



4 February, 2019

Dear Parents & Caregivers,

Happy New Year and welcome to new and returning students and their families. As the school year begins, we would like to take a minute to introduce ourselves as the new College Nurses. We are located in the Health and Wellbeing Centre (formerly known as the Health Clinic) at the College. We have just arrived at Peace and are enjoying getting to know the children.

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

We would like to remind you how important your help is for us in keeping the children safe and healthy whilst at school.

Medical Consent Forms/Action Plans

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 the College website. You can access the **Medical Consent** and **Authorisation for Administration of Medication** on the 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: 'Community – Health & Wellbeing Centre - 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 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.

Any child who has an illness that requires an action plan must provide us with a new one every year. These need to be kept up to date for your child's safety. Please take these to the office, or email them directly to the clinic as soon as possible

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 & Wellbeing Centre. Please bring the completed form and the medication to be administered to the Health & Wellbeing Centre.

On a 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 give these at breakfast, straight after school and at bedtime.

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 & Wellbeing Centre 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 & Wellbeing Centre 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 & Wellbeing Centre. 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>. 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 & Wellbeing Centre 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 or dressings that have occurred outside school hours or for old injuries or 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 & Wellbeing Centre, you will need to drive down Peace Drive, off Cowley St. 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.

Student Welfare Officer

Peace Lutheran College provides a range of student support services to provide care and support for the physical, emotional and spiritual health of our students. While the College is primarily an educational institution, we are dedicated to providing support for our families beyond the classroom. There may be times that students require additional support in these matters and we encourage all students to access support when necessary. There may be times a student is referred for additional support if needed.

In addition to the College Nurses, Chantal Mortimer, our Student Welfare Officer, is also located in the Health and Wellbeing Centre. The role of the Student Welfare Officer is to provide support, assessment and advice in relation to student wellbeing. Upon ascertaining the level of support required for a student in collaboration with the relevant Head of School/Boarding and Principal, part of the role is to connect students and parents to external agencies and providers who can offer expert advice to assist students as they overcome emotional and personal struggles. The Student Welfare Officer may also help deal with matters of child protection. Please connect with your child's Classroom Teacher (JS) or Year Level Coordinator (MS/SS) for referral as necessary. Meeting with the Student Welfare Officer is via appointment or in emergency situations as the need arises.

We would always encourage families to consult with their GP about any concerns if this is more appropriate for their family. Support services available in the wider community that may be another avenue of support:

- Headspace: <https://headspace.org.au/young-people/category/a-healthy-headspace>
- Family and Child Connect: <http://familychildconnect.org.au/>
- Grief and Loss – Parent Easy Guide: <https://www.education.sa.gov.au/sites/g/files/net691/f/parentingsa/peg6.pdf?v=1489964907>

Yours faithfully,

Courtney Butler and Victoria McCrea
College Nurses
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Chantal Mortimer
Student Welfare Officer