

**THE NAIROBI  
WALDORF  
SCHOOL TRUST**



## ***HEALTH AND ILLNESS POLICY.***

This policy is revised and issued on the authority of the Board of Trustees, Nairobi Waldorf School Trust

February 2023

## **FORWARD**

The Nairobi Waldorf School Trust (NWST) Board of Trustees recognizes the fact that a healthy child is one that is capable of thinking, feeling, and being willing. Therefore, taking care of your health is paramount not only for our children but also for all our stakeholders at the school. The NWST is committed to ensuring inclusive and quality education and promoting lifelong learning opportunities for all our students. The school is equally committed to ensuring healthy lives and promoting well-being for the ages. This means upholding the rights of all our students and providing quality education as well as their highest attainable health standards.

This Policy provides a platform for awareness of both communicable and non-communicable diseases and the signs and symptoms to be on the lookout and the measures that can be taken to manage and control them

The policy seeks a sustainable reduction of the impact of both communicable and non-communicable diseases in the NWST community.

In order to enhance the effective and efficient implementation of this policy, we call upon the cooperation and collaboration of all the NWST stakeholders in all health matters so as to ensure that all our students and other stakeholders stay healthy and vibrant.

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**Ms. Betty Syanda**  
**Chair, NWST Board of Trustees**

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## INTRODUCTION.

All NWST Parents are kindly requested to use good judgment while sending their child/Children to school. Children thrive only when they are well and able to participate in activities. Any child who has upon waking, or is sent home with, a fever of 38 C / 100.4 F must remain home for a minimum of 24 hours. All parents are required to adhere to this.

To avoid the spread of communicable diseases, any child who develops fever, rash, vomiting, or diarrhea during school hours will be isolated from others and a parent or guardian will be called to collect the child immediately.

**Communicable Diseases:** are illnesses caused by viruses or bacteria that people spread to one another through contact with contaminated surfaces, bodily fluids, blood products, insect bites, or through the air. They are caused by pathogens and also known as Infectious or Transmissible diseases. They include: Corona Virus, Viral Flu, Hepatitis A, B, and C, HIV/AIDs, Rotavirus, Cholera, Salmonella, Measles, Foot, Hand, and Mouth.

**Non communicable Diseases** are illnesses that are not spread through infection or through people but are typically caused by unhealthy behavior. Also known as Lifestyle diseases. They Include: Cardiovascular disease, Diabetes, Asthma, and Hypertension amongst others.

Do not send your child/Children to school if they exhibit any of these symptoms:

- Fever (38 C / 100.4 F) or higher
- Vomiting
- Diarrhea or blood in stool
- Rash
- Rash with mouth sores and/or blisters on hands, feet, or diaper area
- Severe runny nose or sneezing
- Runny nose with cough / sore throat/body aches / decreased appetite/lethargy
- Sore throat
- Cough if barking / spasmodic or accompanied by weight loss
- Pink eye(s) with discharge or crusting
- Drooling with mouth/lip sores
- Swelling/pain of cheeks or salivary glands

Your child/Children may return to school if they are:

- Fever free for 24 hours minimum
- Without vomiting for 24 hours
- Without diarrhea for 24 hours
- Confirmed by a physician to have a non-contagious rash after 24 hours
- 2 weeks past the onset of rash AND fever with mouth/hand/feet/diaper sores
- Experiencing decreased severity of runny nose or sneezing
- Experiencing improved symptoms of reduced runny nose / sore throat / other symptoms
- 48 hours into antibiotic treatment or confirmed by a physician to be non-contagious
- Confirmed by a physician to not / no longer have Croup of Whooping Cough
- Confirmed by a physician that TB has been ruled out following cough and weight loss
- 48 hours into antibiotic eye drop treatment AND experiencing a resolution of pink eye
- Free of drooling and mouth sores or confirmed by a physician to be non-contagious
- 5 days past the onset of swelling/pain of cheeks or salivary glands

## **COMMUNICABLE DISEASES PRECAUTIONS.**

It's the school's duty to ensure precautionary measures in the school are always observed to ensure the safety of our children and the staff and this is through continuous sensitization of communicable diseases.

Early diagnosis of communicable diseases is very key to curbing the spread from one person to another, so any person suspected to be showing any signs of the disease will be isolated and sent home immediately as per our school Health and Illness policy.

After a confirmed diagnosis the parents will be required to notify the school and will be allowed to stay home until they are non-contagious according to specific disease guidelines. ( The reporting will be done through the School Administrator and the Deputy school director through Cell Phone: 0722823463 or 0728617423) or through the following email address: [Info@nairobiwaldorfschool.ac.ke](mailto:Info@nairobiwaldorfschool.ac.ke)-Karen Campus and [Lavington@nairobiwaldorfschool.ac.ke](mailto:Lavington@nairobiwaldorfschool.ac.ke)- Lavington Campus.

