



Hall Meadow Primary School

Voice Care Statement

REVIEWED BY HEADTEACHER: Caroline Farmer September 2025

NEXT REVIEW DATE: September 2026

Hall Meadow Primary School is committed to ensuring the welfare and safety of all our children in school. We believe that pupils have a right to learn in a supportive, caring and safe environment which includes the right to protection from all types of abuse. All of our school policies and procedures reflect this priority.

Respect Responsibility Resilience

INCLUSION

INVOLVEMENT

INTEGRITY

INITIATIVE

INSPIRING

The school recognises that employees who work in a school are at a greater risk in developing voice-related health conditions.

The main contributory factors include:

- Excessive use of the voice
- Ineffective projection and breathing techniques
- Speaking for long periods of time especially when tired or stressed
- Vocal strain from supervising large groups

Key signs of vocal difficulties include:

- Regular and/or unexplained voice loss
- A change in voice quality for more than 10 days
- Weak and tired sounding voice
- Voice and/or throat that feels consistently painful
- Lump in the throat
- Frequent throat clearing
- Loss of vocal power or the ability to project

If members of staff experience any of these symptoms they are encouraged to visit their GP who will consider any underlying infection, illness or allergic response and prescribe treatment accordingly. In addition, any member of staff who suffers from prolonged and recurring hoarseness in the absence of a cold or throat infection and a persistent change in pitch or quality of voice are also encouraged to seek medical advice.

The British Voice Association website has lots of useful information and guidance on how to take care of your voice. Please visit <https://britishvoiceassociation.org.uk/free.htm>