



ST. MARY'S *Catholic High School, Dubai*

HEALTH EXAMINATION AND SCREENING POLICY

2025-2026

HEALTH EXAMINATION AND SCREENING POLICY

Scope:

The school medical clinic plays a vital role in promoting health and safety of students of the school.

They are intended to provide the students the basic medical care as mentioned below, but not limited to:

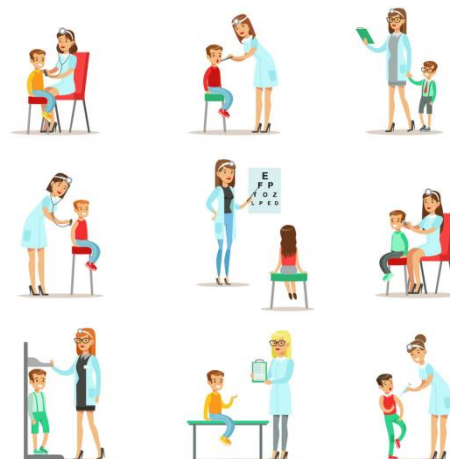
- i. Promote general health by encouraging healthy nutrition practices and physical activity.
- ii. Promote oral hygiene and screening for caries and other conditions related to the oral cavity.
- iii. Promote ophthalmic screening and early detection of ocular problems.
- iv. Promote Obesity screening Body Mass Index (BMI).
- v. Promote prevention of communicable and non-communicable diseases.
- vi. Early detection and correction of communicable and non-communicable diseases.
- vii. Early detection and management of disabilities.
- viii. Health education to promote knowledge, attitude and skills for making healthy decisions, to achieve health literacy, to adopt health-enhancing behavior and help promote the health of others.
- ix. Counseling and psychological services to support students' mental, emotional and social health.



Annual Physical Examination:

- i. As part of the Dubai Health Authority's regulations, the School medical clinic is required to conduct a routine, non-invasive medical examination of students in the following year groups, annually:

- a. All Year 1 Students
- b. All Year 2 Students.
- c. All Year 5 students.
- d. All Year 9 Students
- e. All Year 11 Students
- f. All New Admission



- ii. Medical examinations are carried out by the registered School doctor and Nurses.

- iii. It is mandatory that parents should submit the updated **Immunization records** and complete the **Student Medical** form before the child attends the school. The School doctor and the nurses should be informed for any updated or new vaccines given to the child and should provide a copy of it so that it can be attached to the student's medical file.
- iv. Only students with signed consent for medical examination will be seen by the School doctor. The **Consent declaration** for medical examination is to be filled up by the parents at the time of admission.

1. Parents will notify the date of medical examination by email prior to the event.
 2. Parents who prefer to have their child examine by their own family doctor will be provided a form to be completed. The form must be returned to the school clinic and will be kept in the student health record.
- v. Parents should also provide a detailed medical report or certificate if the student has any medical condition (Asthma, Allergies, Congenital Heart Disease, Diabetes, etc). The report should include the year it was diagnosed, medications taking and any precautions. Any medications to be taken during school hours or in event of emergency should comply with the school's policy on "Medication".
- vi. As a best practice another adult, such as the school nurse, will be present at the examination.
- vii. The examination will involve checking the child's height, weight, body mass index (BMI), physical hearing and vision test, cardiovascular respiratory and musculoskeletal system.
- a. School medical examination register is maintained in the school clinic.
 - b. The results of the examinations are recorded, signed and stamped by school doctor in the student's medical file. Student's medical file is regularly updated for each student with their annual check-ups.
 - c. Students' height, weight and BMI will be plotted on a chart. Significant change of BMI will be notified to parents for further evaluation and will be followed up accordingly.
 - d. Any other findings requiring additional follow up or referrals will be reported to the parents using the referral form or via email/ phone.

General:

- i. Medical team will examine any students brought up by class teachers or school staff with regard to their concerns.
- ii. School health care policy is not limited to the physical wellbeing of the students. School healthcare team ensures a positive and safe school environment. School teachers are often the first to notice mental health changes in students. Therefore school staff are vigilant about the warning signs of mental health conditions commonly seen in students as (but not limited to);



- iii. With any mental health concern cases, the School medical clinic gathers relevant details from school staff and the student and will inform parents of any significance for further management and follow up regularly.

Attachments:

- ### Reference:

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- A word cloud shaped like a heart, composed of various terms related to health and wellness. The words are arranged in different colors and sizes, creating a vibrant, abstract shape. The words include: FIT, DIET, EXERCISE, RELAXED, LEISURE, ACTIVITY, CARE, ACTIVE, WELLNESS, HEALTH, NUTRIENTS, SPORT, LIVING, LIFE, FITNESS, ENERGY, CULTURE, and others. The overall theme is holistic well-being.