



ANSAR ENGLISH SCHOOL PERUMPILAVU

SOP- HEALTH AND SAFETY

REF NO: AES/HS/SOP/01

Process name: Health and safety

Process Objectives:

This SOP is documented

1. To promote physical, mental, and emotional well-being among students, staff, and other stakeholders.
2. To create a supportive environment that encourages healthy eating habits and regular physical activity.
3. To provide access to health education and resources that empower individuals to make informed decisions about their health.
4. To implement policies and practices that prioritize safety and prevent injuries and illnesses.
5. To collaborate with parents, community partners, and health professionals to address health-related issues effectively.

Purpose and Scope:

Our school is committed to promoting the health and well-being of all students, staff, and visitors. A comprehensive health policy is essential to create a supportive environment that fosters healthy behaviors and promotes academic success. This policy outlines our commitment to creating a healthy school environment and the strategies we will implement to achieve this goal.

Process owner: Ms Mehar Usman

Process members: Academic heads, teachers, students, counselors, school nurse.

- Foster a supportive and inclusive school culture where students feel valued, respected, and supported.

- Train staff members to recognize signs of mental health issues and respond appropriately.

4. Health Education and Promotion:

- Integrate health education into the curriculum at all grade levels, covering topics such as nutrition, physical activity, hygiene, sexual health, and substance abuse prevention.

- Organize health fairs, workshops, and guest speakers to educate students, parents, and staff about various health topics.

- Provide resources and materials to promote health literacy and empower individuals to make healthy choices.

5. Safety and Injury Prevention:

- Implement safety protocols and procedures to prevent accidents and injuries on school premises.

- Conduct regular inspections of facilities, equipment, and playgrounds to ensure they meet safety standards.

- Educate students about safety rules and procedures, such as fire drills, first aid, and emergency preparedness.

- Train staff members in CPR, first aid, and other lifesaving techniques.

Health Services

This health policy will be implemented with the collaboration of school administrators, teachers, students, parents, and community partners. Regular assessments and evaluations will be conducted to monitor progress, identify areas for improvement, and make necessary adjustments to the policy and practices. Continuous

4. Medical expenses for issues happened in the school hours will be met by the school management.
5. In case of accidents during the school hours, the same procedure will be followed.
6. In order to apply for medical leave, students or staff have to report to the principal via email with medical certificate.
7. In case of contagious diseases, the affected person must stay home for a minimum period of recovery.
8. Parents will be informed through common whatsapp messages to take precautions in case of spread of contagious diseases.

Health Promotion and Education

1. Age-appropriate awareness sessions will be conducted for students by internal or external subject experts.
2. Section wise and general interactive sessions will be conducted for teachers on topics such as adolescent education, POCSO, RPWD Act, inclusive education and child protection act.
3. Motivation and awareness session will be conducted for secondary and senior secondary students by external experts.
4. Life skills and value education, health and hygiene sessions are organized for students of middle section to prepare them for physical and emotional changes during adolescence.
5. Awareness sessions are included an integral part in parents' conferences to equip them with the skills needed to manage adolescents.

Measurable indicators of process effectiveness

- Number of training sessions conducted
- BMI of students
- Health camps conducted

Associated documents and records