

# John Perry Primary School



## Health and Safety Policy

Date Reviewed: June 2021

Approved on: July 2021

Next Review Date: June 2022

# John Perry Primary School

## Rationale

Our school is the working environment for many groups of individuals and plays host to many others. It is important, therefore, that a safe environment is established in which children and adults can work together with confidence. It is the responsibility of the senior leadership team and governing body to ensure this is the case.

In order to promote this we must all take responsibility for being vigilant and be aware of possible risks. Children and adults should be encouraged to look out for themselves and one another and share any concerns they may have swiftly and appropriately.

We must also, however, be aware of the need to keep a balance between security and safety and the maintenance of a comfortable, welcoming learning environment. This policy aims to address and provide guidance on this balance, identifying individual and group responsibilities.

## *Aims*

- To provide a safe, secure and healthy working environment for staff and children
- To encourage everyone to take responsibility for being vigilant and to be aware of possible risks whilst also feeling confident and comfortable within their environment

## *Objectives*

- Be vigilant around the school premises for intruders finding a balance between challenge and confrontational behaviour
- Ensure there is sufficient information, instruction and supervision to enable all people and pupils to avoid hazards and to contribute to their own safety and health at work
- Maintain electrical equipment to an appropriate standard and ensure a safe environment for handling, storing and transporting items
- Administer appropriate procedures according to fire regulations
- Have procedures in place for the safe administration of medicines and for dealing with accidents and illness
- Have a procedure in place for reporting faulty equipment and near misses

- Maintain regular checks of the building and safety and security
- Be aware of the pressures on teaching staff and the possible effects which stress may have
- Give guidance on lone working and personal safety
- Lay down procedures to use if there is an accident
- Give guidance on the use of images
- Inform about what should be done in a case of emergency

### ***Informing people of this policy***

This health and safety policy is kept in the Health & Safety ring binder in the Business Managers office and a copy is also available in the staff room. All members of staff will be informed of this updated policy in September and will be required to sign the register to acknowledge that they have read and agreed to the information contained within it.

Visitors have their attention drawn to basic health and safety information on entry to the school and those likely to visit school on a regular basis are requested to read the policy itself.

New members of staff receive health and safety information as part of the induction policy.

It is the responsibility of teachers to ensure that pupils are made aware of existing and new health and safety information.

### ***Responsibilities of individual class teachers***

The Health and Safety at Work Act 1974 requires governors and employees, according to their particular roles, to take the initiative on certain matters. The following list is a guide to the particular responsibilities that individuals have.

- a) Know the safety measures and arrangements to be adopted in their own working areas and ensure that they are applied
- b) Observe standards of dress consistent with safety and/ or hygiene
- c) Keep good standards of hygiene and cleanliness
- d) Know and apply the procedures in respect of emergencies
- e) Co-operate with other employees and the safety representative in promoting health and safety measures
- f) Report any hazard or breakage
- g) Follow health and safety instructions and use appropriate safety equipment and protective clothing
- h) Maintain safely tools and equipment
- i) Report any incidents, assaults or 'near misses'
- j) Set a good example to the children in their care
- k) Supervise pupils and ensure that they know about emergency procedures and safety measures

- l) Ensure that pupils' bags, coats and belongings are safely stowed away
- m) Include all relevant aspects of safety in the curriculum according to the science and PHSE curriculum.
- n) Make parents/ volunteers aware of safety procedures in the classroom/ work area
- o) Give clear instruction and warning as often as necessary
- p) Ensure that relevant risk assessments are completed and followed

### ***Responsibilities of post-holders***

Those responsible for others should ensure that:

- Members of their team are complying with health and safety regulations
- Draw the attention of the headteacher to any breach of procedure amongst their team which cannot be dealt with
- Supply teachers, temporary staff and new members of permanent staff are made familiar with health and safety procedures
- The Head teacher, School Business Manager or Site Manager is informed if any difficulties occur and that near misses and accidents are reported and recorded
- They set a good example to members of their team and children
- They keep an overview of the parts of the premises for which they are responsible
- They keep up-to-date with new pieces of advice relating to health and safety
- They keep an overview of equipment and substances kept in their areas
- All donated equipment is safe for use, if necessary seeking specialist advice
- They complete necessary risk assessments and check that members of their team complete them when necessary
- They implement existing policies and follow advice and instructions

### ***Responsibilities of the Governing Body***

- Ensure the high profile of health and safety in relation to financial planning, personnel decisions and in-service training
- Ensure that policies relating to health and safety are in place and updated regularly
- Enable a member of the governing body to have a key monitoring role in relation to health and safety including a termly walk around the school building with the site manager and head teacher
- Approve as appropriate arrangements for residential trips according to LA guidelines
- Ensure that safety standards for purchased goods and equipment are met and that items offered for sale by the school are safe

### ***Responsibilities of the Headteacher***

- a) To ensure that the school meets as far as is reasonably practicable, the requirements of the health and safety legislation
- b) To regularly review the safety and security of the school building during an annual Governors' meeting
- c) To undertake risk assessments as and when required and review regularly
- d) To put into practice and monitor the procedures described in associated policies i.e. first aid, emergency, fire, reporting of defects
- e) To act upon referrals from employees
- f) To ensure staff and pupils comply with agreed procedures
- g) To record and inform relevant external agencies as and when appropriate
- h) To ensure access to this policy and other health and safety information as legally required
- i) Advise and inform the Governing Body as to health and safety practice, legislation and compliance
- j) To ensure that appropriate logs and records of incidents are completed and acted upon
- k) To ensure policies and employees are updated as to new legislation and guidance
- l) To ensure that employees have adequate training and information to enable them to act upon health and safety recommendations
- m) To ensure that temporary/ supply staff are informed of health and safety practice
- n) To meet with the health and safety representative of the governing body termly to discuss health and safety issues and 'walk the school'
- o) To report on any audits/ inspections to the governing body and followup any necessary actions
- p) To ensure that procedures are in place to ensure the safety of contractors and hirers
- q) To make sure that fire drills are held at least once per term and cover a variety of situations including the blocking of an exit, a child not registering and lunchtime evacuation
- r) To ensure that escape routes are kept clear and monitor on a daily basis for hazards and emerging issues effecting the health and safety of staff, pupils and visitors, immediately acting with a view to the highest priority the safety of all on site
- s) Ensure adequate first aid cover is provided

### ***Responsibilities of visitors***

Regular visitors and other users of the school will be required to observe the safety rules of the school. The Office staff or members of SLT will ensure that visitors are informed of health and safety matters which may affect them during their visit.

Parents helping out in school will be made aware of the health and safety arrangements by the teacher who they are working with.

**The Governing Body and Headteacher have agreed that the following procedures/ codes of practice shall be followed within the school:**

### ***Defects***

- 1) Any member of staff finding a defect in the building, furniture or equipment will take steps to remove the hazard or ensure that the risk is minimised and report the details immediately to the Site Manager, School Business Manager or Headteacher
- 2) The School Business Manager, in consultation with the Headteacher, if necessary, will take steps to have the defect rectified, i.e. by notifying the site manager or other competent contractor
- 3) Any member of staff discarding a faulty item follows school policy and procedure.

### ***Accident reporting***

All serious accidents that occur on the site should be recorded on a LBBD accident form and the details forwarded immediately or as soon as is possible. All minor accidents should be reported in the minor accident book. Where necessary, parents/ guardians or other persons should be notified of the accident.

If the accident is serious, senior leaders should be informed immediately and action taken to ensure the location of the accident is still safe to use.