We also encourage all parents to ensure that their child/children are fully immunized as per the ministry of health policy.

## **HYGIENE EXPECTATIONS**

Children are encouraged to practice good hygiene at home and in school. Age-appropriate expectations include frequent hand washing (with soap!) and clean-up of class surfaces and food preparation areas. Personal responsibility includes proper flushing of toilets and helping to maintain clean school bathrooms. Children should use tissues or a handkerchief during times of allergies or dust and cover their mouths when sneezing or coughing using the crook of their elbow. Please help keep the school safe and healthy by teaching your children these basic practices.

The school shall maintain clean, hygienic classrooms, bathrooms, lunch rooms, food preparation surfaces, and equipment through daily cleaning. All staff will model good hygiene practices through proper hand washing and sneeze/cough etiquette.

## **1.0 NWST REVISED GUIDELINES/PROTOCOLS FOR COVID-19**

The illness policy and the covid -19 Policy shall work in conjunction. The following are the NWST Guideline and protocols that shall be adhered to all times.

### **1.1 Hand Washing and Sanitizing.**

- The school has installed adequate hand washing points with clean running water and soap.
- The school shall continue ensuring adequate supplies which include disinfectants and liquid soaps.
- The school shall continue to encourage frequent hand washing with soap and water, use hand sanitizers at all times, and generally make a movement of being a clean and hygienic school.

### **1.2 Temperature Checks.**

The Ministry of Health has noted that the majority of COVID-19 cases present without fever, in this consideration the school will stop the practice of temperature screening at the gate and in the classes.

### **1.3 Masks Use.**

- The ministry of health lifted the mandatory wearing of masks in open spaces; in this regard, the children and staff members will not be expected to wear masks outdoors. However, the school shall encourage the community members to maintain social distancing and avoid crowding.
- The school shall encourage the use of masks in class and in all indoor functions.

### **1.4 Physical Distancing.**

The school shall encourage the community members to maintain social distancing and avoid crowding.

## **2.0 SANITATION**

### **2.1 Sanitation in the Classroom**

- The school management shall adhere to the recommended maximum number of students per class.
- There will be no sharing of desks.
- The management shall ensure the cleaning and disinfection of all classes daily. This will include frequently touched surfaces such as tables, doors, door handles, knobs, rails, and floors.
- Windows shall be kept open to allow proper ventilation to ensure clean air circulation.
- Portable equipment such as music equipment, library books, and materials shall be cleaned and disinfected after use.
- Pedal-operated waste collection bins with liners will be used in all areas
- where required.
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### **2.2 Sanitation in the Washrooms**

- The school has adequate toilets at a ratio of 1 to 25 girls and 1 to 30 boys as per recommended guidelines.
- The toilets and urinals will be disinfected three times a day and registered on the clean-up registry.
- There will be adequate running water in the washrooms. Liquid soap will be available at all times.

### **2.3 Sanitation in the Library**

A wall-mounted sanitizer shall be provided at the library entrance.

### **2.4 Sanitation in the Administrative Block**

- There shall be mounted automatic sanitizer dispensers in all offices and anyone entering or leaving should sanitize.
- Offices and staff rooms shall not be congested.
- Staff members shall revert to physical meetings.
- The school bus transport priority will be given to students who require the transport on a two-way basis (both pickup and drop off) combined with a first come first served basis and fully paid.
- Learners and staff should sanitize their hands before and after they have been on the school transport. The buses will have automatic sanitizers.
- Regular cleaning and disinfection of frequently touched surfaces between each trip. This will include frequently touched surfaces such as door handles, handrails, seats, seatbelts, headrests, window controls, steering wheel, dashboard, and control buttons.
- When necessary, windows should be open to allow aeration.
- All drivers and bus assistants shall observe all hygiene protocols.

### **2.5 Sanitation in the Kitchen and Dining Hall**

- All the food handlers will have the requisite food handling certificates.
- Only authorized kitchen staff will be allowed to serve meals at the tables.
- Children will wash their hands thoroughly with clean water and liquid soap before and after eating.
- Food stores will be kept clean by disinfecting surfaces daily.
- Windows shall be opened at all times where possible to allow aeration.

### **2.6 Sanitation in Kindergarten**

- Teachers will continue implementing targeted health education that integrates disease prevention and control during daily activities.
- All classes will have adequate play toys.
- The children's play toys will be cleaned regularly and sanitized.

