



The Springfield Primary School



General Health & Wellness Guidelines

Name of the Policy	General Health & Wellness Guidelines
Date Approved	April 2022
Date of Review	March 2026



Introduction:

At TSPS, we prioritize the health and well-being of our students, staff, and community. These guidelines outline our commitment to promoting a healthy and safe environment, supporting overall wellness, and fostering a culture of care and compassion.

In regard to the Health & Wellness of your ward, kindly be informed that:

- 1) An assessment form will be given to all the children visiting the school clinic. The form will provide information regarding the reason of visit and the intervention taken, undersigned by the School Nurse.
- 2) Only major ailments/incidents will be informed immediately through phone call by the School Nurse but yet the parents will receive an email whenever their ward visits the Schools' Clinic.
- 3) The parents will be notified through a phone call/email from the class teacher & School Nurse if any child is visiting the clinic more than 3 times/very often in a month.
- 4) It is highly recommended to send warm water to drink especially during the winter season.
- 5) It is advisable not to send the child to school if he/she is unwell specifically from cough & cold.
- 6) it is preferred not to send previous days meal especially during summer because of its tendency to rotten soon.
- 7) It is mandatory to send at least one fruit/vegetable/nut as snacks apart from regular breakfast.

How to Promote Vegetables and Fruit?

- Include a vegetable and/or fruit as part of any daily special meal offer
- Rotate through favorites
- Combine meal with at least one food group



- Give two choices
- Allow likes & Dislikes
- Offer fruit cups
- Send seedless and peeled fruits/veggies
- Try new vegetables like baked sweet potato, vegetable stir fry, spinach salad with low fat dressings and toppings
- Offer homemade vegetable soups that provide 1-2 servings from the Vegetables and Fruit food group
- Offer 100% dried fruit or vegetable snacks
- Make vegetables appealing to students by cutting them up and offering low fat dressing for dipping
- Offer daily vegetable and fruit specials with creative names that will be appealing to students
- Offer 100% fruit juice or vegetable juice, for example – apple, orange, grapefruit, pineapple, tomato
- Avoid fried items & acidic foods for breakfast
- Avoid processed meats such as salami, ham, pressed chicken and Strasbourg
- Avoid chips, sweet biscuits, and muesli bars and breakfast bars
- Avoid soft drinks