### ***Electricity***

Staff should be vigilant for:

-  Damage to plugs and switches
-  Damage to leads
-  Correctly fitted connectors
-  Coloured insulation of the internal wires not showing at plug or appliance
-  Damage to outer case of equipment
-  Signs of overheating
-  Signs of liquid spillage or entry of foreign materials, ventilation ports not blocked

 The appliance being used for the purpose it was designed for .

### ***COSHH (Control of Substances Hazardous to Health)***

Our school is alert to the need to limit the use of any hazardous substance and use alternative substances where possible. A file is kept in the main office & the cleaners room. All COSHH materials have a data sheet which is kept in the main office &/or cleaners room.

All staff, where appropriate, are reminded annually of COSHH materials.

### ***Access equipment***

Staff are reminded that they should only use approved equipment to put up displays and access higher level shelving. Consideration should be given to the appropriate clothing and footwear necessary.

### ***Risk assessments***

Risk assessments must be completed whenever there is the possibility that a hazard or danger might be encountered as part of a school activity. A list of risk assessments and pro formas are kept in the administration file in the school office. These are reviewed annually.

Staff should inform senior leaders if they notice that any risk assessment appears dated or does not deal with the potential risks encountered. It is important to note that expectant mothers should be risk assessed and every off-site visit should be risk assessed.

### ***Manual handling***

All members of staff should be aware of manual handling activities involved in their day-to-day activities i.e. the movement of bundles of paper, the reorganisation of classroom furniture, the carrying of books, the movement of audio/ visual equipment, the movement of steel pans and music equipment.

Children should not be required to move heavy objects and should only move awkward objects with appropriate supervision.

Staff are reminded annually about correct posture when lifting and carrying equipment. All staff should alert senior members of staff if they feel that an action they are involved with is having an affect on their physical health and well-being.

Anything to be moved should be written in the Site Managers folder under jobs.

### ***Educational visits***

Off-site educational visits are an important part of school life. Children benefit enormously from the opportunity to experience residentials and 'days out' at

selected venues. However, it is crucial that these visits are prepared well in advance, that risk-assessments are completed and that parents, LA and school staff are involved in the preparation. Necessary arrangements, information and preparation are to be completed by the line manager responsible for the children experiencing the visit.

Pre-site visits are always recommended in order that staff can feel sure about potential risks involved and prepare alternative arrangements in the case of inclement weather. Staff should also consult with colleagues who have previous experience of the venue or children involved.

All residential visits need approval from the LA and governing body. Further details are included in our 'educational visits policy'.

### ***Work experience***

We welcome work experience students to John Perry Primary School. In order to make sure that their experience is beneficial it is important to:

- follow the work experience risk assessment
- ensure an appropriate match between the student and the activity
- ensure appropriate supervision at all times

Work experience students are co-ordinated by the SLT. Their classteacher is responsible for ensuring their induction and mentoring them whilst on site.

### ***PE equipment***

The PE equipment is inspected annually by Universal Services. The PE policy outlines procedures for safe use of equipment. Careful consideration should be given to the use of apparatus. Staff should be particularly alert to the use of equipment with children with behavioural needs. It may be necessary for additional TA support to be given where there are concerns.

### ***Use of the sports field***

Before beginning any activity staff should:

- check the playing area to ensure that it is clear and ready for use
- check the grass is dry and not a slip hazard.

### ***Contractors and visitors***

All contractors and visitors entering the premises are required to sign in and wear a visitors' badge. They are alerted to important health and safety information. In addition, contractors are advised about the location of

asbestos and asked to sign to acknowledge that they have received this information.

### **Asbestos**

An asbestos register is available and shown to contractors prior to work beginning. This should be signed to confirm. An asbestos risk assessment is available. Further information is contained in the LA asbestos policy.

### **Fire**

Fire drills are held termly and will on occasion include lunchtime drills.

