

Frequently Asked Questions

In relation to General Medical Conditions

Please also refer to our “Health Policies” document on the school website



Topics discussed in this document include:

Health Care Needs and Care Plans

Medications in school

Uniform enquiries

First Aid

Illness & Infection Control

Health & Wellbeing

HEALTH NEEDS AND CARE PLANS

Asthma

My child has asthma and uses an inhaler, who do I contact about this?

Please contact the School Nurse. You will be invited to complete a health care plan. We ask all students that use an inhaler to always carry it with them, particularly to have it available/close by during PE lessons.

Should my child hand their inhaler in to the School Nurse?

Please ensure your child always carries their inhaler in their bag. It's advisable to store a spare inhaler with the School Nurse in case your child forgets theirs or it runs out, however, this is not compulsory.

What if my child needs their stored spare inhaler during the school day?

All students are informed how to see the School Nurse. Your child will need to tell their teacher/member of staff and they will contact Nurse Becki on the radio.

What if my child forgets their inhaler and needs to use the emergency inhaler for their asthma?

The student must inform their teacher/member of staff and the School Nurse will attend to the student with emergency medication. A parent/guardian must complete an emergency inhaler consent form (downloadable from the school website).

My child's asthma can flare up, am I able to send them into school or should they stay home?

Students with asthma should attend school and have a previously completed care plan. Please inform Nurse Becki in the morning via email, if your child has an exacerbation of their asthma symptoms. Nurse Becki will assess your child at the start of the day and discuss what support and intervention/treatment is needed. If your child's asthma is not well controlled and you feel unsure about sending them into school, please contact Nurse Becki on schoolnurse@bennett.kent.sch.uk to discuss.

Significant Allergies/Reactions

My child has an EpiPen to treat their severe allergic reactions. Who do I contact about this and how do I ensure all my child's teachers are aware?

Please contact the School Nurse. You will be asked to complete a health care plan. We ask all students with significant allergies and requiring an EpiPen always carry it with them. Nurse Becki provides all staff with appropriate information and training, as well as documenting their allergies on a confidential medical spreadsheet for quick reference.

Does my child need to store a 2nd EpiPen with the School Nurse?

Please ensure your child always carries their EpiPen with them. A second EpiPen should be stored with the School Nurse.

Can my child carry their own antihistamine medication to enable them to immediately self-administer at the onset of symptoms?

Yes, the School Nurse can discuss this with you and your child. We recommend that only one dose is carried.

Hayfever & Mild Allergies

What if my child suffers hayfever and requires medication during the school day?

Students with hayfever symptoms and mild allergy symptoms may benefit from having a care plan completed so that the School Nurse can manage their symptoms effectively. If your child is known to have hayfever, we recommend you administer a once daily antihistamine *prior* to them coming to school. Nurse Becki can support your child throughout the school day if their hayfever symptoms worsen.

What if my child has mild allergies (dust, foods, skin reactions) and requires medication during the school day?

We encourage all students with allergy symptoms to store emergency medications in school with the School Nurse (antihistamines, piriton liquid, ibuprofen etc). If your child needs their medication, they should inform a member of staff who will contact Nurse Becki to attend to your child. Any medications administered in school will be documented in your child's school planner on the medical page.

How can I give permission for my child to have emergency over the counter medications?

For your child to have emergency over the counter medication in school, the parent/guardian will need to have signed the OTC consent form.

My child often sneezes/coughs/has a runny nose due to their allergies, will they be sent home due to those symptoms?

Students with hayfever/allergy symptoms can remain in school. We recommend they carry tissues to be able to "catch it, bin it, kill it".

Migraines

My child suffers migraines. Who do I contact about this to ensure they receive care and support if needed?

Please contact the School Nurse. You will be invited to complete a health care plan. We ask all students that suffer migraines to carry one dose of their migraine medication/paracetamol/ibuprofen so that they can self-administer this medication at the onset of symptoms. It is advisable to store spare medication with the School Nurse. There are several ways the School Nurse can support your child in school. Nurse Becki can discuss options with you and your child.

What if my child urgently needs to exit their lesson to see the nurse due to their migraines?

All students are informed how to see the School Nurse. Your child will need to tell their teacher/member of staff and they will contact Nurse Becki.

Long-term and chronic health conditions

My child has a chronic health condition, who do I contact about this and how can I ensure he/she will be supported in school?

Please refer to our Health Policies document for more detailed information. Please contact the School Nurse and you will be invited to complete a health care plan that will include various factors relating to your child's condition. We ask all students that have a chronic, long-term health conditions to store medication with the School Nurse. You may also want to store emergency equipment and resources with the School Nurse. It may also be important that staff members are made aware of your child's medical needs. Nurse Becki provides all staff with appropriate information, as well as documenting the medical needs on a confidential medical spreadsheet for quick reference.

Surgery/Temporary Physical Restrictions

My child has had surgery, when can my child return to school? What arrangements/accommodations can be implemented to help support my child in returning to school?

We have several accommodations and support measures to assist your child to attend school. These include reducing how much your child moves around the school site, if necessary. The School Nurse and your child's year manager will discuss these with you and complete a support plan with you.

What if my child is on crutches, who should I tell and how will they be supported to be able to attend school?

Please inform the School Nurse and your child's year manager. We have several accommodations and support measures to assist your child to attend school.

My child is unable to do PE today/this week, who do I inform school about this?

