



## MEDICAL INFO FOR PARENTS Information for parents on health preventive care

### 1. Preventive screening:

Done to exclude any physical development disorders; examinations are carried out by the school nurse.  
Grades and age of students who fall under screening:

Grade/ age	G1 6/7 years	G4 10 years	G6 12 years	G8, GIM I 13 years	G10, GIM III 15 years	IB I 16 years	IB III 18/19 years
Suggested month or school year semester	September- November	Second semester	Second semester	First semester	First semester	First semester	January- March

### Type of examination:

Screening test	Type of exam	Students' grade and age
Physical development	Measuring students' height and body weight.	G1- 6/7 years G4 - 10 years G6 - 12 years G8, GIM I - 13 years IB I - 16 years IB III - 18/19 years
Sight organ: cross-eyes (squint)	Detecting cross-eyes.	G1- 6/7 years
Sight organ: sight acuteness	Far-sighted acuteness.	G1- 6/7 years G4 - 10 years G6 - 12 years G8, GIM I - 13 years G10, GIM III - 15 years IB I - 16 years IB III - 18/19 years
Sight organ: color differentiation	Color differentiation exam.	G4 - 10 years
Hearing organ: detecting hearing impairment	Examination through whispering- „repeat after me“.	G1 - 6/7 years G8, GIM I - 13 years
Motor organs: spine scoliosis	Spine symmetry examination.	G1 - 6/7 years G4 - 10 years G6 - 12 years G8, GIM I - 13 years IB I - 16 years
Motor organs: chest kyphosis	Chest kyphosis examination.	G8, GIM I - 13 years IB I - 16 years IB III - 18/19 years
Motor organs: lower limbs' static deformation	Examining the distance between inner ankles of the lower limbs. Plumbing the positioning of the long shin axis and heel.	G1 - 6/7 years
Arterial blood high-pressure	Measuring arterial blood pressure three times.	G4 - 10 years G8, GIM I - 13 years IB I - 16 years IB III- 18/19 years

### 2. Doctor's check-ups

Carried out by a doctor to examine the students' physical development and general health condition. Preventive screening is carried out in the following age groups:

G1 - 6/7 yrs old      G4 - 10 yrs old      G8, GIM I - 13 yrs old  
 IB I - 16 yrs old      IB III - 18 yrs old



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### 3. Preventing dental caries - fluoridation.

Primary school students (grades G1-G7) undergo a fluoridation treatment supervised by the school nurse 6 times per year with a 2-week-long interval. A parent's/legal guardian's permission for the treatment is valid through the whole primary education. Permission annulment must be put in writing by a parent/legal guardian and delivered to the nurse's office or handed in to the homeroom teacher.

### 4. Supervising vaccination - specified in the Polish vaccination calendar.

Parents of the newcomers are asked to deliver a copy of the vaccination history to the school nurse's office. The compulsory vaccinations in Poland:

- ✓ aged 5 - DTa P and OPV;
- ✓ aged 9 - MMR-II;
- ✓ aged 13 and 18 - Td.

Parents/ legal guardians are required to present a certificate of their child's vaccination.

### 5. Parents/legal guardians are required to inform the school immediately on any occasion of their child's contagious disease.

6. The school nurse is entitled to check students' hair to prevent the spread of head lice. Parents/legal guardians are obliged to check their children's hair every two weeks. If head lice are found, it is necessary to follow school procedures. In case of any questions, contact the school nurse.

### 7. Administration of medicines to children with medical conditions:

- ✓ to administer medications, parents/legal guardians are required to fill out a medical form (to be taken from the school nurse);
- ✓ parents/legal guardians are obliged to deliver a written prescription from the physician that provides the name of the medical condition, the name of the drug, the dose, the time it is to be taken and the anticipated length of treatment;
- ✓ parents/legal guardians must supply the school with prescribed medications in original package;
- ✓ medication can be administered by the nurse or, in case of her absence, by her designee;
- ✓ teachers are not allowed to administer any medications exempt from inhalation drugs, once the above-mentioned requirements are met.

8. Once a student falls sick on the school premises, parents/legal guardians are required to pick him/her up from school within one hour. If parents/legal guardians are not able to do it, they must authorize someone else to collect the child.

9. In case of emergency the nurse calls an ambulance and informs parents/legal guardians about this fact. Until both the ambulance and parents/legal guardians arrive, children are supervised by the school nurse.

10. Students must come to school in a good state of health.

11. Above-mentioned regulations apply to all ISoP students, including adult students.



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