#### **Responsibilities during fire drill**

Head teacher/ Deputy head teacher / Assistant Head teacher / School Business Manager	Supervision of evacuation Evaluation of procedures Training and guidance
Administration assistant/ member of office staff	Calling the fire brigade
Teachers (teaching assistant/ midday supervisor)	Roll call
Office staff	Registers Checking visitors

#### **Responsibilities for classteachers (or teaching assistant/ mid-day supervisor if classteacher not onsite)**

During the **first day of school** all classteachers should explain to children what the procedure is should the fire bell sound. This should include information about:

-  Fire exit to be used
-  Assembly point
-  Action on discovering a fire
-  Keeping gangways clear

**Fire exit to be used** – is the nearest available exit. Please also make note of alternative exits should this one be blocked.

**Assembly point** – is either in the Junior or Infant playground standing in registration groups. Individual plans are in each room, please familiarise yourself with them. Where children have been in sets or working in other groups, they should return to their registration group for roll call.

**Action on discovering a fire** – children inform someone immediately and should never try to put a fire out themselves.

**Keeping gangways clear** – children should be reminded about hanging coats and bags out of the way

**Reporting** – registers will be taken out on to the playground by office staff and handed over to classteachers. Once the register has been checked teachers should let the headteacher know that the class are all present.

The same procedure will be used in the event of another emergency where evacuation of the school building is needed. For further information see ‘Emergency procedure’ document. This also provides information about the notification of staff, parents and LA in the event of school closure.

### **Tests and checks**

Daily (the caretaker)	<b>On arrival</b> Exits and routes to remain unobstructed Exit doors unlocked Main fire panel working
	<b>On leaving</b> Electrical equipment disconnected or switched off Exit and windows adequately secured All fire doors closed
Weekly (the caretaker)	Test fire alarm systems and record in caretaker’s log Test one alarm each week on a rota
Monthly (the caretaker)	Check extinguishers are in the correct place
Termly (the headteacher)	Fire drill – on occasions to include a range of scenarios including lunchtime and assembly.
Electrical Company	Check emergency lighting and record in log in line with legal guidelines.
Electrical company	Test fire alarm system Check door closers all in order Annual inspection of fire extinguishers –

Fire notices are contained in each room please familiarise yourself with them.

### ***Lone working and personal security***

The LA, as a responsible employer, does not expect any employee to go into a dangerous situation for which he/ she is not prepared. If you think you may be exposing yourself to danger in entering a building or site you should not do so.

#### **Staff working alone in the building**

If you are working alone in the building or in an isolated situation, take the following precautions:

- Tell somebody where you are and what time you will be home
- Always ensure you have a fully charged mobile telephone with you
- Ensure that entrances are secure – ensure that the main entrance is secure and that you can get out of another door in case of an emergency
- If you are the last member of staff to leave ensure that the door through which you leave locks behind you
- If anyone suspicious attempts to enter the building or you see or hear anything suspicious contact the police using the nearest available telephone or mobile phone. Phones available in the school office, Medical room, Kitchen, Nursery, Head teacher's office, Business Managers Office, Deputy Heads Office, Assistant Headteachers Office, PPA room and Parent Liason teachers office.
- Do not allow unknown individuals access to the school building if you are on your own
- Always be alert when leaving the building.

For further information please refer to the LLBD Lone Working Standards and Guidance document.

### **Key holders responding to an alarm**

Please note:

- Always assume an alarm is genuine
- If possible, speak to anyone who has drawn your attention to the alarm or incident to find out if they have any information about what may be happening
- Take a torch and a personal attack alarm with you
- Take a mobile phone
- Look outside your own home before going out in case someone is watching you leave
- Tell someone where you are going and how long you are likely to be.

If police are attending the incident then wait for the police to arrive before entering the site.

