



THE ARCHBISHOP'S SEMINARY

POLICIES

Section 11 – Personal Care and Hygiene

Version 19.9

11 Personal Care and Hygiene

Taking care of our body is a value in itself. Our body is a gift from God and therefore personal care and hygiene should reflect the appreciation of this gift.

11.1 Sleep

Young bodies are constantly growing and need the appropriate amount of sleep. Growth takes up a lot of energy. Children and teenagers need at least nine hours of sleep every night.

11.2 Food and Exercise

Food is essential for a growing body and that is why children and teenagers need to eat properly and regularly. One's diet should include all food groups and one should remain physically active.

11.3 Hygiene

As bodies grow and develop, sweat glands develop in public areas of the body. Skin bacteria thrive on these secretions causing the body to smell and produce body odour. To avoid the build-up of bacteria regular showers and baths are necessary. Nevertheless, it is useless to take showers and then wear dirty clothes. Thus, all clothes items should be regularly changed and cleaned.

Hair must be neat, tidy, and well groomed with a smart style fit for school. If a student reaches an age where facial hair is growing, the right advice to keep well groomed is required.

No accessories are to be worn at school.