

## Medicines

Members of staff **cannot** administer medicines to children without permission. Parents or guardians are invited to come into the school during the day to give their children medicines or alternatively they can complete an "Administration of Medicine" form, available from the school office, giving permission for a member of staff to administer the medication.

### Pupils must not be given medicines/tablets to bring to school for self-administration.

A copy of this newsletter and future editions of the newsletter will only be available on the school website. You will receive a text when available. <https://blogs.glowscotland.org.uk/sa/holmstonps/>

Yours faithfully,

Richard Hardy  
Head Teacher

#### Article 3

All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

#### Article 24

You have the right to the **best health care** possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

## Holmston Primary School Health and Wellbeing Newsletter 1



As parents we are bound to worry every time something is not quite right with our children. Sometimes, however, with a bit of knowledge we can be better prepared for what life has to throw our children's way. With that in mind we have prepared a health and Wellbeing newsletter to help you.

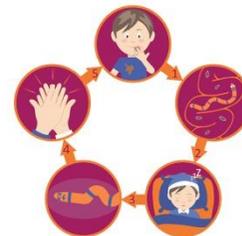
**Please be aware that this is general information only and each child is different. If you are particularly concerned or anything is vastly out of the ordinary, please do go to your GP for any specific medical advice for your child.**

### Head Lice

With one in three children getting head lice at some point each year, head lice are a common childhood ailment. The only way to be 100% sure that your child has head lice is by finding live head lice or head lice in your child's hair. If you find head lice, your child and everyone in your household must be treated immediately. There are numerous products available at your local pharmacy, supermarket or on-line. Treatment advice is also freely available from your local pharmacy. There is nothing you can do to prevent head lice but dealing it effectively and quickly will at least stop the itching and prevent anyone else getting them.



### Worms



Threadworms (pinworms) are tiny worms in your poo. They're common in children and spread easily. The signs of worms are extreme itching around the bottom, particularly at night and irritability and waking up during the night. You can often see the worms around your child's bottom at night. You can treat them without seeing your GP and can easily get medicine over the counter or treatment advice at your local pharmacy. Everyone in your household will need to be treated twice as although the medicine kills the threadworms, it doesn't kill the eggs. Eggs can live for up to 2 weeks outside the body. To avoid getting recurrent bouts of worms, make sure that everyone washes their hands and scrubs under their nails before every meal and after going to the toilet, surfaces must be regularly disinfected and children should be encouraged to wear pants at night (and then

change them in the morning). Avoid sharing towels and flannels and try to stop your children from sucking their thumbs or biting their nails.

### **Impetigo**

This is a bacterial infection of the skin. It is common and not dangerous however it usually needs antibiotic cream to clear it. Impetigo has a classic yellow discolouration to it.

### **Verruca**

These usually again clear by themselves given enough time however there are a great deal of effective over the counter medications.

### **Hand warts**

These are very common in childhood. These can be left as the body will eventually clear them without treatment. However if you wish to speed this up there are many over the counter medications from the pharmacy available.

### **Molluscum contagiosum**

This is a very common rash in childhood and the spots do go away by themselves but this can take a couple of years. It is however the best option as most of the medical treatments that effectively clear the spots can scar the skin. Occasionally the spots can become infected. If any of the Molluscum spots get red or sore and this persists see your GP.

### **Cold and Cough**



On the whole these are viral and get better by themselves. A lot of parents are surprised that a cough after a cold can last up to 4 weeks and this can be quite normal. As a rule of thumb if your child is alert, happy drinking fluids and playing, these are all reassuring signs that nothing much is affecting them. Children who have problems with their immune system or chest complaints like asthma or congenital heart problems may shake off colds and coughs less quickly than children with no medical difficulties and should be checked over by a GP. Other concerning signs are a temperature that will not go down despite taking

temperature reducing medication, not drinking fluids for more than 24 hours, difficulty in breathing, decreased urine production, non-blanching rash anywhere, neck stiffness or an inability to look at bright light. If your child has any of these symptoms medical advice should be sought urgently.

### **Sickness and Diarrhea**

Diarrhea and vomiting are common in adults, children and babies. They are often caused by a stomach bug and should stop in a few days. You can usually treat your child at home. The most important thing is to have lots of fluids to avoid dehydration. Pupils should stay at home and get plenty of rest, drink lots of fluids, such as water or squash – taking small sips if they feel sick. Advice on painkillers is freely available from your local pharmacy.

**Pupils who have sickness or diarrhea should remain absent from school until 48 hours after the last bout of sickness or diarrhea.**

### **Water Bottles**

We all recognise the importance of our children having access to water throughout the day. Please provide your child with a plastic water bottle that is filled in the mornings. Children will have the opportunity to refill bottles at break and lunch times. Please ensure that the bottle has a 'sports cap' rather than a screw cap – these prevent spillages occurring. Water should be the only drink provided **not** juice.



### **Allergies**

As I am sure you will appreciate we have several pupils at the school with allergies and intolerances. Whilst these pupils try to manage their diet carefully we would ask that you support us in this by not giving your child products containing nuts for snack or packed lunch. This includes chocolates such as snicker-type bars or Nutella. We are aiming to be a nut-free school. Although we encourage our pupils to be caring and sharing, please ask your child not to share any snacks or lunch box items with other pupils.

Further information on school lunches and allergen information documents can be found on the South Ayrshire website: <http://www.south-ayrshire.gov.uk/schools/meals/>