



## BISHOP MACKENZIE INTERNATIONAL SCHOOL PARENTS' QUICK GUIDE ON HEALTH AND SCHOOL ATTENDANCE

In order to provide a healthy school environment for all children and staff, the following guidelines have been prepared to assist you in decisions relating to your child's health and school attendance.

Attendance at school is important, especially given that there is continuous assessment taking place across all the IB {PYP, MYP, DP} classrooms. Parents should be alert to request for a child to stay at home, to look for patterns or try to understand if there is an anxiety at the root of the problem. However, the health of your child and that of the other children in school is our priority. If your child is not feeling well and you are uncertain about sending him / her to school on a given day, it is best to keep your child home and observe him / her for worsening symptoms or improvement. If your child is too ill to attend school in the morning, it is recommended that he / she stay home all day. Children and adults come into close contact at school and therefore there is a higher risk of contagious illness, hence it is advisable to keep a sick child at home to prevent this.

When you make the decision to keep your child home, please notify the school through the office or the class teacher that your child will be absent and the nature of your child's illness.

Cold / flu	Student needs to remain home if he / she has an excessive runny nose, excessive cough, temperature above 38 degrees or too uncomfortable to function at school
Chicken pox, Measles etc	Student may return to school after all blisters are dried and crusted over. <b>*NOTIFY THE SCHOOL NURSE IF YOUR CHILD HAS CHICKEN POX / MEASLES.</b>
Diarrhoea	If a student has diarrhea 2 times in a day, he / she needs to remain at home until the diarrhea subsides and no any other signs of illness exist. Try to keep the child hydrated and seek medical help if symptoms persist beyond a day.
Ear infections	Student needs to be evaluated by a physician if he /she complains of ear pain. Early treatment can ward off possible complications that may permanently damage the ear which could result in hearing loss.
Eye infections	Redness, drainage, or watering of the eyes requires assessment to determine the cause like conjunctivitis, allergies or eye injury. Conjunctivitis is contagious so any child with conjunctivitis <b>MUST</b> be kept at home till the eyes are clear. {In conjunctivitis the eyes are red, have discharges and are itchy. In this condition since the eyes are itchy, the child will be rubbing them then touching things or friends.} Make sure he /she





	avoid rubbing the eyes and ensure he / she washes hands regularly.
Fractures and surgeries	Parents need to contact the class teacher and / or school nurse when a child has a serious injury or surgery. Modification of physical activity and mode of travel throughout the school campus may need to be evaluated depending on the injury. Please provide a written document from your physician as to which activity your child may be doing. State limitations and special needs.
Cuts and bruises	If a child has an open wound, please ensure that it is properly dressed / covered before bringing him / her to school. If there is an incident at school, the school nurse will assess the injury, do first aid as appropriate and notify parents as soon as possible if it needs referral or write a note stating the type of the injury and the treatment given [ this note will be sent home through the student}.
Head lice	Your doctor or pharmacist can recommend the best available shampoo treatment. [ <b>Pharmagenics pharmacy by Santa plaza</b> usually have some in stock] Nits can be persistent if not dealt with properly which usually involves treatment of the whole family, cleaning bedding and clothing. Children should not share hats at school. Notify the school nurse and teacher if your child has head lice
Rashes	Student with undiagnosed skin rash should remain home till it clears or may return with a doctor's note stating diagnosis and clearing him / her to return to school
Tonsillitis and strep throat	Treatment for tonsillitis may depend on the cause and the child may need to be treated with antibiotics for 48hours before returning to school if there is a positive throat culture.
Fever	Student needs to be fever free [ less than 38 degrees} for at least 24 hours
Vomiting	Student is to remain at home if he / she has vomited within the past 24 hours. Should a student start to vomit during school hours, the school nurse will call the parent to take him / her home. The child needs to remain home for at least 24 hours after vomiting subsides.
Malaria	A child suffering from high fever, chills, nausea and / or vomiting, aches and other flu – like symptoms should be tested for malaria. Early intervention with appropriate medication is advised and the child will need to rest at home to recuperate. Notify the school of the days the child will stay home.





## CLINIC FORM

NAME: ..... YEAR GROUP.....  
 AGE: ..... SEX .....

DATE: ..... TIME: .....

\*\* KNOWN MEDICAL CONDITION: .....

\*TREATMENT: .....

Temperature: ..... BP: .....Pulse rate..... Weight .....

### A. ILLNESS

- Headache
- Bumped head
- Sore tummy
- Tooth ache
- Ear ache
- Nose bleeding
- Diarrhoea
- Vomiting
- Skin rash
- Eye discharge

### B. INJURY

- Graze / Bruise
- Bumped head
- Dislocation
- Fracture
- Insect sting
- Concussion

### C. OTHERS

- Collect pad
- Collect tampon
- Exemption from swimming

Nursing diagnosis 1.....  
 2 .....





# Bishop Mackenzie International School

Belief | Motivation | Inspiration | Success



Intervention.....  
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Report sent to:

Teacher       Parent       Doctor

Signed .....



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