### **2.7 Sanitation in the Bus**

- Learners and staff must not travel or board the school bus if they are feeling unwell.
- While on-board, everyone should wear face masks.
- The children using school buses will sit in designated seats marked with their names.
- The school buses will carry full capacity.

### **3.0 COMMUNICATION.**

#### **3.1 Signage**

The school will maintain the child-friendly signage mounted in different areas to remind students of the hygiene measures they require to take.

#### **3.2 Parents' Role**

Parents are encouraged to talk to their children about these revised guidelines and protocols and encourage them to adhere to them.

#### **3.3 Teachers Role**

The teachers will have creative ways to remind the students of what is required of the revised guidelines and protocols.

### **4.0 OUTDOOR ACTIVITIES.**

#### **4.1 co-curricular activities protocols**

- The Ministry of Education is yet to develop and implement protocols to allow for the full resumption of sporting activities in learning institutions.
- The school plans to resume swimming classes, overnight trips, Inter- school tournaments including games/sports, music, and other school events that brought the community members together.
- Students shall be required to wash their hands thoroughly well with running water after games.

### **5.0 SCHOOL EVENTS**

#### **5.1 School Assembly**

- Pedagogical Team to organize resumption of school assemblies to pass health messages and make important announcements.
- Where possible the assemblies will be held outdoors.

#### **5.2 School Events**

- Full attendance to school events shall resume in third term 2021/2022.
- Parents will be allowed to attend all school events as long as they are vaccinated.
- Celebration of birthday parties in school shall resume effective
- immediately, they will happen under the guidelines of school administrators and the class teachers.

#### **5.3 Visitor Protocols**

- No unauthorized visitor will be allowed in the school, visitors will be admitted on an appointment basis.
- Their temperatures will be taken and recorded at the point of entry to the school.

## **6.0 TRAINING**

### **6.1 Staff Training**

- All staff members are trained on Covid 19 protocols, guidelines, responsiveness, and supportive care.
- All staff members will be sensitized to the new guidelines and protocols.

## **7.0 EMERGENCY RESPONSE.**

### **7.1 Emergency Preparedness**

- The school is collaborating with health facilities that are within a radius of 10km from the school in case medical attention is required. The Karen school will work with Mater Hospital at The Well Langata Road (Karen) while our Lavington school will work with Gertrude's hospital on Othaya road.
- Covid ailments are not covered by our insurance and therefore costs for
- Hospitalization and/or treatment will be met by the Parents.

### **7.2 Response Committee**

- A Covid-19 response committee has been put in place in both schools consisting of board members, non-teaching staff, and teachers. These shall be first responders to any matter that must be responded to urgently.
- In case of any Covid cases in the school, the committee shall immediately
- Advice based on laid out protocols on what measures will be taken which may include notifications and quarantine of some students or staff.

### **7.3 Psycho-Social Support for NWST Community**

- The school shall provide psycho-social and spiritual services led by Keziah Kogi and the Management team. This service shall support our community to ease into the protocols and to better cope with this new regime. Anyone who is suspected to be unwell is determined to be unwell or knows someone in their household who is unwell shall be supported.
- The school also has the services of a Child Psychologist on call who shall support the community in trauma cases.

### **7.4 Duty of Care**

If any NWST community member (Staff, Parents, Students) contracts Covid-19 it will be expected that they take their own precautionary measures and stay home for observation. Only those staff members and staff declared well enough by qualified healthcare workers will be allowed back to the school.

## 8.0 COVID RESPONSE.

### 8.1 Covid Reporting

If any NWST Community member receives a positive Covid test result they should inform the school management immediately. This will be treated confidentially.

### 8.2 Covid Hotline

The school hot-line to report any Covid-19 positive diagnosis is 0720 472 266.

### 8.3 Confidentiality and zero Tolerance to discrimination

- The school has zero tolerance for discrimination against those individuals found to be unwell. These individuals shall be provided all necessary support to assimilate back into the community when determined to be well and free of symptoms.
- All positive Covid-19 diagnosis shall be treated confidentially.

### 8.4 Disclaimer

While the school has put all necessary safety and hygiene measures to promote a healthy school environment, it shall not be responsible for any Covid-19 positive outcomes. The school will not bear any financial responsibility for hospitalization.

These measures are subject to amendments based on the evolving situation. The measures may be reviewed at any time by the Ministry of Health.

I / we \_\_\_\_\_ the parent(s) / guardian of

**Parent / Guardian name(s)**

child \_\_\_\_\_ have read, understood, and agree to the school health/illness

**Child's name**

policies and I/we agree to keep our child home following any symptoms and/or

pick up my / our child immediately upon illness notification.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_