

HEALTH, HYGIENE AND SAFETY

Illness

Children who are ill should only attend school if advised by their doctor. Where a child has not attended a doctor, they should not return to school until they are sleeping and eating normally for at least 24 hours. Any infectious illness should be notified to the school immediately. Written notification should be sent to the class teacher if a parent/guardian requests that a child remain indoors.

Health Issues

Parents are asked to inform teachers, in writing, of any physical disability, medical condition, allergy etc. which their child may have or may develop during their time in the school.

Smoking

Ratoath Senior National School and its grounds are a designated non-smoking area.

Chewing Gum

Chewing gum is banned in the school and on its grounds.

General Safety

No child is allowed to leave the school grounds without permission from a teacher.

Those collecting children during the school day must first go to the office for safety reasons.

Children must walk when indoors, in the classrooms, corridors etc. Pushing, jostling or any sort of rough play are not allowed.

When the day is too wet, pupils remain in their classrooms for breaks. They must observe implicitly any directions given by teachers or other supervisors and safety procedures must be followed at all times.

Travelling To and From School

Children must walk when entering or leaving the school and must use the footpaths on the roadway and in the school. Cyclists must dismount and walk when entering or leaving the school.

Refuse / Litter

Litter bins are provided in all classrooms. Children are expected to use these for appropriate refuse. Children are expected to bring their own lunch refuse home, especially containers and packaging. Recycle bins are also provided in the school.

General Hygiene

High standards of hygiene are required at all times throughout the school. All children should come to school with a clean hand towel in their bags. Parents are expected to train their children towards habits of good hygiene and best practice with regard to the use of toilets, washing of hands and personal neatness and hygiene.

Earrings

For health and safety reasons, and towards preventing accidents, wearing of earrings by children in the school is limited to stud-rings only. Other body piercing is not allowed. No other jewellery is allowed (i.e. rings, bracelets, necklaces etc.)

Use of Cameras and Mobile Phones

Children are not allowed to have mobile phones on the school premises. (Please refer to the Policy on the use of Mobile Phones and Electronic Devices). In the interests of protecting all children, use of cameras/camcorders or any recording device by parents/guardians and/or children/visitors, is strictly prohibited on the school premises or at school related events.

Any photographs or recordings at school events taken by school staff are used for school purposes and parental/guardian written permission is sought in advance of the school event on the School Consent Form.

Ratoath Senior National School does not take responsibility for photographs or recordings of school events that are uploaded onto any/all Social Media Sites.

Head lice

Head lice are a common problem in primary schools. As your child shares a classroom and playground daily with a large number of other children, it is very easy for head lice to spread. Unfortunately head lice are extremely mobile and infectious and can pass from one individual to another by head to head contact.

How do you tell when your child is suffering from a head lice infection? The first clue is frequent scratching of the scalp. To check if head lice are present, carefully examine the hair around the back of your child's neck and behind the ears. The best way to find lice and their eggs is to run a fine-toothed comb through damp parted hair, looking carefully for evidence of lice. Since head lice shy away from light, you may only see their empty egg shells (nits), which are small whitish ovals of equal size attached to the hair shaft.

You should check your child's hair regularly in this way for head lice - if your child has contacted lice you should inform the teacher or Principal and treat the hair immediately. Everybody, including you, other members of the family and school friends, who have been in contact with your infected child should be checked for lice infections. The reality is that anybody your infected child has been in contact with could catch head lice. Head Lice are not choosy about what type of hair they go for. In fact, they tend to prefer clean rather than dirty hair.

Head Lice are very easy to treat - lotion or shampoo treatments can be bought from the pharmacies without a prescription.

Healthy Eating

A good diet and plenty of sleep, fresh air and exercise are essential to the growing child. Allow plenty of time in the morning for your child to eat a healthy breakfast. Choose lunches carefully. Sandwiches and fruit are healthier than sweets and biscuits. Our school has a '*No sweets policy*'. Do not include sweets or foods or drinks which have a high sugar content in your child's lunch.

