



Inspiring Primaries Academy Trust

Policy for Pupil Health and Well-Being (M11)

The Board of Trustees adopted this policy on: 04 March 2021
To be reviewed Spring 2024 or earlier if required.

1. Aims and expectations

The aims of this policy are:

- To help relieve any pain or suffering resulting from illness or injury.
- To minimise any further injury after accidents by providing appropriate first aid care.
- To enable adults in the school to take appropriate action whenever accidents or illnesses occur.
- To ensure first aid equipment is accessible in all areas.
- To ensure staff are aware of all pupils with medical problems/conditions.
- To ensure that any pupil with medical problems/conditions receives as full an education as possible.
- To ensure that relevant staff receive appropriate training to support pupils with injuries or medical conditions.
- To promote the emotional health and well-being of all pupils.

2. Procedural Guidelines – First Aid

- If appropriate, a member of staff removes the injured person away from others (send a runner for help if necessary).
- If necessary, a designated first aider gives first aid and an explanation of the first aid being provided.
- The judgement of the first aider is crucial in deciding the level of reporting necessary. If in any doubt, a second opinion should be sought from the designated senior first aider or the lead professional in school.
- Staff attending to open wounds must wear disposable gloves.
- Waste resulting from treatment should be placed in yellow waste containers.
- Any pupil taken sick during the school day should be taken to the office where contact with the parents or other nominated contact will be made.
- In cases of head injury, parents or contacts must be informed and given responsibility for making the decision regarding the pupil remaining in school.
- In all cases where an injury looks serious and / or the pupil is still in distress, parents or contacts should be informed and given the option of coming to see the child or allowing staff to continue to monitor the situation.
- In the most severe cases an ambulance should be called at the earliest opportunity.
- In the event of not being able to contact parents or other contacts, timescales for arrival and / or non-attendance of an ambulance, the designated senior first aider or the lead professional in school need to make the decision about transporting a pupil to hospital.
- In all cases of injury, an accident form must be completed and sent to parents / carers.
- An AssessNet form must be completed for more serious injuries. School will then be advised whether Health and Safety Executive need to be notified.
- In the event of major injuries, the Health and Safety Executive must be notified.



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3. Procedural Guidelines - Prescribed Medication

(non-prescribed medication cannot be administered by school staff and schools must not hold a stock of over the counter medication; it is advisable to keep an in date school epipen and inhaler on the school premises)

3.1 In certain circumstances it may be necessary for IPAT schools to administer prescribed medicines on a **long term** basis. If this is the case the following procedures must be adhered to:

- When a pupil joins the school, those with legal responsibility are asked if their child has any medical conditions on their enrolment form. From this information, the school keeps a medical register. Pupils that have ongoing, long term or potentially emergency medication requirements must have an individual care plan completed which is reviewed at least annually.
- Those with legal responsibility are asked to update the information when the medicines or dosages change.
- No prescribed medicine should be administered by staff unless clear written instructions to do so have been obtained from the parents or legal guardians and the school has indicated that it is able to do so.
- It must be understood that all staff are acting voluntarily in administering medicines (See Code of Practice No. 5 – Administration of Medicines).
- Any pupil requiring prescribed medication should be told to whom and where they should report.
- Prescribed medicines should be in original containers labelled with the pupil's name, dose, frequency of administration, storage requirements and expiry date.
- Emergency medication and reliever inhalers must follow the pupil at all times. Children may carry their own emergency treatment medication, but if this is not appropriate, the medication should be kept by the teacher in charge.
- All other medication is kept securely in child proof containers in the relevant school office.
- If the medicine requires refrigeration, it will need to be kept in a labelled container in the staff room / school's refrigerator and the temperature of the fridge monitored.
- Any unused or time expired medication must be handed back to the parent or person with legal responsibility.
- Where necessary, training must be given to enable staff to administer medicine correctly e.g. epipen training for anaphylactic shock.
- Those with legal responsibility for the young person must update the school of any changes in administration of medication and maintain an in-date supply of the medication.
- If it is necessary to give emergency treatment, a clear written account of the incident must be given to the person with legal responsibility and a copy must be retained in school.



