PROGRESSIVE ENGLISH SCHOOL (L.L.C.)
(Approved by the Ministry of Education, UAE, Affiliated to CISCE (ICSE / ISC), New Delhi)
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HEALTH POLICY

Policy reviewed	March 2026
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Health Policy for Progressive English School, Sharjah

The health policy of Progressive English School, Sharjah (PESS), aims to provide a healthy, safe, and supportive environment for all members of the school community. The policy is reviewed annually and disseminated to all staff during the start of the academic year. New staff members are introduced to the policy as part of their orientation program. Visitors, contractors, parents, and students are made aware of health-related procedures relevant to them to ensure a cohesive and secure environment for all.

This policy aligns with SPEA health, safety, student well-being, safeguarding, and school inspection requirements.

All members of the school community are responsible for contributing to a safe and healthy environment. Any negligence or failure to adhere to health protocols will be subject to disciplinary action.

Aims

The primary goals of the health policy are as follows:

1. Provide and maintain a safe and healthy environment for learning and working for all students, staff, parents, and visitors.
2. Foster an understanding of individual and collective responsibilities in maintaining health and well-being within the school.
3. Promote a culture of health awareness, healthy practices, and the adoption of balanced lifestyles.

4. Ensure all activities on and off school premises are carried out with the highest health and safety standards.
5. Provide effective systems for emergency response, first aid, and risk management.
6. Ensure a hygienic and sanitized environment across the school premises.

7. Ensure health procedures support student safeguarding, inclusion, and emotional well-being.

Responsibilities

All members of the school community share the responsibility for implementing and upholding this policy:

. The School Management ensures the policy's implementation and reviews it annually.
. Staff Members actively promote health practices, follow protocols, and ensure their actions contribute to a safe and supportive environment.
. Parents are responsible for ensuring students are physically and mentally prepared for school each day.
. Students are encouraged to develop and practice good health and hygiene habits.

. The school medical team shall maintain appropriate student health records and support emergency response procedures.

Health Practices

1. General Health and Hygiene

. Hand sanitizers are placed at strategic locations, including all classrooms.
. Toilets are cleaned and sanitized regularly during the school day, with air misters and high-quality sanitary facilities in place.
. Sanitary bins are provided in all girls' toilets from Year 5 upwards.
. Drinking water is available free of charge throughout the campus, with chilled and hot water options.

. Health and hygiene practices shall be maintained in line with current UAE public health guidance and SPEA expectations.

2. Promoting Healthy Lifestyles

. Awareness campaigns and workshops are conducted to educate students and staff on the importance of nutrition, fitness, and mental health.
. Daily supervised physical activities are included as part of the curriculum.
. Healthy snacks and meals are encouraged in collaboration with parents.

. Health awareness shall include mental health, emotional well-being, digital well-being, and healthy lifestyle habits.

3. Safety and Emergency Preparedness

. Emergency evacuation procedures are clearly communicated to all staff, students, and visitors.
. Fire drills are conducted regularly, and fire safety equipment is inspected and maintained in compliance with regulations.
. Fully equipped first aid kits are available in the clinic, reception, laboratories, and other key areas.
. First aid personnel are available to provide immediate care, and detailed incident reporting procedures are in place.

. Emergency health incidents shall be documented, reviewed, and escalated where necessary.

4. Risk Assessment and Control

. Comprehensive risk assessments are conducted for all school activities, trips, and events.
. The risk assessment process evaluates hazards, identifies those at risk, implements control measures, and reviews them regularly.

. Additional risk assessments shall be conducted for students with medical needs, Students of Determination, high-risk activities, and emergency situations.

5. Well-being of Students and Staff

. Mental health support is provided through counsellors and well-being initiatives.
. Workshops and training sessions for students and staff promote emotional resilience and stress management.
. Open communication channels are maintained for reporting health or well-being concerns.

. Serious well-being or mental health concerns shall be referred through the school's safeguarding and counselling procedures.

Health-Related Infrastructure

3. Cleanliness and Maintenance

. A rigorous cleaning and sanitization program is implemented in compliance with regulatory authorities.
. Regular inspections ensure the cleanliness and safety of classrooms, washrooms, laboratories, and other common areas.

. Cleaning records and inspection findings shall be monitored to support health and safety compliance.

2. Outsourced Health-Related Services

. Water Tanks: Cleaned bi-annually, with compliance certificates submitted.
. Waste Disposal: Managed weekly, with hazardous waste disposed of per Sharjah Municipality regulations.

. Pest Control: Conducted annually, ensuring the safe use of pesticides and protective equipment by certified professionals.

. Outsourced providers shall comply with school safety, health, and safeguarding procedures while on campus.

3. Transportation Safety

. School buses adhere to RTA regulations and are equipped with safety measures for students.
. Younger children are escorted by bus assistants directly to their classrooms upon arrival.

. Transport-related health or safety concerns shall be reported and addressed through the school's incident management process.

Availability of Medical Staff

The school ensures access to professional healthcare by employing:

• A Qualified Doctor: A full-time doctor is available on-site during school hours to address medical needs, provide health consultations, and respond to emergencies.

• Licensed Nurses: A team of trained and licensed nurses is present to assist the doctor, manage the school clinic, and provide first aid.

Facilities in the School Clinic Include: First aid kits available across critical areas of the school (reception, labs, classrooms, playground, etc.).

Student medical information shall be handled confidentially and shared only with authorized staff on a need-to-know basis.

First Aid and Emergency Procedures

• First aid training is provided annually to designated staff members.
• Emergency contact numbers, including ambulance services (998), are displayed throughout the school.
• Regular fire drills and evacuation exercises are conducted to ensure preparedness.

Parents shall be informed promptly in case of significant injury, illness, or emergency medical concern.

Promoting Health and Hygiene

• Personal Hygiene: Hand sanitizers are placed in all classrooms and common areas. Washrooms are cleaned and sanitized regularly. Sanitary bins are provided in girls' washrooms.

• Drinking Water: Chilled and hot drinking water is available for all students and staff.

• Food Safety: The school ensures that food provided on-site complies with hygiene and nutritional standards. Students are encouraged to bring healthy meals and snacks.

Food safety practices shall be linked with the school Food Policy and allergy management procedures.

Playground and Supervision

• Staff are assigned specific duties to supervise students during breaks and ensure safety on the playground.

• Play equipment is regularly inspected for maintenance and safety compliance.

Playground injuries or repeated safety concerns shall be recorded and reviewed for corrective action.

Implementation and Review

. The Health Policy is implemented under the oversight of the school's Health and Safety Committee, with inputs from all stakeholders.
. Annual reviews ensure the policy is updated to meet new challenges and regulatory changes.

. This policy shall be reviewed annually in line with SPEA requirements, health and safety audits, incident records, public health guidance, and school improvement priorities.

By adhering to this Health Policy, Progressive English School, Sharjah, ensures the physical and mental well-being of all members of its community, creating a safe, healthy, and supportive learning environment.