MOTHER DIVINE PUBLIC SCHOOL

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HEALTH AND WELLNESS POLICY

At MDPS, we consider Health Safety and Child Protection (HSCP) as an innate school culture developed through an iterative process of risk assessment, risk-mitigation, evaluation of control measures and periodic review. It is a constantly evolving process based on honest feedback and timely corrective actions. Our teams are guided by the local/central mandate on school safeties and by the best practices followed across the education sector.

The HSCP culture heavily hinges on top leadership owning responsibility, effective working of School Safety Committees, competence creation, role-based clear accountability, safe recruitment, and, above all, a shared vision of keeping the child's well-being at the centre, all the time. The implementation has hinged around proactively supporting the schools with world-class training, regular review meetings and periodic audits against global standards on school safety.

We have always been guided by the maxim that "Prevention is better than Cure". For us, there is nothing more important than the safety and well-being of our Learners.

We are not fearful, but being careful. We confidently welcome our young Learners to join back at school and experience the Joy of Learning.

School complying with all relevant child protection laws and regulations applicable in the state.

- We have policies that ensure zero tolerance to bullying, corporal punishment and any other forms of abuses.
- We have dedicated committees for School Safety, Student Welfare and Anti-bullying.
- Roles and responsibilities on child safeguarding are defined for everyone working for the institution.
- Training and sensitization programs on Child protection principles for all the staff and service providers.
- Background and police verification of all the staff and service providers in the school.
- Child support and engagement through the school counsellor for any safeguarding concerns.
- Programs conducted on Personal Safety, Life Skills & Sexuality for our students through external agencies.

Safeguarding practice improvement reviews are conducted periodically to measure the child protection culture of the institution.

DEAL WITH MEDICAL EMERGENCIES

Children are highly vulnerable to injuries/accidents. Usually we find minor grazes and bruises, but times children may face severe accidents resulting in fracture, bleeding, suffocation, fainting, acid burns and electric shock etc. Even staff members may suffer a cardio respiratory, cerebral or any other disorder which may lead to a medical emergency. As part of the Comprehensive School Health Policy and program, school has enhanced the preparedness to deal with emergencies. A health emergency can occur in any school at any time; children can become seriously ill or injured in a number of settings, including the playground, laboratory etc. They are at risk for aggression and violence related injuries too. Needless to say, children with special needs or special health care needs may require extra attention from emergency health care provisions.

Non life threatening. These are identified as any injury or illness that may affect the general health of a person, for example: fever, stomach-ache, headache, seizures, fractures, cuts etc. The individual should be evaluated as soon as possible and evacuation for further help duly organized.

General Health Care Emergencies in School

- Profusely Bleeding Nose
- Fainting / Seizure episode
- An Injury in the Eye
- Severe Stomach ache
- Ear / Eye / Dental Complaints of a Child
- In Case of a Head Trauma
- In Case of Burn Injuries in Labs
- In Case of High Fever
- An insect / snake / dog bite
- Case of accidental oral poisoning
- Other wounds, injuries & bleedings.

High Risk Children for Medical Emergencies

- A Child with Asthma
- A Juvenile Diabetic Child
- A Child with a history of Epilepsy
- An unknown allergic reaction
- A Thalasemic Child
- A Child with hole in the Heart.
- A Rheumatic Child
- Basic evaluation of a seriously ill child.

The Emerging role of Schools in Emergency Preparedness?

The first step in being prepared involves the development of written protocols to guide school personnel for response to emergency preparedness. Written plans are an integral part of a comprehensive school health programmes.

Then the goal of positioning School Emergency Response Protocols (SERP) is:

1. Prevention

2. Risk Reduction

3. Management

Secondly, the school staff has been appraised and trained for efficacy to such a response. Globally, the school First Aid response in physical and psychological emergencies is highlighted as an integral need in Comprehensive School Health Promotion. Consensus building from educationists, policy makers and health care providers has been perceived as an important step in formulating effective school based initiatives in this regard across the world.

