

Health Examination and Screening Policy

Vision: Grow - Flourish - Succeed

Mission: Together we inspire creative, mindful learners who value diversity, support one another and strive for success.

1. Introduction

Health screening and medical examinations are essential to ensure timely identification and appropriate management of any disabilities or medical conditions that may affect school children. Early intervention enables students to gain the fullest benefit from their educational opportunities. These assessments also help in identifying and addressing medical issues, socio-emotional concerns, and any contagious or communicable diseases that may arise within the student population.

A student's health can either support or hinder their ability to perform effectively in school. Therefore, it is important that school administrators and healthcare staff maintain a complete and up-to-date health record for each child, detailing any conditions that may impact their learning.

For students with significant medical needs, it is crucial that this information is submitted prior to school entry and updated annually to ensure appropriate support is in place.

2. Purpose

The purpose of health screening and examinations is to identify, protect, promote, and assess the health of students to ensure they are fit and healthy while at school. These measures aim to increase parental awareness and involvement in their child's health, support the early detection and prevention of health issues, and provide an accurate assessment of each student's current health status.

Screening helps determine whether a student is free from contagious diseases and fit to attend school and participate fully in school activities. Where necessary, adjustments to the school programme may be made to better support the student's health and wellbeing.

3. Health Screening

The school medical providers promote student health through prevention, early intervention and referral for treatment of acute or chronic health problems as well as enable the students to attend school in a safe and healthy learning environment by reducing health barriers to learning.

The school medical team (physicians, nurses) obtain history and perform the medical and physical examination. Understanding a student's family history, past and current medical conditions, and immunisation status is a vital component in assessing and evaluating the child's overall health. Current screening involves Hearing, vision, scoliosis test, dental, oral and blood test. In line with DHA regulations, GFS will follow any further screening recommended by the higher authorities.

4. Aims and objectives

- To identify, within a large group of generally healthy students, those who may have a disease or are at increased risk of developing one.
- To bring apparently abnormal individual under medical supervision and treatment
- Knowledge of the student's physical status, functional ability, growth, and maturation is necessary to make a medical decision as to the level of participation.



- To identify significant health problems that may preclude safe and effective full participation and may necessitate an adaptive or modified program.

5. Assessment and recording

Parents are required to complete and sign an online DHA Health form and provide consent on an annual basis. This form has a series of questions related to the student's medical history, including any known allergies, previous surgeries, any current or past symptoms and family history.

A physical examination may be carried out by the school physician or Telehealth Doctor, provided parental or guardian consent has been given. The examining healthcare professional will record the findings in the student's medical file, which will be treated with strict confidentiality.

In accordance with Dubai Health Authority (DHA) guidelines, medical examinations are to be conducted for students upon school entry, as well as during FS1/KG1, Year 2, Year 5, Year 8, and Year 11.

Procedures for Physical Examination:

- A comprehensive head to toe physical examination shall be addressed with confidentiality.
- Rectal and genital examinations are not performed due to privacy and safeguarding reasons.
- All physical examinations shall be done in the presence of a third person, preferably a school nurse with privacy. The child may be undressed only to the extent necessary to permit adequate examination.
- The physician/ school nurse shall notify the students' parents or guardians if there are any disabilities or medical conditions found during the physical examination and shall encourage them to take the child to their own family doctor.
- Before beginning the examination - health history, findings on previous examinations, body mass index, height and weight, hearing and vision screening should be reviewed first.

HEIGHT AND WEIGHT MEASUREMENT – BODY MASS INDEX (BMI)

The purpose of getting Body Mass Index (BMI) screening is to provide school the necessary information, tools to successfully collect heights and weights, and provide reliable data to the Dubai health authority. After BMI is calculated for all students, the BMI values are plotted on the BMI-for-age growth charts (for either girls or boys). Z-scoring is the most used indicator to assess the size and growth patterns of individual student. The score indicates the relative growth of the student among peers of the same sex and age. The Z-scoring is categorised as underweight, healthy weight, overweight, and obese. This is recorded and maintained in the student's school health record.

6. Roles and Responsibilities

- A Physician (school doctor or telehealth doctor) will carry out comprehensive physical examination with confidentiality at school clinic.
- School Nurse will measure student's height and weight, calculate BMI annually for all students, and refer to the school health physician, students whose growth and development measurement show deviations from normal.
- School nurses will provide privacy to the student during medical examinations.
- Parents/Guardians who do not want their children to undergo screening for any health concerns and physical examination have the right to decline or not to give consent on the formal DHA Health Forms. Parents are required to fill in an online Health form indicating if they want or do not want a medical screening and examination for their child.



7. General strategy

It is mandatory that students' health information be kept confidential. Parental/Guardian consent is needed before furnishing a copy of the record of the physical examination performed in the school.

6. Monitoring and review

This policy has been discussed and agreed by the GEMS Founders School, Dubai teaching staff and leadership teams for implementation.

Signed 
School Doctor

Date 22 August 2025.....

Signed 
Manager School Operations

Date 22 August 2025.....

Signed 
Executive Principal/CEO/GEMS Executive Vice President- Education

Date 22 August 2025.....

Next policy review date:
February 2026