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3.2 For **short term courses** of prescribed medication, the dosage can usually be adjusted so

that none is required at lunchtime. If, however, this is not possible a parent / carer / nominated contact may administer the lunchtime dose by arrangement with the office staff. Pupils who require temporary, short term medication must have a completed parental / carer consent form in place. The following procedures must be adhered to:

- No prescribed medicine should be administered by staff unless clear written instructions to do so have been obtained from a person with legal responsibility and the school has indicated that it is able to do so.
- It must be understood that all staff are acting voluntarily in administering medicines (See Code of Practice No. 5 – Administration of Medicines).
- Any pupil requiring prescribed medication should be told to whom and where they should report.
- All prescribed medicines must be in the original container, clearly labelled with the pupil's name, method of administration, dosage, frequency and the name of the medicine being given.
- Prescribed medication is kept securely in child proof containers in the school office or if the medicine requires refrigeration, it will need to be kept in a labelled container in the staff room / school's refrigerator (temperature monitored).
- Any unused or time expired medication must be handed back to the parent or person with legal responsibility.
- Those with legal responsibility for the young person must update the school of any changes in administration of medication and maintain an in-date supply of the medication.

4. Asthma

All IPAT schools recognise that asthma is a widespread, serious but controllable condition affecting many pupils. We welcome all pupils with asthma and will encourage them to participate fully in all aspects of school life.

- Immediate access to reliever medicines is essential. Pupils with asthma are encouraged to carry their reliever inhaler as soon as those with legal responsibility and the medical profession agree they are mature enough. The reliever inhalers of younger pupils are kept in an accessible container in the relevant classroom.
- If an acute episode of asthma occurs in school, the pupil will be encouraged to use their reliever inhaler in line with their care plan. The pupil should be seated and encouraged to breathe slowly and deeply. If, after five minutes the medication does not appear to have the desired effect, or the pupil appears to be very distressed, unable to talk, or shows signs of becoming exhausted, and has blue lips, staff should call an ambulance.
- Those with legal responsibility are asked to provide a labelled spare reliever inhaler.
- School staff are not required to administer asthma medicines to pupils except in an emergency, however many staff are happy to do this.
- Pupils with asthma are encouraged to participate fully in all lessons.



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- Teachers and out-of-hours sport staff will remind pupils whose asthma is triggered by exercise to take their reliever inhaler before the lesson.
- The school does all it can to ensure the school environment is favourable to pupils with asthma thus minimising the risk of exposure to triggers.
- If a pupil is missing a lot of time at school or is excessively tired due to asthma disturbing sleep, the class teacher will talk to those with legal responsibility. If appropriate the teacher will talk to the school nurse and / or special needs co-ordinator.

5. Individual healthcare plans

Arrangements to support a pupil with a medical condition will commence as soon as the school is made aware of the condition and will be put in place within two weeks or on starting at the school to ensure minimal impact on the child's education. Individual healthcare plans will include key information and actions required to support the pupil effectively. They will be easily accessible to those who need to refer to them while maintaining confidentiality. The level of detail will depend on the complexity of the condition and the degree of support needed. Any SEND will also be mentioned on the individual healthcare plan. Plans will be drawn up by the relevant healthcare professional in partnership with the school and parents / carers. Plans will be reviewed annually or earlier if evidence is presented that the pupil's needs have changed. At all times the pupil's best interests must be kept in mind and risks assessed and managed to ensure there is minimal disruption to the pupil's education, health and social well-being.

