



Keeping Pregnant Girls Safe in School

Risk Assessment Considerations:

Confidentiality issues

- A pregnant pupil may wish to keep her pregnancy confidential. However, it is essential that key staff are aware of her situation e.g. subject teachers, form tutor, HOY, school nurse, and that they know where to find the girl's emergency pregnancy contact details should an emergency arise.
- If the pupil is suffering from 'morning sickness', consider arranging for her to start the school day later - perhaps going straight to her first lesson instead of her tutor group. Make sure systems are in place to ensure she still receives all important messages.
- Ensure that the girl has a designated person with whom she feels comfortable, to go to if she has any concerns e.g. form tutor, learning mentor.

Safety considerations

- Pregnant girls should not participate in contact sports or any activity they had not commenced prior to pregnancy. Swimming should only be undertaken following extra guidance (available from midwives named below).
- The normal safety routines which apply to all pupils during science lessons are sufficient to protect a pregnant pupil as well. Sitting in a well-ventilated part of the laboratory would minimise her being affected by any smoke or fumes from experiments.
- In Food Technology again, the normal safety routines which apply to all pupils will be sufficient to protect a pregnant girl. However, particular care should be taken to ensure that she avoids eating raw eggs, soft cheeses, peanuts, unwashed vegetables, undercooked meat.
- School visits will necessitate a separate risk assessment. If visiting places where she may come into contact with animals e.g. farm parks, normal hygiene precautions as for any pupil would apply.

Health considerations

- Ideally, the pregnant girl should have her pregnancy record with her at all times. However, as a minimum she should keep on a small card the name and contact details of her midwife, G.P., and hospital.
- A 'toilet pass', which a girl can simply show to her teacher should she need to go during a lesson, will prevent any questions being asked. Remember that passing water frequently and nausea are common side effects of pregnancy.
- Ensure that the pregnant girl has a designated place to which she can go if she feels unwell or needs to rest. She may need to use this area at break times or lunchtimes, perhaps with a close friend.
- Be aware that the pregnant girl may need to eat more often - a snack at break time or between lessons will help keep nausea at bay and help to keep her feeling well and alert.
- Drinking plenty of water during pregnancy is important. Allow her to have a bottle of water handy even during lessons.
- Pregnant girls are less tolerant of the heat. Moving her to cooler areas or providing improved ventilation should be considered.
- Discomfort can be caused by sitting in one place for too long - make allowances for this wherever possible. During assemblies, provide a chair for her to sit on instead of the floor. Ensure that she is near an exit point and not in the middle of a hot, crowded room, if possible.
- If possible, make arrangements for a pregnant girl not to have to queue for lunch.
- Pregnant girls in school should not be kept in isolation on the grounds of it being for their own health and safety. This may adversely affect her emotional health and well-being which is particularly vulnerable during pregnancy.
- An increase in size as pregnancy progresses is inevitable therefore this will result in difficulties for the girl to remain in school uniform. Comfortable clothing in school colours are a good alternative.

Contact information:

Following the common sense guidelines listed should ensure that schools are keeping the girls safe without drawing unnecessary attention to them. Flexibility and compromise can avoid most risks. Please note that health and safety issues which arise as a result of bullying should be dealt with as a separate issue in line with the school's policy on bullying.

If you have any other queries relating to the health and safety of pregnant girls in school, please contact any of the following for advice:

Educational Support for School Aged Pregnant women and parents 01623 792671

Maureen Sully msully@fountaindale.notts.sch.uk and Jill Priddle jpriddle@fountaindale.notts.sch.uk

Family Nurse Partnership 0115 9617616

www.fnp.nhs.uk - A voluntary, preventive programme for young first time mothers, offering intensive and structured home visiting, delivered by specially trained nurses, from early pregnancy until age two.

Early Help Unit 01623 433 500

The Early Help Unit provides a direct contact point for professionals and families wanting to access early help services in Nottinghamshire, the Unit also offers a route into Children Centres and Targeted Youth Support Services. early.help@nottsc.gov.uk

Midwifery contacts

- City and Southern Boroughs – Carolin Tomlinson – Teenage Pregnancy Team Manager – carolin.tomlinson@nuh.nhs.uk
- Mansfield Team – Julie Thacker – Community Midwife Team Leader
07813 567687 Julie.Thacker@sfh-tr.nhs.uk
- Ashfield Team – Lesley Semple – Community Midwife Team Leader
07813 567660 Lesley.Semple@sfh-tr.nhs.uk
- Sherwood Team – Kaye Weaver – Community Midwife Team Leader
07813 567712 Kaye.Weaver@sfh-tr.nhs.uk
- Newark Team – Debbie Hopkinson – Midwife Acting Team Leader
07813 567545 Debbie.Hopkinson@sfh-tr.nhs.uk
Bassetlaw – Community Midwifery Office – **01302 366666 Ext 3215**

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Targeted Youth Support 0300 500 80 80

Support for young people on a variety of issues including substance use, careers guidance, supported housing etc.

www.nottsc.gov.uk/caring/childrenstrust/pathway-to-provision/targeted-support-youth-justice/

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Further information is available at

www.nottinghamshire.gov.uk/teenagepregnancy

Risk Assessment Checklist

Risk Assessment Category	Actioned	Date Actioned	Signature
Key staff informed of pregnancy			
Emergency contact details identified			
Toilet pass issued			
Rest area identified			
School day adjustments			
Designated support identified			
Meal arrangements			
School uniform adjustments			
Discussion / plan re PE			
Discussion / plan re Science			
Discussion / plan re Food			
Discussion / plan re Food Technology			