

SMCESPS “Healthy School Policy”

The objective of this policy is to help students reach a state of physical, mental and social well-being with a focus on developing students’ healthy lifestyles, positive attitudes and values, practical life skills and refusal skills to resist temptation.

Areas of concern	Target	Strategies
Health Record	➤ Keeping a record of students’ health condition for reference	➤ Having a system to record students’ health conditions ➤ Keeping a record of height, weight and BMI
Healthy Eating	➤ Promote balanced diet and healthy eating habit at school	➤ Healthy Eating Policy was implemented ➤ Red, yellow and green light snack guidelines are posted in the display board to remind students how to choose healthy foods and snacks ➤ Students are encouraged to bring their own snacks and lunch ➤ Provide enough drinking fountain on campus with regular inspections ➤ Participating in the “Joyful Fruit Month” of "EatSmart@school". All primary and secondary students are encouraged to organize learning experiences to create an atmosphere that favours daily fruit consumption every day

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Health Services	➤ Encouraging students to participate in the Students' Health Service	➤ Students are encouraged to participate in the Students' Health Service of the Department of Health which can help to understand their health condition, and individual follow up work would be carried out if necessary
	➤ Prevention of diseases and Immunization	Prevention of communicable diseases ➤ Influenza Vaccination (P.1-P.6) ➤ School Immunisation Team visits school to provide services to Primary One students, Primary Five female students, and Primary Six students <u>P.1</u> ➤ Measles, Mumps, Rubella & Varicella (MMRV) Vaccine - Second dose* ➤ DTaP-IPV Vaccine - Booster dose <u>P.5</u> ➤ Human Papillomavirus (HPV) Vaccine - First dose <u>P.6</u> ➤ Diphtheria (reduced dose), Tetanus, acellular Pertussis (reduced dose) & Inactivated Poliovirus Vaccine - Booster dose ➤ HPV Vaccine - Second dose ➤ Hepatitis B Vaccine ➤ Measles, Mumps & Rubella (MMR) Vaccine
	➤ School Dental Care Service	➤ Provide basic dental treatment to students and promote good oral health care habits for the prevention of dental diseases

Areas of concern	Target	Strategies
Anti-smoking Education	➤ To promote a smoke-free campus ➤ To obtain updated information about drugs and its negative impact to health ➤ To enhance the resilience of young people against e-cigarettes	➤ Smoking is prohibited at school ➤ Smoke-free Teens help to promote the smoke-free message to fellow students by organizing talks and booth games ➤ Anti-smoking posters/materials posted on the bulletin board ➤ Anti-smoking talk from an external organisation ➤ Anti-smoking theme included in LEAP lesson of the Life Value Education
Anti-drug Education	➤ To obtain updated information about drugs and its negative impact to health ➤ Promoting an anti-drug atmosphere in school ➤ To enhance the resilience of young people against drug abuse	➤ Drug abuse is prohibited at school ➤ Students are only allowed to take medicine under doctors' prescription and under the supervision of the school registered nurses ➤ Cases related to selling or giving away any amount of a dangerous drug shall be referred to the police and liable upon convictions ➤ Drug abuse talk from professionals / sharing session by rehabilitated persons ➤ Anti-drug abuse included in LEAP lesson of the Life Value Education

Areas of concern	Target	Strategies
Environmental Education	➤ To develop environmentally friendly practices ➤ To show concern and readiness to take action in caring for and improving the environment	➤ Lunch supplier providing eco-friendly cutlery ➤ Developing a green campus with beautiful plants in school ➤ Promoting of recycling of different materials at school ➤ Echoing with “Earth Hour” activity: to turn off non-essential electric lights for one hour in school ➤ Organising the Inter-class cleanliness competition to promote a clean campus culture
Medical Care	➤ Provision of basic medical care and support to students	➤ Medical supplies such as first aid kit, plasters, compression bandages, masks, thermometers can be found in the medical room ➤ Students who do not feel well should inform teacher before going medical room ➤ Parents will be informed by registered school nurse when students are hurt or do not feel well

Areas of concern	Target	Strategies
Precautionary measures against communicable diseases	➤ Students should stay home for rest until fully recovered from illnesses	➤ Parent should measure their children's temperature and record it before going to school every day ➤ If students develop symptoms that show symptoms such as fever, cough, or sore throat, they should refrain from school and seek medical advice immediately ➤ Students should maintain good personal and environmental hygiene ➤ Students need to wear surgical mask properly for better prevention of communicable diseases ➤ Student have to apply for sick leave by a phone call by a parent, or a parent letter and a medical certificate if needed
School Safety	➤ Provide a safe and healthy environment for students, teachers, and staff ➤ Maintaining a hygienic campus	➤ School buildings should be well maintained at all times, and authorised persons be arranged to inspect the premises to ensure structural safety ➤ Day and night security guard at school gate ➤ All visitors have to register their attendance before getting into the school ➤ Hold fire drills or safety workshop regularly ➤ Inspection of the school's hygiene and sanitary condition ➤ Suggestions of the improvement of the campus environment are welcomed, either directly or through the Parent-Teacher Association

Health problems

Physical Activities - Students who are sick or unable to take part in physical activities should notify the responsible teacher as soon as possible with doctor's letter / certification or parent's letter.

Illnesses - Students with illnesses are required to stay at home and rest until fully recovered.

List of signs and symptoms of some communicable diseases.

Diseases	Signs/symptoms
Acute conjunctivitis	Redness of eyes, itching eyes, excessive tears, abnormal secretion
Avian influenza	Similar symptoms as influenza viruses but more likely to result in high fever, pneumonia, respiratory failure, multi-organ failure and eventual death
Chickenpox	Fever, fatigue, vesicles on head and body
Dengue fever	Fever, headache, muscle pain, impaired mental state
Gastroenteritis	Abdominal pain, vomiting, diarrhoea, poor appetite, fatigue, fever
Hand, foot and mouth disease	Fever, poor appetite, malaise, sore throat, painful sores in the mouth, rash (red spots) on palms of the hands and soles of the feet
Hepatitis B	Fever, jaundice, fatigue, poor appetite
Human immunodeficiency virus (HIV) infection and acquired immunodeficiency syndrome (AIDS)	Weight loss, fever, profuse night sweating, swollen lymph nodes, pink to purplish blotches on or under the skin, inside the mouth, nose, or eyelids. Patients with HIV infection can be without symptoms for years
Influenza	Fever, cough, sneeze, runny nose, sore throat, muscle ache, fatigue
Pneumonia Fever	fatigue, cough, thick sputum, sputum with blood, shortness of breath
Severe Acute Respiratory Syndrome (SARS)	Fever, fatigue, headache, chills, cough, shortness of breath, difficulty in breathing, diarrhoea
Scabies	Itchiness, localised rash, desquamation, swelling, scales, etc.
Tuberculosis Persistent	fever, cough, sputum with blood, fatigue, weight loss, night sweating