If the police are not attending:

- Never confront an intruder or approach or enter a building if you think an intruder may be in there. Call the police and wait outside
- Do not enter or approach a building on your own if you are concerned for your safety
- Check from outside of the school and at a distance to see whether there are any signs of an intrusion
- Check whether there are any unexpected vehicles in the area
- Make sure you have a mobile phone to summon help if necessary

## Leaving an empty building

- Carry out locking up and security checks from the inside of the building wherever possible
- Start the locking up process while there is still staff inside the building
- Set all alarms
- Always be on the alert when leaving an empty building in case someone is waiting for you to do so

## In the event of trespassers

Where a person is not immediately recognised as having legitimate reason to be on the school grounds they should be politely asked if they need any help. Assuming the person seems to have a valid reason they should be directed towards the office where they will be asked to sign in and out and be given a visitor's badge.

If it emerges that the person has no right to be on school premises then

- They should be asked to leave by the nearest exit and observed until they do so
- The most senior member of staff available should be informed.

If an intruder refuses to leave, becomes abusive or seems to present a threat to the safety of others the police should be called without delay.

**If you feel in anyway threatened do not approach but find a safe place and call the police. Don't try to physically remove trespassers from the site or engage in arguments with them. Make your point, withdraw and call the police.**

## In the event of a break in on site

Remember personal safety is far more important than the protection of property.

1. Ensure that if children are still on site any available barriers e.g. magnetised doors, are put into operation
2. Alert colleagues who should call emergency services and seek assistance
3. Monitor the intruders and check their progress

## In the event of an abusive parent/ adult

Make sure any meeting with any adult whom you suspect may turn abusive is conducted in a room that can easily be monitored and with members of staff within easy reach. It may be appropriate to request that an additional member of staff meets with the parent depending upon circumstances.

Should a parent/ adult become abusive they should be asked to leave the premises in a calm and non-threatening way. It might be appropriate for a member of staff to alert the police should the adult refuse to leave or if their behaviour is causing concern in any way.

If any incident has occurred, an incident form should be completed and it may be necessary to inform the governors and/ or LA for further action to be taken. Make sure you attend to your own emotional needs following any incident and seek help and support if necessary. In the case of an employee support should be offered following an incident.

### **In the event of it being suspected that a visitor/ pupil is carrying a weapon**

As a general rule, the police should be called to deal with any incident believed to involve a weapon. There may be exceptions where the circumstances appear to be wholly innocent and the matter can be dealt with on a disciplinary basis. If in any doubt, call the police.

In exceptional circumstances staff may decide that they need to take action before the police arrive. Where possible, staff should not confront anyone in the presence of other pupils. Preferably two or more members of staff should divert the visitor/ pupil to a place where no other pupils are present.

### **Reporting Incidents**

Use an incident form to report all incidents, however, minor, including all alarm responses and all trespass incidents. In addition, any occurrence where individuals are, or feel threatened must be reported to the police and the LA, as it is a serious matter. Use the official accident report form for this purpose and return it to the LA immediately.

### ***Head lice***

The problem with head lice is of great concern to the local community. It is a community problem that can be a particularly sensitive area within schools. We respect the concern that parents voice when children in the same class as their own remain in school untreated. However, the responsibility for ridding children of lice rests with parents. We will do our best to ensure that steps are taken to deal with the problem as it occurs.

### **Principles**

As far as possible no one with head lice will be made to feel embarrassed by their identification. Staff will at all times be considerate as to the need for sensitivity.

## **Procedures**

We follow the Local Health Authority's guidelines- copy in office.

**ANNUALLY-** Parents are reminded through the school prospectus and letters at the beginning of term of the need to be vigilant and ways of dealing with head lice when they are identified.

**IF A REPORT IS RECEIVED –** Parents of children in the class are sent a letter asking them to check their child's hair

**INTERMITTENTLY –** The school nurse will be asked to set up a 'drop-in' session for parents to provide advice on treating head lice. On occasions, promotional material is made available to the school and is distributed or advertised at the discretion of the headteacher.

## ***First Aid***

### **RESPONSIBILITIES**

- The following people currently hold a first aid qualification:

#### **Full First Aid:**

-  See list which is kept in the main office and medical room

#### **Paediatric First Aid:**

-  See list which is kept in the main office and medical room

Although these people can be requested for advice and support during the school day, it is asked that discretion is used as to the frequency and timing of any interruptions to their normal school duties.

