



Stay healthy at home & at school:

- Washing hands is the most important routine to prevent illness and infection. Please help small children to wash their hands with soap and water. Older children may need to be reminded to wash their hands.
- Encourage children to wash hands after using the bathroom, before eating, after sneezing/blowing their nose and after playing outside.
- Take care to always wash children's hands after they have come into contact with animals/wildlife.
- Children should wear socks to school each day. This will help prevent the spread of verruca's, warts and other skin related infections.
- All staff and students should wear slippers while in the classroom and around the school offices.
- Children will be inspected upon arriving at school, each day, by the school nursing team. An inferred thermometer will be used to record each child's temperature. A visual assessment will also be completed to check for any evidence of illness.
- If your child is sick at home the night before/ in the morning please refer to Appendix 1 in the Unity International School Pupil Illness and Medications Policy.
- Pay attention to the use by dates on food produce, this could reduce gastric infections.
- If your child uses a reusable water/drinks bottle, please ensure it is washed with warm water and soap each day after school. Failure to do so will lead to harmful bacteria growing in the bottle and this will make your child very sick.
- Eating a well-balanced diet at home and at school will help your child to stay focused and succeed.
- Please ensure that your child has eaten a nutritious breakfast before arriving at school or provide them with a breakfast snack to have before class begins. Often children will complain of stomach ache and nausea early in the school day. This is often because they have not eaten.
- Help your child to have good personal hygiene by encouraging them to shower/wash frequently, washing their hair, face, hands and body.
- Maintaining a comfortable, cool temperature is very important for young children, as they struggle to control their own body temperature. Air-conditioning units will be used to control the temperature in all classrooms and offices.

Should you require any further information or advice, please do not hesitate to contact the school nurse's office.