

## **REPORT ON HEALTH AND WELLNESS**

Health and wellness are key components in one's life. As a school Nurse my role is to support student's success by providing health care through assessment, intervention and follow up for all children within the school setting. The school Nurse addresses the physical, mental, emotional, and social health needs of students and supports their achievements in learning process.

To achieve health and wellness general health check-up was done in school as it helped:

- To assess normal development of the child
- Early detection of diseases.
- Helped recognizing problems early and recommended early precautions and interventions

Dental Camp was organized for the students as it provided for making students aware about dental problems, their treatment and methods of prevention.

Eye camp was organized to create awareness about eye ailments and disorders and their early detection.

These camps benefited the children. suggestions, advices, and remedial measures were suggested to those who had issues.

Hand wash workshop was taken for the students. Handwashing is the most effective way to prevent the transmission of infection. In day to day life it can stop the spread of bacteria and virus from person to person. Children were made to understand the importance of hand wash.

As a school Nurse taking care of student's health is my utmost responsibility and the following ;

- Perform health screenings.
- Provide health care to students and staff.
- Coordinate with parents and teachers.
- Handle emergencies that occur at school.
- Carry out health assessments.



