



Kirk Langley Church of England Primary School

Use of ice packs in School

Version History date	Detail
Autumn 2025	Agreed by Staff Approved by Governors
Review Autumn 2026	

Kirk Langley is a Church of England Primary School and our family believe that 'Every Child Can Shine.' Our visions and values, built on the living Gospel of Christ within daily life, are at the core of everything we do. They underpin our teaching and learning and provide an environment which prepares our pupils in being respectful, confident, thriving citizens.

Daniel 12:3

'Those who have insight will shine brightly like the brightness of the expanse of heaven, and those who lead the many to righteousness, like the stars forever and ever.'

We aim to provide a thriving, inspiring and stimulating learning environment where children achieve the very best they are capable of because all the staff value their different learning styles. Kirk Langley Church of England Primary School is committed to Christian values where children, parents/carers and our community know us by our actions.

Within a Christian ethos we aim to:

- Promote a positive attitude to life-long learning, nurturing the development of self-esteem; leading to aspirational, independent learners that are prepared to be challenged and take risks in a diverse and ever changing world.
- Provide the children with valuable experiences and opportunities, through a broad, balanced and exciting curriculum, where learning is purposeful and engaging.
- Use a variety of teaching strategies and resources effectively and creatively; encouraging each child to progress and attain to the highest possible standards, in relation to their age and ability.
- Strongly believe in the partnership of parental involvement in the education of our pupils.
- Demonstrate and foster respect for ourselves and others within the school, local community and the global community.
- Respect the belief of others and celebrate cultural diversity.
- Encourage spiritual and moral values.
- Explicitly promote the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs through a 'living' curriculum.
- Value each child as an individual within the school and respect personal beliefs.

USE OF ICE PACKS

In schools, ice packs should be used to treat minor injuries like **bumps, bruises, and sprains, particularly** in the first few days after the injury to help reduce swelling and pain. They can also be used for **minor head injuries**, but with caution and proper supervision. However, ice packs are **not appropriate for all injuries** and should not be used on open wounds or areas with poor circulation. When to use ice packs:

- Minor injuries: Sprains, strains, and bruises are ideal candidates for ice therapy.
- First 72 hours after injury: Ice is most effective in the initial period after an injury to help reduce inflammation and pain.
- Following a minor head injury: An ice pack can help reduce swelling but should be used under supervision and for limited durations.
- When there's no broken skin: **Ice should not be applied directly to open wounds or broken skin.**

When not to use ice packs:

- Broken skin or wounds: The cold can interfere with the body's natural healing process and increase the risk of infection.
- Areas with poor circulation or numbness:

Ice can further restrict blood flow and potentially damage tissues.

- If the injury is very minor with no visible signs:

In such cases, a cool compress or simply monitoring the injury may be sufficient.

Important considerations for schools:

- Supervision: Children using ice packs should be supervised to ensure proper application and to prevent any potential adverse effects.
- Communication: Parents or guardians should be informed about any injuries, especially head injuries, and advised to monitor their child's condition.
- Alternative Treatments: If ice is not appropriate, other options like cool compresses (e.g., a damp cloth) can be considered.