



PRETORIA BOYS HIGH SCHOOL

Sanatorium
 Bob Fair Drive
 PBHS
 Tel: 012 460 2246 (08:30 to 15:30)
 012 460 2319 (15:30 to 18:00)
 Fax: 0867512878 / 79

Dear House Parents,

We would like to inform you of a few things regarding the Sanatorium at Pretoria Boys High School and the management of the health of your son in the hostel. You will receive more information regarding the Concussion Management Programme and a short list of items that your son is advised to have with him at hostel eg Panado, (definitely NOT Myprodol) plasters, Panamor Gel for sore muscles etc with the general school package at a later date.

Both of us have worked as School Sisters for quite a few years now: Sr Stockwell previously worked at a boarding school in the Eastern Cape as well as in industry and has been at PBHS for more than a year now and Sr Christian has been at Pretoria Boys High School for 6 years. We have noted the following:

- Form 1 (or newcomers in the other forms) boys sleeping in dormitories will be exposed to draughts in the dormitories and other boys who may be ill. Your son may well catch a few more colds and coughs than he used to have whilst living at home. He will soon build up a new immunity, much like he did when he first started crèche/ playschool/primary school many years ago. He should be encouraged to eat the vegetables, salads and fruit offered at the dining room. It is also a good idea to give him a good vitamin and mineral supplement to take daily.
- The school has a large variety of plants and trees and your son may get some hay fever if he tends to have respiratory or skin allergies. The Gauteng area is known for its high pollen and spore count for 10 months of the year, especially during the 3rd term. During 2008 we had an abnormally high incidence of respiratory problems at the school due to the pollen count, pollution and dust. This occurs especially during the months from August to November. If your son takes any anti- allergy medicines like Deselex, Zyrtec or Xysal tablets or uses a nasal spray like Clenil, Beclate or Budeflam, it would be a good idea for him to have this with him. If your son had some form of asthma when he was younger and no longer uses any medicines for this, he may find it recurring as he is exposed to the pollens on the estate (or Pretoria pollution if he comes from a rural area!).
- Your son should wear in his new school shoes AND sport shoes VERY well. The school estate is large, he will be doing a lot of running in the first and second terms and if he has not worn them in he WILL get blisters. These can get infected and cause him quite a lot of discomfort.
- If your son has to take any medication for a chronic condition such as asthma, diabetes mellitus, heart condition etc, he MUST be familiar with how and when to take it. (Medicalert bracelets MUST be worn for ALL serious conditions ie Diabetes Mellitus, Epilepsy etc: these can be ordered through pharmacies or your GP.)

- Any medication which is Schedule 5, 6 or 7 like Concerta, Ritalin, Zoloft, Cilift, Risperdal etc MUST be handed in at the San so that the stock can be kept locked in the medicine cupboard and the daily dose taken under supervision. Apart from the legal aspect it is important that we know what medicine your son is taking and for what condition.
- If your son has a severe, life threatening bee sting or other allergy eg nuts, he MUST wear a Medicalert bracelet or sports band (these can be ordered through pharmacies) and carry an EpiPen with him at all times eg in his pencil case and sports bag. He **must know** how to use it.
- Should your son fall ill, we will try to phone you before we arrange for Dr P C Grey to see him, but sometimes this is unfortunately just not possible in very busy times. After Form I, or the next year for other new boys, we generally do not phone the parents anymore for common upper respiratory or gastro-intestinal illness and the like. Dr Grey is generally available at 12:15 Mondays to Fridays if necessary, although some days he is unavailable due to surgery commitments. His practice will handle the accounts and Medical Aid details. Please contact Mrs Ria Beetge on 012 4608804 for any account-related queries.
- Should your son be referred to a specialist by Dr Grey or need to have blood tests or X- rays done we will contact you. In an emergency, though, we shall take them straight to one of the Trauma Units at Little Company of Mary, Jakaranda or Zuid Afrikaans Hospitals and contact you once treatment has started eg anaphylactic shock from a bee sting, convulsions, serious fractures, lacerations, concussion etc. It is therefore very important that the Personal and Medical Detail form is fully completed and 5 copies of the Medical Aid Card are supplied. Copies go to the Senior House Master, the First Aid file and Dr Grey and we keep two in the Sanatorium file.
- If you prefer your son to use homeopathic medicines, please would you make a note of this on his Personal and Medical Detail Record and provide them. Apart from Rescue Remedy, Arnica and Euphrasia we do not keep stock of these.

We shall be at the Sanatorium on the day the Boarders have to report to the hostel (the day before the school year starts) from 11:00 to 15:00 and invite you to come and meet us there, have a look at the Sanatorium or discuss any matters concerning your son's health with us.

Yours sincerely,

Sr Jeannette Christian and Sr Carol Stockwell