

# The Guidance & Counselling Department



Welcomes our young College men and their families! Our Department is part of a team that seeks to prioritize the psychosocial needs of the individual. We plan programmes that seek to impart life skills which can enhance the development of the emotional, mental, social, physical, spiritual and general well-being of our students and the wider school community.

Our services include:

- ✓ Individual and group counselling
- ✓ Helping students to access welfare
- ✓ Facilitating workshops, field trips
- ✓ Conducting class presentations in collaboration with the HFLE (Health & Family Life Education).

Students are referred to us by teachers, administrators, parents and also by our College men feeling free to visit our offices.

Contact can be made with:

Mrs. Nova Henry nahenry@jc.edu.jm  
Mrs. Zinet Francis-Walcott zfwalcott@jc.edu.jm  
Ms. Asana Jacobs ajacobs@jc.edu.jm

# 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



## 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**

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 severe accidents at school and require a change in uniform. Parents and past students are encouraged to donate uniforms and shoes that are in good condition.

**If you have any**

Questions / Concerns / Comments...

Please feel free to



**Jamaica College  
Health & Wellness Centre**

**Office Hours:**

Medical:  
Mon-Fri 8am - 4pm

Dental:

Will be announced

**Appointments preferred** but walk-ins welcome

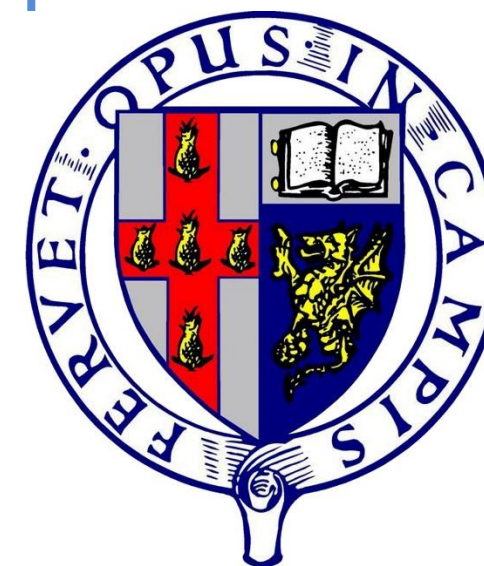
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**Jamaica  
College's**

**Health &  
Wellness  
Department**

**WELCOMES  
YOU**



*Help us to Help You make the  
right choices*



# Health Services

## Our Staff

Bianca Mitchell – School Nurse  
Lorna Thomas – Assistant Nurse

## Department Sections

The health centre is a well-ventilated 5 bed facility. There is a separate rest area for students and staff. There is a small kitchenette available to the nursing staff which is utilized for the care of students and staff.

## Our Aim

We aim to provide immediate medical care to relieve any symptomatic ailments. Students will be sent to class after treatment or after determining fit to attend. We take a holistic approach to your child's health. Diet, Exercise, & Rest is one of our many focus areas. Being proactive ensures efficient work ethics from our students.

**The nurse does not serve as a substitute for the doctor. If the child is severely ill from home please take him to the closest health facility to be seen by a doctor.**

## School Medical

All new students are required to complete a medical/physical examination before starting school. Our Management Team had taken into consideration the pandemic and are now requesting that **ALL** medicals be completed **EXTERNALLY**.



## Consent to Medical Treatment

In addition to completing the medical history form, parents are required to sign the permission for medical treatment/over the counter medication form. An emergency contact should be included

## 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 returns to class.
- (2) If the student requires 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 to the nearest hospital (U.H.W.I.) until the parent(s) arrive.

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



## Immunization

Guidelines from the Ministry of Health states 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.

## 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:
  - Fever > 100°F or 37.7°C
  - 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 nurse's judgement the student is not fit for school and the parents must be notified.

## Medication Policy

For students with non-communicable diseases (asthma, seizures, diabetes, heart disease, etc.,) parents must give an official medical certificate



regarding the diagnosis of the child. This should include any instruction for administration of 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, the nurse must be informed in writing of the child's current health status and medication must be sent in the pharmacy-labelled container. For students taking **OTC** 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**