



08 January 2018

Dear Parents / Caregivers,

Happy New Year and welcome to new and returning students and their families. If you have any medical concerns about your child, please do not hesitate to contact us. Our direct Clinic phone number is ph: (07) 4039 9052 and emails are welcome to nurse@plc.qld.edu.au.

I apologise for the length of this initial letter, but the information it contains is very important, so please read the follow details carefully, noting any important information that applies to your child/children.

Medical Consent Forms

It is vital that we have up to date medical forms for each student. If you have not already completed this form, please obtain one from Administration or from the College website. You can access the **Medical Consent** forms and **Authorisation for Administration of Medication** forms on the College website via the following link:

<http://plc-au-qld-188-website.digistormhosting.com.au/our-college/health-clinic>

Medical forms can also be accessed by following the pathway on the PLC Website: 'Our College- Health Clinic- Medical Consent Forms'.

Please return completed forms to the office, or email them directly to the clinic as soon as possible. It is now a requirement that we have the forms before your child commences the school term.

Day students will need to complete pages 1 and 2, which includes a medical condition table where **only** the condition(s) your child has been diagnosed with need to be ticked along with any further relevant information in the space below. For example, if your child has fractured any bones it is helpful to know which bones and in which year in case of further injury, or if they have any allergies it is important for us to know what they are allergic too and what treatment is required. For boarding students all 4 pages must be completed.

Authorisation to Administer Medication

If your child needs any medication during the school day, please complete the **Letter of Authorisation to Administer Medication** form, which can be obtained from the College website, Administration, your child's teacher or the Health Clinic. Please bring the completed form and the medication to be administered to the Health Clinic.

On a Tuesday or Thursday morning we have a private doctor's clinic held for our boarders. If you need to bring medication in on one of these days, please take it to your child's teacher and they will send it to the clinic with your child at the appropriate time for administration.

For antibiotics that are to be given 'Three times a day' you can choose to give these at breakfast, straight after school and at bedtime. As with all antibiotics, it is better to space them as evenly as possible during the waking hours of your child.

No students should be self-administering any medication except for those requiring Ventolin or Insulin.

Sun Smart School

Peace Lutheran College continues to be a sun smart school and as such we encourage students to wear sunscreen, sunglasses and their hats while outside for sport/play. Peace Lutheran College provides SPF 50+ sunscreen that is 4 hours water resistant, but it is advisable that sunscreen is applied before coming to school as well. If your child has any allergies to creams, please provide their own sunscreen.

Immunisations

Students in Grade 7 and 10 will be offered immunisations by the Queensland Government as part of the School Immunisation Program. The forms for these are posted out before the start of Term 1 annually. If you do not receive forms and your child is in Grade 7 or 10 please ring the Health Clinic or send an email to request one.

All students in Grade 7 will be offered Immunisations for Diphtheria, Tetanus and Whooping Cough (dTpa) and Human Papilloma Virus (HPV). For students in Grade 10 the Meningococcal ACWY vaccination will be offered. Information about these vaccinations is included in the envelope sent home. **Please return completed forms to Administration or the Health Clinic as soon as possible.** You may be contacted by the Queensland Government School Immunisation team if a consent form isn't returned.

Asthmatic Students

Spacers need to be provided for all students with asthma. If you think your child may need to have a reliever inhaler (blue/grey) like Ventolin or Asmol while they are at school, please provide a named spacer for them. Spacers are about 4 times more effective in delivering the medication to the lungs than Ventolin taken just via an inhaler. Please bring the spacers to the Health Clinic. We will also get you to fill out an Authorisation form to administer medication. This can be completed once to cover the duration of your child's school years.

If your child needs Ventolin at any stage during the year and we don't have a spacer, we are able to provide one for them and add the cost (\$7.50) to your account. Please make sure that you add Asthma to your child's medical form, even if it is mild. Students are able to carry their own Ventolin and spacers to administer independently once they are competent to do so.

Children with Allergies

We have a few students at the school who have peanut/nut allergies. **This allergy is very severe and can be life threatening.** A severe anaphylactic reaction can be triggered by very minimal contact with nuts etc. such as being touched by another student who may have traces of nut on their hands. **Please do not send your child to school with foods containing peanuts/nuts.** Soap dispensers and paper towels are provided in the Junior School and all students should be encouraged to wash their hands well after eating.

Sick Children

Please keep sick children at home. For example, it is very important for students who have had fevers, or those who have had vomiting or diarrhoea to rest at home. As a guide, students who have had a temperature over 37.8 should remain at home until their fever has been down for 24 hours, before returning to school. Students who have had vomiting and/or diarrhoea should remain at home until their symptoms have stopped and they have been eating a normal diet for 24 hours. If your child presents to clinic with a fever $T=37.8$ or greater, they won't be able to return to class and will need to be collected from the health clinic. Please ensure the school has updated contact details which are needed for these situations and in the case of emergency.

It is very important for parents to notify the school if their child has been diagnosed with any of the childhood illnesses that require exclusion. Please see the department of Health Time Out Poster attached to this letter.