Cut down on the amount of packaging by refilling a plastic bottle with water or a low sugar diluted drink. Do not give your child glass bottles or containers.

Food is to be consumed under supervision in the classroom and must not be brought out to the toilet or to the yard or school field.

Children form their eating habits for life from an early age. They will, of course, always have their own preferences - but you can have a lasting influence by starting them on the right road.

Eating habits, started in childhood, will influence your child's chances of a healthy life. A good variety of nourishing foods is important from the start to ensure a healthy growing child. Children's lunches sometimes tend to be low in fibre and high in fat and sugar. To change your child's eating habits for the better it is best to do so gradually. Start by substituting biscuits with pieces of fresh fruit one day a week in order to make your child's lunch healthier and better for teeth too. Then move on to two, three four and eventually five days, i.e. the full school week.

We have a number of children in the school who have heightened sensitivities or allergies to certain foods, especially nuts in any form. For these children, eating the wrong food or, in some cases, having such food in their immediate vicinity could cause anaphylactic shock, cause serious illness or prove fatal. In an effort to prevent any of these ever happening, all parents are asked to be extremely careful in preparing your own child's lunch. Please ensure that nuts or nut derivatives in any form are never included. Also, please regularly remind your child not to share or swap lunches.

Breakfast

For school children, breakfast is perhaps the most important meal of the day. Not only does breakfast break the child's long overnight fast and help concentration, it also lays down the foundation for healthy eating for the rest of the day. Try a wholegrain or bran-type cereal with chopped fresh fruit on top with milk, an orange or unsweetened fruit juice and some wholemeal bread, toasted or plain.

Lunch

Lunch should provide one-third of your child's food requirements for the day. The simplest and most effective way to plan a healthy lunch is to include in your child's lunchbox one food from each of the four main shelves in the food pyramid. Bread, Cereals, Potatoes; Fruit and Vegetable; Milk, Cheese, Yoghurt; and Meat, Fish and alternatives.

Tips to get children to eat more fruit and Vegetables

Children often prefer fruit and fruit juice to vegetables - that's alright. As long as they eat a variety of fruit each day, they will get all of the vitamins and minerals they need.

Children love easy to eat fruit like mandarins, small apples and bananas. Keep your fruit basket well topped up.

Children often prefer raw vegetables! So offer carrot or cucumber sticks, tomatoes or any favourite raw vegetable as snacks. These can also be wrapped and put into lunch boxes. To encourage children to eat vegetables hide them! Grate vegetables into stews, soups and casseroles. Offer children sweet vegetables like sweetcorn and carrots in preference to strong tasting vegetables like cabbage or parsnip.

Pizza is very popular with children. Buy supermarket own-brand mini-pizzas and add vegetable and fruit toppings. Add chopped fruit to breakfast cereals. For a simple dessert at any time of the day, chop an apple, banana or orange together for a tasty fruit salad that children will love. Preparing it themselves adds to their enjoyment.

School Lunch Ideas

Fruit and Cheese. Save old cartons and small tubs and fill with cubes of cheese, pineapple and apple (dip apple in lemon juice to avoid going brown) Add fingers of brown bread for a satisfying, healthy lunch. Cheese strings are also popular.

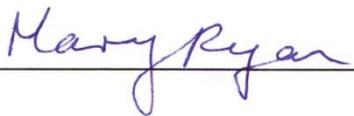
Pitta Pockets. Pitta breads are fun for children. Store frozen and grill lightly or pop into the toaster for a few seconds. Cut a split in the middle and fill with lettuce, tomato, cucumber and chopped cooked meat or tinned fish.

Pizza Slices, topped with vegetables are a tasty filling food.

Mixed Salads. Tuna, sweetcorn and tomato; cheese and coleslaw; egg and onion; meat salads, can be brought to school in little tubs and eaten with brown bread.

Fruit Yoghurts are a good choice. If you like, add more chopped fruit.

Homemade Vegetable soup with brown bread is a great winter warmer. Make soup with half milk and half water for extra nourishment.

Signed:		
	Chairperson of Board of Management	Principal
Date:	24 th June 2016	24 th June 2016