Please inform your child's year manager who will contact the PE Department. If suitable, you can inform the School Nurse.

MEDICATIONS IN SCHOOL

I would like my child to be able to have emergency over the counter medications during the school day if required. Is this possible? How can I give consent to this?

Upon joining Bennett, you should receive Bennett's OTC medical consent form. Please return this to the School Nurse. You will find copies of this form on the school website. The following over the counter medications can be administered by the School Nurse with your consent:

- Paracetamol/Calpol
- Ibuprofen/Nurofen
- Strepsils
- Rennie's
- Cetirizine/Loratadine
- Acriflex Cream
- Savlon
- Antihistamine Cream
- Calamine Lotion
- Medicated Dressings

Pain Relief

Can students carry their own medication/paracetamol?

Medications should be stored in the School Nurse office. It is important that students with asthma and significant allergies carry their own inhalers and EpiPen's. If you would like your child to carry medication in their bag/blazer pocket, please contact the School Nurse to discuss this. If suitable, it's advisable that only a single dose of medication be carried by the student.

What if my child needs some paracetamol for pain during the school day?

The student must inform their teacher that they need to see the School Nurse and Nurse Becki will offer the student an appointment. The School Nurse is available before school, form time, breaktime and lunchtime to see students for routine needs.

What do I do if my child is prescribed medication that needs to be taken in the school day?

i.e., oral antibiotics

Please complete the prescription medication form (downloadable from the school website) and have your child deliver this form and medication to the Nurse's Office in the morning. If they are unsure, they can inform their form tutor who will contact Nurse Becki.

UNIFORM ENQUIRIES

My child has medical needs that may affect them wearing uniform or affects their daily routine, who should I contact about this?

Please contact the School Nurse. If suitable, we also suggest you inform your child's year manager. We can discuss your child's health needs and how we can support them in school.

My child has a diagnosed medical condition that affects what footwear they can wear to school, who should I contact about this?

If your child has a diagnosed medical issue that affects their ability to wear school shoes, please contact the School Nurse. We will require medical evidence to save to your child's medical file.

My child has blisters, can they temporarily wear trainers instead of school shoes?

Please review the uniform policy. Trainers are not permitted. If your child cannot wear their school shoes, we recommend they wear a pair of black plimsolls as these are made of soft material.

FIRST AID

What if my child requires first aid for an injury during the school day?

The School Nurse will attend to your child if they require care/treatment. Qualified first aiders will also be available.

ILLNESS AND INFECTION CONTROL

Any queries relating to COVID-19 symptoms and illness, please refer to the [COVID-19 FAQ document](#).

What if my child is unwell with "general unwellness", i.e., migraine, feels sick, earache, will they be sent home, or can they receive medication and continue with their school day?

The School Nurse will assess your child. The goal is to support students in managing their symptoms in school, to enable them to comfortably continue with their school day. The medical room has two beds and is available to students should they need rest to enable them to continue with their school day. In all cases, if an injury or illness appears to be serious or debilitating, a parent/guardian will be contacted immediately in order that their child can be taken home or to hospital. Please inform the school of any change of contact details.

My child occasionally faints, this is often due to seeing blood/medical topics. Who should I tell about this?
Please inform the School Nurse who will document this in your child's medical records.

I am concerned that my child's illness is infectious – how do I know if I can send them in to school?
Please refer to the *Illness and Infection Control Policy* on the school website – this outlines the government's guidance regarding infectious illnesses.

What if my child has an infectious disease such as measles, hand foot and mouth or impetigo?
We ask that you follow our school *Illness and Infection Control Policy*. Within the policy there is a clear table that describes infectious diseases/infections and when a child can/cannot attend school. If you have any further queries, please contact Nurse Becki.

What if my child has diarrhoea and vomiting?
We ask that you follow our school illness and infection control policy. Students must not return until they have been asymptomatic for 48 hours. If you are unsure if your child needs to remain off school due to a "one off vomit", or, a one off "upset tummy", please contact the School Nurse for guidance. It is likely you child can return to school if they do not have persistent diarrhoea and vomiting symptoms.

My child has been sick once but not again, can I send my child in to school?
If your child was sick once and has tolerated food and drink since, we would not categorise this as "persistent" and having the symptoms of a contagious vomiting bug. If you are unsure, please contact Nurse Becki.

My child has IBS and intolerance symptoms, can I send them in to school or should they remain home?
You know your child best. If your child's symptoms are related to their IBS, we would not expect you to follow the 48-hour symptom free policy. If you are unsure if your child can attend school, please contact Nurse Becki via email.

Can I send my child to school if their sibling feels unwell?
If your child is well, they can attend school as normal. If you are unsure, please contact Nurse Becki.

What if my child has a medical appointment during the school day?
Please inform the front office and provide the necessary evidence if necessary. We will arrange for your child to be ready for collection from the front office.

HEALTH AND WELL-BEING

What if my child is struggling with their overall wellbeing, who is the best person to contact?
Please contact your child's year manager. We also have a supportive welfare team to offer advice and guidance to all students. We would appreciate you letting us know as soon as you are able to enable us to support your child.

My child feels sick every morning and we feel it is more "worry" related than illness, can I still send them to school? Who should I contact about this?

If your child was sick through worry, we would not class this as a contagious bug so your child can attend school as normal. Your child's year manager and a member of the welfare team can support your child if this would be beneficial. Please do not hesitate to contact your child's year manager, a member of the welfare team or the School Nurse.