Thirdly, operationalizing health and wellness clubs for advocacy, research and training in important health care areas needs to be reinforced.

School administrators, in consultation with the school medical staff has developed policies and guidelines for emergency situations occurring on the campus and at any school related events. In general, these policies reflect three things:

- The school's role in preventing and reducing the risk of emergencies and injuries involving their students and staff;

- The school's preparedness in coping with an emergency, including staff training and instruction and the availability of emergency related equipment.

• How the school will communicate the incident, both internally (i.e., record keeping) and externally (i.e., to parents and other healthcare personnel)

School has a proper infirmary to meet the medical needs of the students. School has well trained and experienced staff to handle the medical problems in case there is any in daily routine . Medical staff always keep a track of the medical issues of the students (if any) and have a record of medical history of the child to handle the emergency situation in case it arise.

Guiding Principles:

Attendance & Illness

- Children showing symptoms such as fever, vomiting, diarrhoea, rash, persistent cough, or eye infection **should not be sent to school**.
- If a student becomes unwell during school hours, the parent/guardian will be informed immediately.
- Students must remain **fever-free for at least 24 hours** before returning to school.

Medication

- The school does **not administer medication** unless:
  - A **written consent** from the parent is provided.
  - A doctor's prescription is submitted (for long-term medication).
- Parents must inform the school about any existing medical condition, allergies, or ongoing treatment.

Hygiene & Prevention

- Regular handwashing and hygiene habits will be reinforced.
- Students with contagious illnesses are required to submit a **fitness certificate** before rejoining school.
- School will maintain cleanliness of classrooms, washrooms, activity areas, and toys.

Steps taken by the school to make health and wellness policy a successful venture:

1. **The COVID-19** pandemic prompted the school to implement strict health protocols including frequent sanitization of classrooms and common spaces, thermal screening, isolation arrangements for symptomatic individuals, promotion of hand hygiene and mask discipline, and awareness campaigns on respiratory health. Even in the post-pandemic period, the school remains vigilant by following government advisories, encouraging vaccination, and adopting a readiness approach for any future health emergencies to protect our learners and staff.
2. Time to time Nutrition education is provided by the school teachers to students of all grades in the form of guidelines and special sessions conducted for them. Parents are encouraged to send healthy food. Junk food, sodas, and packaged chips should be avoided. Students should carry a **water bottle** daily for proper hydration.
3. Parents are guided to ensure timely vaccinations as per the immunization schedule. Inform the school in case of any infectious disease at home.
4. School has initiated the use of Air-purifiers from grade-Nursery to II to counter the impact of Increased AQI.
5. The role of physical education in school is monumental to ensure student's regular participation in physical activity.

4. School creates regular awareness drives in which they are sensitized towards cleanliness.

5. Plantation activity in school gives the students beneficial information on the concept of clean air in relation to individual's wellness.

6. To provide students serious knowledge about the basic information and application of first aid, special information is imparted to students through guest lectures.

7. Students are engaged daily in all classes in any physical activity of choice from plethora of options like basketball, football, cricket etc.

8. Conducting interactive sessions with students at all grade levels is an active feature of the school where adolescent issues are also discussed for better understanding of their emotional problems by the school counselors/guest speakers.

9. Health and nutrition lessons are taken into curriculum for teaching students the role of good eating habits and avoiding obesity in young age. School has initiated with sugar board as per the CBSE Guidelines.

10. Mental health evaluation and psychological counselling of students is done on regular basis to cater to the personal needs of the students by the school counselors striking a balance between overall physical and mental health of every child.

At Mother Divine Public School, the well-being of every learner is our foremost priority. Our safety measures are not just compliance but a culture of care, constantly evolving through training, vigilance and community participation. We confidently welcome our students each day into a secure, supportive and health-conscious environment, ensuring that they continue to enjoy learning with peace of mind.