

22nd September 2020

Following our Parent Council Meeting last night, I have been asked to reissue the following information.

Road Safety

The safety of our children is our highest priority; can I please ask that children do not walk through the staff carpark or the side carpark at the main entrance gate. Also it should be noted that the speed limit on the approach to the school is 20mph. There have been reports to the school regarding the speed of cars. Thank you for your support in this.

Medicines

National Guidance on the Administration of Medicines in Schools has been issued by the Scottish Government. <https://www.gov.scot/publications/supporting-children-young-people-healthcare-needs-schools/>

NHS Highland, Highland Council and school staff will work collaboratively to ensure that pupils receive the service they need in the way most appropriate to their personal circumstances. We will work with pupils and parents/carers to support the healthcare in our school, making reasonable adjustments that children and young people with healthcare needs might need and require.

Where appropriate, we will make arrangements for staff providing healthcare to pupils to receive appropriate training from a health professional, or other accredited source in the care they are providing.

Assistance with intimate care may be needed by children in any school and this will be provided if required to support these needs quickly and with respect for children's privacy, dignity and rights.

If your child requires medication, please note that this will only be administered by staff when there is clear written guidance from a parent/carer, providing:

- The name of the medicine, the quantity of the medicine to be given, the time it has to be given.
- As far as possible prescriptive medication should be given at home by parents/carers. If it is required to be given in school, the medication should be unopen, clearly

marked with the directions from the pharmacist and administered as part of an agreed medical protocol.

Please do not send medicines to school with your child without having previously completed the appropriate forms. Due to current COVID regulations forms can be emailed and completed electronically. Contact the school if you wish to do this.

Children should not have any medication in their bag that staff do not know about.

Head Lice

As we have just returned to school it is important to remind everyone about the importance of taking steps to ensure that your child's hair is regularly checked for Head Lice. Please see the guidance below.

It would be advisable, where possible to keep long hair tied up which would also minimise the need to touch hair/face which will also be in line with the Covid recommendations.

https://www.highland.gov.uk/downloads/file/18597/head_lice_policy

Information about Head Lice

Head Lice are a common problem in school aged children. They can't be prevented, but regular checking ensures early detection and treatment if necessary. Parents and carers should check their children's head once a week during hair washing. You need your usual shampoo, conditioner, and a detection comb – ask your local pharmacist to recommend a suitable one. Remember that you are looking for living moving lice, the only evidence that your child is infected. If you find a living louse, ask your local pharmacist, school nurse, health visitor or GP for advice regarding treatment.

For further information see:

<http://www.nits.net/bugbusting>

<http://www.nhshighland.scot.nhs.uk> – search on head lice

Healthy Snacks

The Health and Wellbeing of our pupils is important and at the moment we are revisiting and revising the importance of the wellbeing indicators – Safe, Healthy, Active, Nurtured, Respected, Responsible and Included. To support us with the 'Healthy' Indicator, it would be great to see healthy and low sugar snacks for break and in packed lunches e.g. a piece of fruit, cereal bar, breadsticks. Children receiving a school meal only get water or milk so it would also be great to promote this in our home made packed lunches too. The guidance we receive from our Child Smile Team is to only give sugary snacks at meals times, i.e. breakfast, lunch and dinner. Therefore a piece of fruit at break would be great.