Individual healthcare plans will include:

- the medical condition, triggers, signs, symptoms and treatments;
- the pupil's resulting needs, including medication (dose, side-effects and storage) and other treatments, time, facilities, equipment, testing, access to food and drink where this is used to manage their condition, dietary requirements and environmental issues;
- specific support for the pupil's educational, social and emotional needs e.g. how absences will be managed, rest periods, additional time for tests etc.
- the level of support needed, including in emergencies. If a pupil is self-managing their medication, this should be clearly stated with appropriate arrangements for monitoring;
- who will provide the support, training needs, expectations of role, confirmation of proficiency to provide support for the pupil's medical condition from a healthcare professional; cover arrangements for when staff are unavailable;
- who in school needs to be aware of the pupil's condition and the support required;
- arrangements for written permission from parents / carers and the lead professional in school for medication to be administered by members of staff, or self-administered by the pupil during school hours;
- separate arrangements required for school trips or other school activities outside of the normal school timetable that will ensure the pupil can participate e.g. risk assessments;
- where confidentiality issues are raised by the parent / carer / pupil, the designated individuals to be entrusted with information about the pupil's condition;
- what to do in an emergency, including whom to contact, and contingency arrangements.



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6. Emotional health and well-being

We promote emotional health and well-being, helping pupils to understand their feelings. As healthy schools, we ensure that when pupils are unhappy, anxious, disturbed or depressed there are open channels for them to seek or be offered support, without stigma and with appropriate confidentiality. All IPAT schools have trained Emotional Literacy Support Assistants (ELSAs) to support pupils at times of need. Additionally, all IPAT schools are accredited Route to Resilience schools - embedding emotional well-being throughout the curriculum and wider curriculum.

7. Roles and responsibilities

- **The Local Governing Body and Trust Board:** Each Local Governing Body is responsible for ensuring this policy is implemented. It is responsible for ensuring that sufficient staff have received suitable training and are competent before they administer first aid / medication or take on responsibility to support children with medical or emotional health conditions. It should ensure written records are kept of all medicines administered to children. The Trust Board ensures an appropriate level of insurance is in place to reflect the level of risk. It also determines the complaints procedure – see Complaints Policy.
- **Lead Professional in School - Executive Principal / Headteacher (other school leaders in their absence):** The Lead Professional should ensure this policy is implemented effectively by all staff. She/he should ensure that all staff who need to know are aware of children's medical conditions and that there are sufficient trained staff to implement the policy and deliver against the individual healthcare plans, including in contingency and emergency situations. The Lead Professional has overall responsibility for the development of individual healthcare plans.
- **School staff:** Any member of staff may be asked to provide support to children with medical conditions, including the administration of medicines, although they cannot be required to do so. School staff should receive sufficient and suitable training and achieve the necessary level of competency before they take on responsibility to support children with medical conditions or administer first aid. In addition, the designated lead first aider will keep up to date with developments in first aid, advise staff accordingly and take responsibility for the restocking of first aid equipment. If a child refuses to take the prescribed medicine, staff will not force them to do so. Staff will record the incident (and other incidents such as spitting the medication out, mishandling the medication) on the medication administration sheet. If refusal results in an emergency, the school's normal emergency procedures will be followed.
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- **ELSAs:** ELSAs provide an educational psychology led intervention, promoting emotional well-being. We recognise that children learn better and are happier in school if their



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emotional needs are also addressed. Any member of staff providing ELSA intervention must have undertaken the required training and assessments.

- **School nurses:** School nurses are responsible for notifying the school when a child has been identified as having a medical condition which will require support in school.
- **Other healthcare professionals / services:** These should notify the school nurse when a child has been identified as having a medical condition that will require support in school. They should advise on the development of the individual healthcare plans. They should cooperate with schools supporting pupils with medical conditions, including appropriate communication, outreach and training.
- **Pupils:** Pupils with medical conditions should be fully involved in discussions about their support needs and contribute as much as possible to the development of, and comply with, their individual healthcare plan.
- **Parents / Carers:** Parents / carers should provide school with sufficient and up to date information about their child's medical needs. They should be involved in the development and review of their child's individual healthcare plan. They should carry out any actions agreed in the plan e.g. provide medicines and equipment and ensure they or another nominated adult are contactable at all times.
- **Local Authority:** Under Section 10 of the Children Act 2004, the Local Authority has a duty to promote cooperation between relevant partners to improve the well-being of children so far as relating to their physical and mental health, and their education, training and recreation. It should make arrangements under this duty when it is clear that a child will be away from school for 15 days or more because of health needs (whether consecutive or cumulative across the school year).