

## Tips for Healthy Eating



### **Breakfast: The Most Important Meal of the Day**

Breakfast is a great way to give the body the refueling it needs. Children who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight.

Skipping breakfast can make a child feel tired, restless, or irritable. Their mood and energy can drop by midmorning causing them to sleep in class, if they don't eat **at least** a small morning meal.

Foods that are rich in whole grains, fiber and protein while low in added sugar such as whole-grain bread or cereal, fruit, milk, yogurt, or eggs may boost your child's attention span, concentration, and memory — which they need to learn in school.

**Children who eat breakfast are more likely to have more energy, do better in school, have fewer absences from school, and make fewer trips to the school nurse with headache and stomach complaints related to hunger.**

## Dental Services

Jamaica College is one of the few schools on the island with an on-campus dental centre. Services are **FREE** of charge to the student population.

#### Staff:

A Dental Nurse and a Dental Assistant

#### Services:

Dental Hygiene Talks  
Examination & Cleaning  
Fillings  
Primary Extractions  
Referrals to Dentist



DELTA DENTAL

### How To Improve Your Dental Health 4 Easy Tips

- 1** Brush your teeth 2x a day with fluoride toothpaste and replace your toothbrush every 3-4 months.
- 2** Floss Daily to remove food particles that get caught in teeth.
- 3** Eat a balanced diet and avoid in-between meal snacks.
- 4** Schedule regular dental checkups for professional cleaning and oral exams.

## Welfare Services

#### PATH Programme

Tickets for PATH lunches are distributed at the health office on Mondays, Wednesdays and Fridays. For more information regarding this programme please contact Mrs. D. Walcott, the Dean of Student affairs.

#### Clothing Bank

We operate a clothing bank for our students who are found to be in need and also to assist students who may have accidents at school and require a change in uniform. Parents and past students are encouraged to give to us uniforms and shoes that are in good condition.

#### If you have any

Questions / Concerns / Comments...

Please feel free to



**Jamaica College  
Health & Welfare Centre**

#### Office Hours:

##### Medical:

Mon-Fri 8am - 4pm

##### Dental:

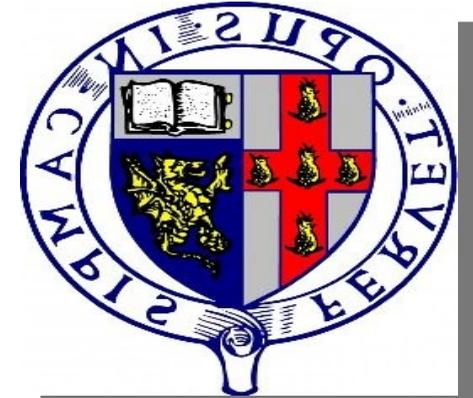
Tue & Thurs 8am - 4pm

**Appointments preferred but walk-ins welcome**

189 Old Hope Road  
Kingston 6  
Jamaica W. I.

Phone: 876-977-2314  
Straight-line : 977-1603  
E-mail: lffolkes@jc.edu.jm

**WELCOME  
to**



**Jamaica College**

*Health &  
Welfare Centre*

**Where your child's  
health  
is our  
#1  
Priority!!!**

# Health Services

## The Facility

The health centre is a well ventilated 6 bed facility. There is a separate rest area for students and staff (3 beds for students and 3 beds for staff).

## Staff:

Lily Mae Ffolkes, BSc., R.N., C.E.N.  
Lorna Thomas—Practical Nurse

## GENERAL INFORMATION

The main service is to promote and maintain the health of our students and staff. Providing acute care (the symptomatic relief of common illnesses) in an effort to help keep our students in school and attending to medical emergencies.

**The nurse cannot serve as a substitute for a doctor, therefore we advise our parents not to send to school a child who is ill from home and in need of medical attention for the school nurse to determine if the child is well enough to be in school.**

## School Medical

All new students are required to complete a medical/physical examination before starting school. This service is offered in collaboration with Sagicor Ja. Ltd. at a very reasonable cost before the start of the school year. Usually this **very comprehensive screening** is done in



July for all **new** students, August for Grade 10 /4th Form students and early September for students entering Grade 12/Sixth Form.

## Consent to Medical Treatment

In addition to completing the medical history form, parents are required to sign the consent for medical treatment form and should ensure that they include an emergency contact i.e. the nearest responsible person who can get to school in the event of an emergency.

## Immunization

In keeping with guidelines from the Ministry of Health, proof of immunization record is required by the school. All students should be fully immunized up to age before starting school. Please ensure “boosters” are received and a copy of the immunization card is taken to the school.



## Accidents and Emergencies

In the event that a student has an accident, an assessment is made and a decision is made on the mode of care :

- (1) For minor injuries first aid measures are applied and the student stays in school.
- (2) If the student require further medical treatment/evaluation the parent s/guardians are called to pick up the student and he is referred to a medical facility of the parents choice.
- (3) In the case of an emergency the parent will be notified immediately and a travelling officer along with a nurse will transport the student immediately to the nearest hospital (**U.H.W.I.**) or hospital of choice, until the parents arrive.

**All hospital or doctors bills are the responsibility of the parents/guardians.**

## Insurance

Each student is insured against accidents and accidental death. In the event of an accident, on or off campus, all students are covered. This is included in the school fee and becomes in effect once the school fee has been paid.

**Insurance claim forms are given for all accidents.**

## Procedure for sending a child home

Students are **not** permitted to call home due to illness. **ONLY** the nurses are authorized to contact the parents/guardian if the child is to be picked up due to illness. If the child is sick he should report to the nurse’s office and be assessed.

Parents will only be called by the nurse when in the nurses’ judgement the situation requires immediate parental concern such as the following instances:

- Emergency situations
- Head injuries
- Scuffles/fights with classmates with medical concerns
- If the student is to be sent home due to illness such as:
  - Temperature is over 100. degrees
  - Excess vomiting, diarrhoea or severe abdominal pain
  - Distressing cough and wheezing
  - Eyes which are red, inflamed or with discharge
  - Persistent headache
  - Skin rashes which are suspected to be contagious
- Other instances where, according to nurses judgement the student is not fit for school and the parents must be notified.

## Medication Policy

For students with asthma, allergies, seizures, diabetes, hypertension, heart disease and other diseases, parents must give an official medical certificate regarding the diagnosis of the child. This should include any instruction for administration of maintenance medication in the event of an acute attack. Parents should ensure that a set of medication is in the health office and/ the student has this medication with him at all times (Asthmatics).

Students who are on **prescription medication** who need to take medication at school, parents must inform the nurse in writing of the child’s current health status and medication must be sent in the pharmacy-labelled container.

For students taking **Over-the -Counter** medication, the medication must be in its original container along with a note from the parent. **Students are not allowed to self-medicate and share their medication with others in school.**

## Reasons for a child to stay home

**Do not** send your child to school if

- He has a contagious illness such as a strep. throat, chicken pox, or the flu.
- He has a fever of 100 degree or higher in the last 24hrs—children should be fever free for 24hrs without medication before returning to school.
- He is vomiting or has diarrhoea.
- He has red/pink eyes or has drainage from the eyes.
- You are advised by the doctor to keep your child at home.

**Sending your ill child to school will not only harm the child but also the other persons**

