

The first few months can be quite tiring as you settle in and are finding your way around this large site. You may have to get up very early to get the coach and travel a long way. If you miss breakfast, (the most important meal of the day) make sure you bring something to have when you arrive at school. The Lun (tuck shop) is open from 08.00 – 08.30 for breakfast items. Snacks & drinks are also available at break time.

Bring some healthy snacks to have at break time and for after games on a Monday and Wednesday.

Always carry some water with you. Refill your bottle at the water fountains, aim to drink about a litre during the school day, more when it is hot or on games days. Dehydration is a major cause of headaches in young people.

If you have a lunchtime activity make sure you go in for lunch before you take part, don't skip meals!

Use your locker to store your books, avoid carrying a heavy bag around.

Try to get to bed early and pace yourself.

### **If you feel unwell or injure yourself during the school day, what should you do?**

If you are in a lesson, tell your teacher and ask to be excused. Finish the lesson if possible. Go to Reception and tell them you need to see the nurse. They will call the Nurse to make sure we are in the Surgery

If the Nurse feels you should go home, she will ring and make arrangements with your parents.

*Do not arrange to be picked up without first seeing the Nurse*, as you may be able to stay at

school after treatment. If appropriate the Nurse will give you an 'off games' note which you will need to take to the Absence Secretary in Reception

*If you are unable to participate in games because you were unwell or injured before coming to school, your parents must write you a note to be excused from games, hand this into Reception.*

If you want to see the Nurse with an old injury, to have a wound looked at or a dressing renewed you should do this at break or lunch time.



### **Can you carry your own reliever inhaler and Adrenaline Auto Injector (AAI)?**

Yes - you must. You should keep them on you at all times and know how to use them.

Take your inhaler out for games. It is a long way back to your locker should you have an asthma attack during games. If your asthma is exercise induced, make sure your coach knows this at the start of the lesson.

Spare Adrenaline Auto Injectors and inhalers can be held in the Surgery for you.

### **Nuts & Allergies**

We do not have a nut free kitchen. If you have food allergies check the menu and check for signs above each dish. If you have any concerns about the ingredients in a dish or require assistance with your selection, ask the staff at the serving stations they are all very helpful. The menu is also on the school web site.

### **Diabetics**

If you have diabetes you may carry your own testing equipment and insulin. You also need to carry food/drink/glucose tablets in case of a hypo. Glucose tablets and drinks are held at Reception and with the Senior Master's Secretary if you need some glucose quickly. Take a supply out with you on games days to the pitches.

Always tell a member of staff if you have a hypo. We can test your blood glucose in the Surgery.

### **Antibiotics**

You can bring to school a day's supply of antibiotic to take as your doctor instructed. You may keep this on you to take at the right time. Try to get your medication in tablet form. Liquid antibiotics need to be stored in the fridge and you will have to remember to collect them at the end of each day. Medicines should be in their original packaging with your name on.

### **Coughs, colds and minor ailments**

Try to come to school unless you have a high temperature. Take simple medication such as Paracetamol before school and bring a dose to take at lunchtime. *You must not give any of your medication to anyone else, they must see the Nurse.*

### Can't come to school?

*All absence must be reported to the Absence Secretary as soon as possible on the first day of absence and on a daily basis after that. Telephone direct on 01923 845536.*

You must bring a letter explaining your absence from your parents when you return to school.

After 3-4 days absence, or frequent absence the Nurse will make contact with you and your parents.

We will try to support you in any way we can. If you have had to miss school for a prolonged period due to an operation, illness or injury, we can offer support such as a phased return, lunch passes and temporary locker relocation.

### Need to leave school early for an appointment or arriving late for school?

A letter for routine absence for appointments must be sent in advance to the Absence Secretary. You must sign in with her if you arrive late and miss registration and sign out if you leave school early. *If you miss Registration because you are late, the coach is late or you have a music lesson, you must sign in at Reception before you go to your first lesson.*

### Mouthguards & Games

For rugby and hockey, mouthguards are mandatory. The Rugby Football Union and the English Hockey Association, recommend custom fitted mouthguards. On Induction Day, new boys have the opportunity to have a custom fit mouthguard made by an outside organisation (O-Pro). Book ahead on line. [www.opro.com](http://www.opro.com)

We make temporary mouthguards in the Surgery. We must stress that these are for temporary use only. Boys should come to the Surgery at break or lunch time if they require a temporary mouthguard. The charge will appear on your termly bill.

For Games, your son should have a small bag for pitch side use containing water bottle, mouthguard & case, locker keys and if appropriate, inhaler and other emergency medication. Depending on the time of year and weather, tracksuit top, hat, gloves and sunscreen.

### Crutches

If you are injured and need to use crutches at school, please report to Reception on your first day back for assessment.

### Keep us informed

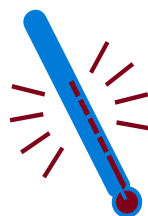
*Please keep us informed of any changes to your health or general wellbeing and changes in contact details.*

**Surgery:** 01923 845544 or 07730064633

E mail: [surgery@mtsn.org.uk](mailto:surgery@mtsn.org.uk)

**Absence line:** 01923 845536

E mail: [jnewcombe@mtsn.org.uk](mailto:jnewcombe@mtsn.org.uk)  
(SM4/18)



**PLEASE DO NOT SEND YOUR SON TO SCHOOL IF HE HAS A TEMPERATURE ABOVE 37.8 OR YOU SUSPECT HE OR A MEMBER OF YOUR FAMILY HAS COVID SYMPTOMS**

## SCHOOL SURGERY

### Information for Boys & Parents

### Including

### Absence Information

