



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

HEALTH EDUCATION, COMMUNICATION AND INFORMED CONSENT POLICY

2026-2027



Policy on Student Health Education, Communication and Informed Consent.

1. Health Education for School Community

The school is committed to promoting and sustaining a culture of health and wellness among students, parents, and staff. Health education will be integrated across the school community to foster physical, mental, emotional, and social well-being, ensuring a safe and supportive learning environment for all.

a. Health Education for Students

Health education for students will be delivered collaboratively by:

- School medical staff
- Class and subject teachers
- Physical Education (PE) teachers
- School counsellors
- DHA-approved third-party organizations and medical professionals

Objectives

The objectives of student health education are to:

- Promote general health through proper nutrition and regular physical activity
- Encourage good oral hygiene and facilitate screening for dental caries and other oral conditions
- Provide ophthalmic screening and promote early detection of vision-related issues
- Raise awareness of healthy body weight through Body Mass Index (BMI) assessments
- Prevent bullying by fostering respectful and inclusive behaviours
- Educate on the prevention and management of communicable and non-communicable diseases
- Develop students' knowledge, attitudes, and skills to make informed, healthy decisions
- Improve health literacy to empower students to adopt health-enhancing behaviours
- Provide counselling services to ensure mental, emotional, and social well-being

Health education on general well-being by school teachers and counsellors

Health education on general well-being is an integral and ongoing practice within the school community. Throughout the academic year, students engage with health-related content as part of the Physical, Social, and Health Education (PSHE) and Physical Education (PE) curricula.

The knowledge gained in these subjects is reinforced and applied through various school-wide initiatives such as **Well-being Wednesdays, Healthy Eating Awareness Weeks, Fitness**

Challenge Month, and other related programs. These initiatives aim to promote healthy habits and support students in making informed lifestyle choices.

Topics Covered Include:

- Healthy eating
- Importance of physical activities
- Hand hygiene
- Anti bullying
- Puberty
- Personal and environmental hygiene

Health Education by school health team

School health professionals will conduct health education sessions to equip students with the knowledge and skills necessary to adopt and maintain healthy behaviours that contribute to overall well-being.

Health education will be emphasized particularly during the **annual medical examinations** for students in **Years 1, 2, 5, 8, 11**, as well as for **all newly admitted students**. These sessions will be delivered through **individual consultations** and **small group discussions**, tailored to the needs of the students.

In addition to these focused sessions, health education will also be delivered to other class level students through:

- Group discussions (in half-class groups)
- Presentations
- Informational leaflets
- Health bulletin board updates
- Educational posters displayed in school corridors

Health education Schedule by Class

Health education sessions by the school medical staff will be conducted for each class level as follows:

Year	Topic/s	Mode
Yr 1	Oral health Healthy eating Importance of physical activities Hand hygiene	Individual and small group discussions during annual routine medical examination
Yr 2	Oral health Healthy eating Balanced diet Importance of physical activities Hand hygiene	Individual and small group discussions during annual routine medical examination

Yr 3	Oral hygiene Balanced diet	PPT/ class discussion
Yr 4	Personal and environmental hygiene	PPT/ class discussion
Yr 5	Introduction to puberty Oral health Importance of physical activities Hand hygiene Mental health	Individual and small group discussions during annual routine medical examination
Yr 6	Road , bus and stranger safety	PPT/ class discussion
Yr 7	Girls- puberty Boys- importance of physical activities	PPT/ class discussion
Yr 8	Mental health Puberty Healthy eating Importance of physical activities Importance of vaccination	Individual and small group discussions during annual routine medical examination HPV Vaccine awareness leaflet online sharing
Yr 9	Mental health Healthy life style Importance of vaccination	PPT/ class discussion or Education by an expert 3 rd party HPV Vaccine awareness leaflet online sharing
Yr 10	Mental health	PPT/ class discussion or Education by an expert 3 rd party
Yr 11	Girls – breast cancer awareness Boys- drug and substance abuse	Guest lecture Dubai police presentation
Yr 12	Girls – breast cancer awareness Boys- drug and substance abuse Importance of vaccination	Guest lecture Dubai police presentation During routine vaccination sessions
Yr 13	Girls – breast cancer awareness Boys- drug and substance abuse	Guest lecture Dubai police presentation

The Student Health Bulletin Board will feature relevant health-related posters and materials. A designated section of the board will be updated monthly to highlight important health topics aligned with that month's theme.

Month		Topic
September	Heart health awareness month 29 th world heart day	Flu vaccine flyer (DHA) World heart day posters
October	Breast cancer awareness month 10 th world mental health day	Breast cancer awareness poster Mental health awareness and stress management poster
November	Dubai fitness challenge month 14 th world diabetes day	Dubai fitness challenge poster Diabetes awareness poster
December	-	Holiday month
January	-	Exam month
February	4 th world cancer day	Cancer awareness posters
March	Nutrition and hydration week 12 th World glaucoma day	Nutrition and hydration tips poster Glaucoma awareness poster
April	Vaccination awareness month	Importance of vaccination poster (DHA) HPV poster (DHA)
May	-	Exam month
June	Get ready for summer holidays	Summer health tips poster Beat the heat poster

Health education by DHA approved 3rd party companies and expert medical personnel will be decided on availability of the program and time availability of the students.

b. Health education for school staff

Health education for the school staff consist on many general topics and individualised tailored topics for better care for students

General topics covered as follows:

1. Health bulletin board posters – all monthly posters displayed on student health boards will be displayed on staff notice boards on staff rooms. Additionally
 - Seizure first aid poster
 - How to use Epi pen poster
 - Recognizing – responding to anaphylaxis poster
 - CPR posterWill be displayed throughout the school year
2. Health education posters and leaflets share on teachers' online platform groups.
3. Annual BMI Check and discuss the findings individually respecting the privacy.

