's responsibility to ensure that all medication is collected.

Any medication found in a child's possession will be taken to reception, and the parent will be contacted.

IMPORTANT

- Strictly no oral medication will be given, including antibiotics. A child who needs daily medicine to get through the day is too ill to be at school.
- By law, a person who is not a licensed health professional (headmaster, matron, teacher, etc.) may not prescribe or dispense medication to any child.
- A parent may ask the school to administer (not prescribe) medicine that has already been prescribed by a licensed medical professional. Only chronic medication will be considered. We will look at the timing and what is involved before we agree.
- A doctor's letter confirming your child's condition may be requested.
- NO VERBAL INSTRUCTIONS will be accepted. Everything about the medication must be recorded in writing on the ONLINE FORM and approved by the Heads of the School first.
- Please notify the school immediately of any change to your child's medical information.

WHAT WE WILL APPLY (TOPICAL ONLY)

Medication	Injury
Germolene / Bactroban	Open scrapes and cuts, plasters and bandages will be used
Burn Shield	Burns and abrasions
Allergex cream	Insect bites, hives and allergic rashes
Dettol (diluted)	Cleaning of wounds
Vicks	Insect bites, itchy stings, muscle pain or bruises
Plasters and bandages	Covering and protecting broken skin

EMERGENCY PROCEDURE

Should Country House School staff deem that a student requires immediate medical attention due to an incident or injury, parents hereby give consent for the School and/or its authorised representatives to arrange urgent medical assistance.

IN THE EVENT OF A MEDICAL EMERGENCY:

- The School will contact parents immediately with urgency.
- Transport by Frontier Medix Emergency Services (074 991 0911) or a school representative
- Should parents not have private medical aid, their child will be transported to George District Hospital.
- Should parents have private medical or hospital cover, their child will be transported to Mediclinic George Hospital.
- Parents accept that any co-payments charged by Frontier Medix (typically ranging between R900 - R2 500) remain fully payable by the parent/guardian.



EMERGENCY PROCEDURE



All CHS employees hold a Level 1 Basic First Aid qualification. While we are not medical practitioners, staff may act on reasonable intuition and visible risk when an injury appears life-threatening. In less urgent cases, parents will be contacted first before any further action is taken. Parents hereby indemnify Country House School and its employees from any contra-indication, side effect, or adverse outcome resulting from:

- Administering approved oral medications or first-aid treatment,
- Actions taken during the medical emergency procedure,
- Transportation by Frontier Medix, or a school representative, or to any hospital,
- Any injury or death that may occur while following emergency protocols in good faith.

PARENTS FURTHER DECLARE THAT:

1. They will immediately notify the School of any changes to medical, contact, or custody information.
2. They consent to CHS staff administering the approved medications listed on the Application Form when necessary.
3. They consent to a School representative or authorised medical responder to act on their behalf if parents/guardians are unreachable.
4. They understand that in a critical situation, there may not be time to check medical files, and the School reserves the right to take reasonable and immediate action using the quickest available medical service.



COUNTRY HOUSE SCHOOL

NUTRITION POLICY



DAILY BEVERAGES

Rooibos tea	Brown sugar and full cream milk (honey on request)
Hot chocolate	Marshmallows

10AM SNACK

Provided by parents

Wholesome sandwich, fruit and two small sides.
Refer below for more details.
Pre-primary: strictly NO fizzy drinks, straws, sweet treats or potato crisps (will be sent home unopened).

MONDAY

Tuck-shop - available Monday - Friday *(enquire for the menu & price-list)*

8am Breakfast	Oats (contains real butter)	
12:30pm Lunch	**W1.** Cottage pie (mash, peas & corn)	**W2.** Lasagne (peas & corn)
3pm Snack	Popcorn, butter biscuits & fruit (bananas, oranges & apples)	

TUESDAY

8am Breakfast	Egg & cheese frittata, served with brown farm, buttered bread	
12:30pm Lunch	**W1.** Chicken stew (rice & vegetables)	**W2.** Chicken bake (butternut & potato)
3pm Snack	Assorted sandwiches (peanut butter, bovril, cheese & jam) & fruit	

WEDNESDAY

8am Breakfast	Full cream yogurt, served with peaches & pears	
12:30pm Lunch	**W1.** Macaroni & cheese (cucumber)	**W2.** Tuna quiche (mash & carrots)
3pm Snack	Alternating between: jelly & custard or ice-cream cones (fruit)	

THURSDAY

8am Breakfast	Mielie meal	
12:30pm Lunch	**W1.** Tuna quiche (mash & carrots)	**W2.** Beef Mince (vegetables & rice)
3pm Snack	Assorted sandwiches (peanut butter, bovril, cheese & jam) & fruit	

FRIDAY

Little Baker *(remember* R10)

8am Breakfast	Baked cinnamon egg bread, sprinkled with brown sugar	
12:30pm Lunch	**W1.** Wors (white rolls & mash for toddlers)	**W2.** Mash & pork bangers
3pm Snack	Assorted sandwiches (peanut butter, bovril, cheese & jam) & fruit	



(fresh, steamed broccoli, cauliflower, sweet potato, butternut and carrots are disguised and added to all our meals)

We strive to only source and prepare locally produced and grown products, free of added hormones, colourants and preservatives, however be reminded we are unable to accommodate all requests, allergens, dietary requirements or religious exclusions. Should our menu not be suitable to your preference, kindly be prepared to supply all your child's daily meals / snacks throughout the day. Our monthly fees are a package deal which includes meals, the school fees cannot be separated from the cost of food. A reduction in fees will not be applicable in such cases.

Healthy packed lunch

10AM SNACK

Maintains energy levels to concentrate and learn effectively, keeps students calm and ready to do their best, and provides essential nutrients to support their overall health.



CHS WATER POLICY

CHS is a water-only school, apart from a warm drink in the mornings. We have filtered water available at specific stations, so parents do not need to pack a drink, just a resealable bottle that can be topped up throughout the day.

PLEASE LIMIT



Crisps, or flavoured crisp-type items



Any type of sweets



Chocolate or chocolate items (including biscuits, yoghurt, cake etc)

PLEASE NOTE: NO FIZZY DRINKS ALLOWED



HEALTHY LUNCH IDEAS

MAIN OPTIONS



(Seeded, wholewheat, rye or sourdough options are best)

- Tomato & cheese sandwich
- Tuna wrap
- Cream cheese & cucumber bagel
- Chicken and corn pita
- Egg & mayo sandwich
- Ham, mayo, cheese roll
- Chicken, corn & noodle salad (supply cutlery)

FRUIT & VEGGIES

- Orange slices
- Grapes
- Banana
- Carrot sticks
- Plums
- Dried fruit



DAIRY

- Yoghurt (supply spoon)
- Custard
- Cheese



SNACKS

- Breadsticks
- Rice cakes
- Crackers
- Muffins



Thank you for your cooperation in helping us promote healthy eating habits.

Your child, always our 1st priority!