With the majority of students having their own mobile phones we are finding that some are calling parents for a pick up from class if wanting to go home. We ask that you support our school requirement that a staff member will contact you if your child has been assessed as needing to go home.

Dental Treatment

As part of Queensland Health Oral Health Care for students up to the age of 17 years, Edge Hill School Dental is our assigned school. If your child/children need to go to see the dentist for toothache at any time during the year, you are able to ring them directly, ph: 1300 300 850.

A parent needs to be present for consultations by the Queensland Oral Health Services. For boarders to be seen by the Queensland Oral Health Services, they will need to have a current Medicare Card number and a **dental consent form** will need to be completed and signed by parents/caregivers annually. This form will be in the Boarding pack. Parents will need to be able to receive a phone call from the dentist, if they need to talk about any treatment required, at the time of their child's appointment. Parents will have advanced warning of the appointment time and date. Students who are covered by the Child Dental Benefits Schedule (CDBS) will be able to receive private care to the value of \$1000 over 2 years. For information about the CDBS please click the following link: [http:// www.humanservices.gov.au/customer/services/medicare/child-dental-benefits-schedule](http://www.humanservices.gov.au/customer/services/medicare/child-dental-benefits-schedule).

Boarding students who require Overseas Student Health Cover privately will need to see a private dentist for dental care. Parents will be notified and they will need to pay for these appointments. The health cover for overseas students doesn't usually cover dental treatment.

Students Returning from Overseas.

For the health and protection of our school community, we ask that all students, who have returned from overseas within 3 weeks of attending school, have their temperatures taken before coming to school. Students should be kept at home if their temperature is above 37.8C or if they are feeling unwell with flu like symptoms. If they have been feverish or unwell since returning to Australia, a medical certificate giving clearance for school should be presented to Administration. This will then be forwarded to the Health Clinic.

All of our boarding students returning from overseas are to present to the Health Clinic on arrival or the next morning before attending school for a temperature check and brief questionnaire. Boarding students will see the school doctor before coming to school if they are feverish or unwell on arrival.

Old Injury/Dressing Requirements

It is the responsibility of parents for our day students to look after any injuries/dressings that have occurred outside school hours or for old injuries/wounds, even if they first occurred at school.

It has become increasingly common for students to be told by their parent to 'just go and see the nurse' for dressings and bandages. This usually means that the student is missing school or causing others to miss school. We thank you for your understanding in this matter.

Location

To pick up students from the Health Clinic, you will need to drive down Peace Drive, off Cowley St. We are on the ground floor in the second house on the right, opposite the Boarders Kitchen. You can drive past the clinic and park on the first concrete driveway on the right. We are able to ring and sign your child out when they leave campus.

We are praying for a safe, happy and healthy year ahead.

Yours faithfully,

Your Health Clinic team,
Carolyn Durden / Benjamin (Ben) Quinn
nurse@plc.qld.edu.au

Time out

Some medical conditions require exclusion from school or child care to prevent the spread of infectious diseases among staff and children.

This poster provides information on the recommended minimum exclusion periods for infectious conditions and will assist medical practitioners, schools, pre-schools and child care centres to meet the requirements of the *Public Health Act 2005*.

Condition	Exclusion of case (person with infection)	Exclusion of contacts ¹ (person exposed to the case with the infection)
Chickenpox (varicella)	Exclude until all blisters have dried. This is usually at least five days after the rash first appeared in non-immunised children, and less in immunised children.	Any child with an immune deficiency (for example, leukaemia) or receiving chemotherapy should be excluded for their own protection. Otherwise, not excluded. Exclude any pregnant woman who is, or is presumed to be susceptible.
Cold sores (herpes simplex)	Not excluded if the person can maintain hygiene practices to minimise the risk of transmission. If the person cannot comply with these practices (e.g. because they are too young), they should be excluded until the sores are dry. Sores should be covered with a dressing, where possible.	Not excluded.
Conjunctivitis	Exclude until discharge from eyes has ceased unless non-infectious conjunctivitis.	Not excluded.
Cytomegalovirus (CMV)	Exclusion not necessary.	Not excluded.
Diarrhoea ² and/or vomiting (including <ul style="list-style-type: none"> • amoebiasis • campylobacter • cryptosporidium • giardia • rotavirus • salmonella • viral gastroenteritis but not norovirus or shigella – see separate section)	<p>Exclude until there has not been a loose bowel motion for 24 hours.</p> <p>Exclude staff whose work involves food handling until they have not had any diarrhoea or vomiting for 48 hours.</p> <p>If there are more than two cases with loose bowel motions in the same centre or a single case in a food handler notify your nearest public health unit.</p>	Not excluded.
Diphtheria ³	Exclude according to public health unit requirements.	Exclude according to public health unit requirements.
Enterovirus 71 (EV71) Neurological disease	Written medical clearance is required confirming the virus is no longer present in the child's bowel motions.	Not excluded.
Glandular fever (Epstein Barr virus (EBV), mononucleosis)	Exclusion not necessary.	Not excluded.
<i>Haemophilus influenzae</i> type b (Hib)	Exclude until the person has received appropriate antibiotic treatment ⁴ for at least four days.	Not excluded. Contact a public health unit for specialist advice.
Hand, foot and mouth disease	Exclude until all blisters have dried.	Not excluded.
Head lice	Exclusion is not necessary if effective treatment is commenced prior to the next attendance day (i.e. the child does not need to be sent home immediately if head lice are detected).	Not excluded.
Hepatitis A ³	Exclude until a medical certificate of recovery is received and until at least seven days after the onset of jaundice.	Not excluded. Contact a public health unit for specialist advice about vaccinating or treating children in the same room or group.
Hepatitis B	Exclusion not necessary.	Not excluded.
Hepatitis C	Exclusion not necessary.	Not excluded.
Human immunodeficiency virus (HIV/AIDS)	Exclusion not necessary.	Not excluded.
Influenza and influenza-like illness	Exclude until well.	Not excluded.
Measles ³	Exclude for four days after the onset of the rash.	Immune contacts are not excluded. Susceptible contacts should be excluded until 14 days after the onset of the rash in the last case occurring in the facility. Immunosuppressed children or staff should be excluded (regardless of their vaccination status) until 14 days after the onset of the rash in the last case occurring in the facility.