## **EQUIPMENT**

First Aid equipment is kept in the medical room. It contains only approved equipment, together with guidance on the treatment of injured people. It also contains latex gloves, which must be used for first aid treatment, particularly if blood is present. This is to eliminate the risk of HIV virus infection.

For the supervising of an out-of-school visit there is a first aid box available – staff must ensure that this is taken on a trip.

Office staff should check and replenish stocks as necessary.

## **PROCEDURES**

In case of concern about the health of an individual the following precautions should be followed:

1. the child is taken to a qualified first aider
2. the injury/ concern is checked and an assessment made of the level of treatment needed
3. a decision will be communicated to the classteacher and or head/ secretary as necessary
4. parents are informed when necessary

**Levels of action include:** 🌐 treatment on school premises for minor ailments/ accidents –

- Minor Accident Book 🌐 treatment on school premises with a letter sent home informing parents of the nature of the incident/ accident – Minor Accident Book 🌐 parents contacted immediately – Accident Book – LA informed if sufficiently serious
- 🌐 if parents are unavailable and the injury is considered to be sufficiently serious then removal to hospital – Accident Book – LA informed 🌐 if a very serious injury or there is any uncertainty about the level of severity an ambulance will be called immediately and parent informed

**In each case every attempt should be made to:**

- 🌐 check the injury to the best of our ability
- 🌐

inform the relevant people in the case of more serious incidents. This includes:

- the headteacher
  - the parents
  - the LA
- 
- keep accurate records of the injury, events leading up to the injury and actions subsequently
  - err on the side of caution
  - consider the needs of the child as central to all actions

## **MEDICATION**

We follow the LA and LHA guidelines.

Our school will take all reasonable steps to store medicines and make them available to children and staff. Any member of staff volunteering to administer more invasive medicines or procedures would have the necessary training made available e.g. epipen, rectal diazepam, diabetic testing. Where, regular, demanding needs are required to be met, special arrangements will be made with the parents, school nurse and health authority.

The following points should be noted during administration of medicine:

- There should be written instructions on the medicine container or from parents or other competent authority to indicate when the medicine is to be taken and how much constitutes a normal dose
- Medicines should be kept in the office stockroom. The only exception is where children need the medication with them as with inhalers.
- Periodic checks should be made to ensure that no medicines have been left in the cupboard beyond the period of administration. Whenever possible no medication should be discarded in school but rather sent home in the same way they were originally brought to school.
- All medicines should be clearly labelled with the child's name on both the outer and inner containers where appropriate.
- Children should not remove their medicines from the offices when doses are being taken
- A member of staff should observe a child taking their own medicine e.g. asthma pump, and sign to record that this has taken place

Where a first aider has volunteered to administer medicine:

- Signed consent should be obtained from parents
- All medication given should be documented
- A member of staff should sign to say they have given the dose

### ***Near misses reporting***

Near misses should be reported to the headteacher or deputy in his absence. Any near misses are then recorded on a safeguarding form and submitted to the headteacher promptly. Any particular issues must be identified and acted on immediately.

### ***Smoking***

To help ensure that we offer pupils, staff and visitors a safe, secure and healthy environment our school has adopted a no smoking policy, which covers the school, playgrounds and playing fields.

### ***Health and safety during science experiments***

All staff must adhere to the Be Safe document published by the ASE. All teaching staff must have an up to date copy.

The use of practical equipment during science lessons is encouraged. We recognise the benefits of children being given the opportunity to conduct experiments for themselves. Safety rules for conduct during these opportunities include:

- be sensible during the experiment
- follow instructions immediately only touch
- equipment when you are told to carry equipment
- with care and always walk make sure any
- equipment used is returned carefully inform your
- teacher of any breakages if you're not sure – ask!
- 

All experiments should be carefully planned and prepared for. Preparation should include:

- consideration of staffing levels
- consideration of group mix and children with special needs
- room dynamics
- a risk assessment according to the materials and equipment to be used

Where there are any concerns or queries the science coordinator should be consulted.

