



What can I do as a learner?

- Inform your parent/guardian/caregiver about the ISHP and that the school nurse will provide health services to you.
- Ask your parent/guardian/caregiver (regardless of your age) to sign a consent form, which gives permission for you to receive school health services.
- If you are 12 years and older, you will be required to also sign an assent form, to access school health services.
- If you are 14 years or younger, you are required to take your original Road to Health Chart to your school on the day of the screening. This will allow the school health team to check if you have received all the necessary vaccines.
- You may also ask to see the school nurse if you are concerned about your own health. However, you still need your parent/guardian/caregiver's consent to access the service.
- Encourage your parents/guardians/caregivers to participate during your assessment. If they do want to be present, your parents/guardians/caregivers should arrange with the school principal or your class teacher.
- If the school nurse identifies any health problems, you will receive a letter that you need to take to your parent/guardian/caregiver with the recommendation that they accompany you to a health facility. This letter will give details of the problem.
- Once you have visited the local clinic, the health professional will give you a letter to take back to the school.
- School health visits will take place during school hours, but you have to play your part to ensure that your teaching and learning time is not disrupted unnecessarily.

What do I do if I have any questions about school health services?

For more information on the ISHP, contact your school principal, the school health nurse or your nearest health clinic, or call the toll-free lines of the Department of Basic Education (0800 202 933) or Department of Health (012 395 8000).

Integrated School Health Programme

Information for learners



Basic Education
Health
Social Development

Taking responsibility for our childrens' health and wellbeing

What is the Integrated School Health Programme (ISHP)?

Government is developing school health services in the country in support of children's health throughout their school years, from the moment they start school to their last year in Grade 12. School health services will comprise health education, health screening and some on-site health services. This is called the ISHP, which is a joint programme of the departments of basic education, health and social development. The aim of the ISHP is to improve children's health, reduce health barriers to learning, and assist learners to stay in school and perform to the best of their abilities.

Government wants each and every learner to benefit from the ISHP. During 2012/13, the programme will target learners in grades 1, 4, 8 and 10. Learners in other grades who are experiencing health or learning problems will also be targeted. Over time, all learners will be involved in the programme.

Who will implement the ISHP?

School health teams will be responsible for providing most school health services, visiting schools on selected dates. Each team will comprise a professional nurse and an enrolled nurse or a nursing assistant and an oral hygienist. Health promotion and education will be provided by health promoters. There are also plans to introduce specialised school health mobile units, staffed by a professional nurse, an enrolled nurse, a dentist, a dental hygienist and an optometrist.

About the school health team

School health nurses will provide health screening, health education and treatment for minor ailments. They will also provide catch-up immunisation and deworming where needed. Grade 8 and 10 learners will receive information, counselling and an offer of services on their sexual and reproductive health.

The health promoter will provide age-appropriate health education to all learners in grades 1, 4, 8 and 10.

What does the school nurse do?

The school nurse will perform individual health screening, health education, providing basic treatment, immunisation and deworming. He/she will also be responsible to ensure that the learner goes to a health facility for further assessment or treatment if needed. A letter will be given to the learner to be passed on to the parent/guardian/caregiver for this purpose. In addition, the school nurse will follow up to ensure that additional healthcare is being provided by the local health facility.

What services will the ISHP provide?

Learners in Grades 1, 4, 8, and 10 will receive health screening for the following:

- oral health conditions (teeth and mouth)
- eyesight
- hearing
- speech
- height and weight measurements to check nutritional status
- walking and hand coordination
- tuberculosis and chronic illnesses
- mental health
- minor ailments
- psychosocial wellbeing.

Grades 1 and 4 learners will receive the following additional services:

- deworming (where indicated)
- immunisation (tetanus and diphtheria vaccines for children aged six) (where indicated)
- Grade 4 only: education and counselling about "knowing your body" e.g. menstruation for girls and male medical circumcision for boys.

Grades 8 and 10 learners will receive the following additional services:

- immunisation (tetanus and diphtheria for children 12 years and older)
- screening for anaemia
- education, counseling and an offer of services as required about sexual and reproductive health e.g. menstruation, abstinence from sex, contraception, avoiding and testing for pregnancy and sexually transmitted infections, including HIV Counselling and Testing (HCT).