Time out

Condition	Exclusion of case (person with infection)	Exclusion of contacts ¹ (person exposed to the case with the infection)
Meningitis (bacterial)	Exclude until well and has received appropriate antibiotics ⁴ .	Not excluded.
Meningitis (viral)	Exclude until well.	Not excluded.
Meningococcal infection ³	Exclude until appropriate treatment has been completed.	Not excluded. Contact a public health unit for specialist advice about antibiotics and/or vaccination for people who were in the same room as the case.
Molluscum contagiosum	Exclusion not necessary.	Not excluded.
Mumps	Exclude for nine days after onset of swelling.	Not excluded.
Norovirus	Exclude until they have not had any diarrhoea or vomiting for 48 hours.	Not excluded.
Parvovirus (erythema infectiosum, fifth disease, slapped cheek syndrome)	Exclusion not necessary.	Not excluded (pregnant women should consult their medical practitioner).
Pertussis ³ (whooping cough)	Exclude until five days after starting appropriate antibiotic treatment, or for 21 days from onset of coughing.	Contact a public health unit for specialist advice about excluding unvaccinated and incompletely vaccinated contacts.
Poliomyelitis ³	Exclude for at least 14 days from onset of symptoms and case has recovered. Written medical clearance from doctor or public health unit is required to return to child care/school, confirming child is not infectious ⁵ .	Not excluded unless considered necessary by public health unit.
Ringworm, tinea, scabies	Exclude until the day after appropriate treatment has commenced.	Not excluded.
Roseola	Exclusion not necessary.	Not excluded.
Rubella (German measles) ³	Exclude until fully recovered or for at least four days after the onset of rash.	Not excluded (female staff of childbearing age should check their immunity to rubella with their doctor).
School sores (Impetigo)	Exclude case until has received appropriate antibiotics for at least 24 hours. Sores are not contagious if covered, or after the child has taken antibiotics for 24 hours. Weeping or crusted sores on exposed areas should always be covered with a watertight dressing until at least 24 hours post antibiotics commenced and for as long as practical.	Not excluded.
Shigellosis	Exclude until diarrhoea has stopped and two samples, taken at least 24 hours apart, have tested negative.	Not excluded.
Streptococcal sore throat (including scarlet fever)	Exclude until well and has received antibiotic treatment ⁴ for at least 24 hours.	Not excluded.
Thrush (candidiasis)	Exclusion not necessary.	Not excluded.
Tuberculosis (TB) ³	Written medical clearance is required from Queensland Tuberculosis Control Program to return to child care/school, confirming child is not infectious.	Not excluded.
Typhoid ³ , paratyphoid	Exclude until diarrhoea has stopped and two consecutive samples, taken at least one week apart, have tested negative.	Not excluded unless considered necessary by public health unit.
Whooping cough – see pertussis		
Worms	Exclude if loose bowel motions present.	Not excluded.

Footnotes

- The definition of 'contact' will vary between diseases and is sometimes complex. If concerned, contact your local public health unit.
 - Diarrhoea: the definition is two or more consecutive bowel motions that are looser and more frequent than normal or escapes a child's nappy.
 - Doctors should notify the local public health unit as soon as possible if children or staff are diagnosed with these conditions.
 - Appropriate antibiotic treatment: the definition will vary between diseases. If concerned, contact your local public health unit.
 - Observing the exclusion period meets the intent of the *Public Health Act 2005* for a person to be not infectious.
- For additional information please refer to the National Health and Medical Research Council publication 5th Edition – *Staying Healthy – Preventing infectious diseases in early childhood and educational care services* http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/ch55_staying_healthy_childcare_5th_edition_0.pdf
 - or the Queensland Department of Health website at <http://www.health.qld.gov.au/cdcg/index/default.asp> for fact sheets about various communicable diseases.
 - For an electronic copy of this poster http://www.health.qld.gov.au/ph/documents/cdb/timeout_poster.pdf

For further information contact your nearest public health unit at <http://www.health.qld.gov.au/cdcg/contacts.asp>