## ***Photographs and Videos***

This policy has the intention of protecting children from the misuse of photographic images. It aims to enable safe practice to continue and allow for the use of pictures, both still and moving, where permission is given and there are educational or recreational benefits.

### **All parents...**

- will be asked for permission for the taking of photographs by the media.
- will be reminded that assemblies and concerts may be photographed and videoed and as such any concerns they have should be expressed to the concert organiser prior to the event. Alternative plans may be made for any pupil exempt from photos in a concert.
- will be reassured that videos and photographs taken within school by school staff will be used for educational purposes and that care will be taken that images respect the self-esteem of the children concerned and are not used to illustrate sensitive or negative issues.

### **On entry to our school...**

Parents will be informed of school policy and permission requested for use of pictures within the establishment.

### **Annually...**

Parents will be reminded of school policy and requested to contact school if they should wish to make amendments to their original consent form.

**Please refer to the school's e-safety policy for further details.**

## ***Health and well-being of staff***

In order to help prevent stress and to provide the best working environment for the health and well being of staff we recommend:

- that times of meetings be negotiated and are aimed at limiting the length of time and frequency with which staff need to remain in school
- that length of meetings is agreed and where possible adhered to
- that notice is given of cancellations
- that consideration is always given to time scale to enable a reasonable amount of time to be given for completion of a task before the deadline
- that deadlines can be negotiated in extenuating circumstances
- that consideration is always given to workload and that no individual, regardless of level of authority, is expected to complete an unreasonable amount in a limited time
- that PPA is regular and reliable and may be completed off site in exceptional circumstances.
- that working at home is an agreed principle where specific tasks need

- completion – in agreement with senior leaders
- that TAs are deployed to support teachers where possible

## ***Stress***

Hopefully, the practices recommended above should help prevent stress. In some cases this may not happen and staff should be alerted to some common effects of stress. These include:

- high level of anxiety low self-
- esteem inability to
- concentrate being more
- prone to accidents
- headaches/ migraine
- depression panic attacks
- chest pains stomach
- problems
- relationship problems

Colleagues should be alert to signs of stress in themselves and one another and should take steps to address these as they occur. Methods for dealing with stress might include:

- sharing concerns with colleagues
- prioritising workload learning to
- say 'no' taking up a new hobby or
- sport sharing feelings with people
- at home
- ensuring that some time every week is set aside for relaxation
- discussing responsibilities with a senior colleague and perhaps negotiating deadlines
- pay attention to diet and ensure that you eat healthily and regularly

It is important that we create in school an environment which welcomes the sharing of problems and concerns and offers support and advice as needed. If symptoms persist staff should contact a GP and concerns should be discussed with a senior colleague.

## ***Fitting in with families***

Every employee at our school has demands outside of the work place which will on occasion place pressure upon them and are likely to lead to differences in work practice. It is important that we recognise this and support colleagues in managing these demands. Please refer to agreed LA Absence Policy.

It is expected that wherever possible staff will make arrangements around the school day but where this is not possible we will attempt to support them in meeting the demands of home and school. We would also request that staff take responsibility for ensuring that when they are absent, cover arrangements ensure the continued smooth running of the school. In some cases it may be applicable to swap or use PPA time. This can be done in agreement with senior staff and accepting that the roles and responsibilities of the individual continue to be met to the full.

Where staff become aware that they are pregnant, it is recommended that senior staff are informed as soon as possible in order that appropriate safeguards and risk assessments can be put in place.

The governors may request annual reports on:

- accidents/ incidents
- results of internal or external health and safety inspections
- complaints
- summary of 'walk about' information from health and safety link Governors

### **Policy review**

This policy will be reviewed and amended in June 2022.