Special topics are covered as follows:

1. Staff Awareness on Chronic Illness and Severe Allergy Information - Detailed health information regarding students with chronic illnesses and severe allergies is shared confidentially with their respective class teachers at the beginning of the school year. This information includes specific health education, descriptions of the conditions, and individualized emergency management protocols to ensure the safety and well-being of each student.
2. Annual Infection Control Training for Cleaning Staff - A specialized lecture and training session on infection control is conducted annually for all cleaning staff. This session focuses on hygiene practices, disease prevention, and safe handling of potentially infectious materials to maintain a healthy school environment.
3. Transport Staff Medical Awareness forms - Transport staff is provided with awareness forms that outline essential medical information about students with specific health conditions. This ensures preparedness in managing any medical emergencies during student transit.
4. Allergy Awareness for Canteen Personnel - An up-to-date student allergy list is made available to all canteen staff. Regular awareness sessions are conducted to educate them on food allergies, cross-contamination prevention, and appropriate emergency response procedures.
5. Distribution of First Aid Kits - First aid kits are distributed to various departments within the school, including science laboratories. Staffs receive training on the correct usage of the kits to ensure effective response to minor injuries and medical emergencies.
6. CPR Training for Staff - School's staff is trained annually in Cardio-Pulmonary Resuscitation (CPR). This training equips them with life-saving skills to respond promptly and effectively in critical medical situations.

c. Health Education for Parents

Health education for parents will be conducted collaboratively by school teachers, school counsellors, special educators, and the school medical team.

By School Teachers:

Educational newsletters and school events will be organized to engage and educate parents on topics such as :

- Child nutrition and physical activity
- Safe digital behaviour and social-emotional development

By School Counsellors and Special Educators:

Individual sessions will be conducted with parents to provide education and, if needed, referrals for further medical evaluation. Key focus areas include:

- Mental health awareness and support strategies
- Support services for children with special health needs

By the School Medical Team:

Educational newsletters on relevant medical topics will be shared with parents every term. Additionally, leaflets provided by the Dubai Health Authority (DHA) and information about educational sessions conducted by the DHA or DHA-approved third parties will be distributed as appropriate.

Review and Monitoring of the health education

This policy will be reviewed annually by the HSO/ school doctor to ensure relevance, effectiveness, and alignment with updated health guidelines and best practices.



1. Health Education Topics

School health professionals will conduct health education sessions with students in order for them to be informed, and gain knowledge on, healthy behaviours that will help in improving their health.



2. Communication with parents

Routine communication

- Parents will be informed either verbally by phone or email dependent on the condition of their child; they will be advised of any occurrence that requires follow up or monitoring and of any medication administered.
- Parents are updated by the School Nursing Team of any changes or variations to their child's health and wellbeing.
- Whenever there is a medical condition that needs to be discussed with parents, a meeting is scheduled with either the school nurse or doctor and a timely plan of referral and treatment is agreed upon.
- If a student is required to go home for medical reasons, the medical team will Contact the parents/ guardian and request that they collect the student or advice that who will be collecting.



-No student can go without the parents / guardian.

- No student will go home in a taxi / metro (in upper classes) unaccompanied. If parents insist that a taxi/ metro are used, they should send an email following a call and parents should bear the responsibility of the student, from the point of leaving the school gate.

Communication In an emergency

- A phone call is the most preferred way to notify parents, if they can't be reached, the emergency medical management as per the consent will continue, as the safety and well-being of the child is paramount, this may include transfer by ambulance if needed.
- The School Administration Team will continue to try to contact the parents or the next emergency contact to inform them of the situation. A copy of the child's EID must be available if emergency transfer or admission be needed.

3. Informed consent

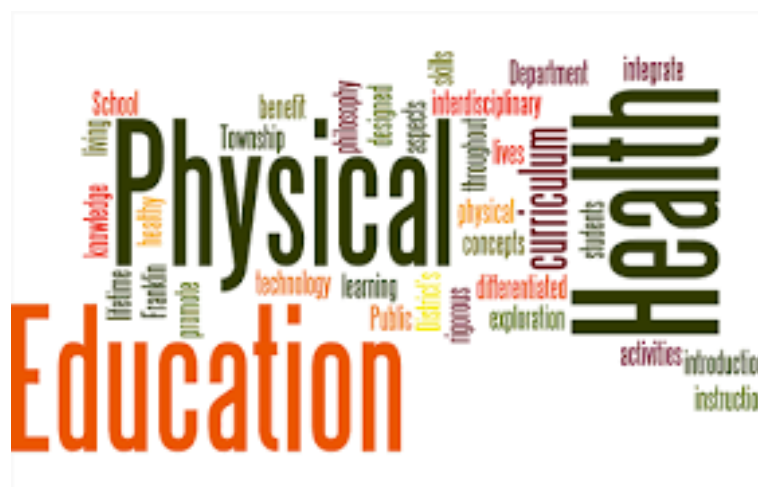
We will ensure that the school clinic staff will obtain informed consent from parents or legal guardian prior to administering health care intervention/ treatment to children.

The School clinic is required to provide sufficient information to the parents or legal guardians enabling them to make an informed decision on whether to consent or to refuse the intervention or treatment.

If the school clinic is not in a position to reach parents/ legal guardian, the required medical management as per the prior consent held will continue. These consent forms (i) the consent for first aid treatment, (ii) consent for emergency treatment and (iii) consent for routine medical examination.

Parents have the right to change their decision whenever they wish to. The admission staff is responsible for obtaining General Informed Consent forms.

The School Nurse is responsible for obtaining specific informed consent for vaccination. Vaccination consent forms are valid for a period of one month only.



Review Date:	August 2026
Next Review Date:	June 2027