

## Our Team

The School Nursing Team includes:

- Specialist Community Public Health Nurses
- Community Staff Nurses
- School Nurse Assistants

We work in partnership with parents, carers and children, and other professionals including:

- Health Visitors
- GPs
- Community Dentists
- Children's Physiotherapists
- Children's Occupational Therapists
- Paediatricians Teachers
- Social Workers
- Child and Adolescent Mental Health services
- Community Children's Nurses
- Hospital
- A&E
- Police.

The school nurse can make referrals to other services, and liaise between agencies.

## Contact us:

Email: [schoolnurse.service@nhs.net](mailto:schoolnurse.service@nhs.net)

Telephone:

01432 363940

Single Point of Access:

07813 451034

We are available Monday – Friday 08:30 – 17:00 year round.

School Entry Questionnaire



Student nurses will occasionally work alongside the school nurse. If you do not wish for a student nurse to be present at an appointment please let the school nurse know



## Transition

Transition can be a stressful time, for parents and children.

Transitions can be a change of year group, new teacher, new key stage or starting a new school, primary/secondary.

The school nurse can help support a child to prepare for transitions.

The work for transition to secondary school begins in year 6 summer term, and completes once the child is settled into secondary school.

## Confidentiality

We offer a confidential service to all of our service users in line with NHS guidelines.

Confidentiality may be broken in the case that a person is believed to be at risk of harm.

This will be discussed before.

WELCOME TO THE  
SCHOOL NURSING  
SERVICE 4-19 YEARS

## What do we do?

The School Nursing Team may provide the following service to all year groups throughout Primary and Secondary School.

- Health advice to parents/carers and school staff around medical conditions and sign post to specialist services.
- Individual Health Assessments for children with identified needs.
- Health promotion sessions
- Weight management advice
- Confidential advice and support for young people in secondary school.

## National Child Measurement Programme

The School Nursing Team carries out the National Child Measurement Programme for years R and 6 every year.

This is a government programme used to collect information about growth of children nationally.

All data is anonymised and recorded on a government data base. Wye Valley NHS Trust do not keep this information once it has been uploaded.

Parents/Carers are then sent the results of their child's height, weight and BMI.

If you are concerned about your child's growth, then contact the school nurse for advice/support.

## Dental Health

There is currently a national shortage of dentists. This makes finding an NHS dentist difficult.

In Herefordshire this is especially difficult.

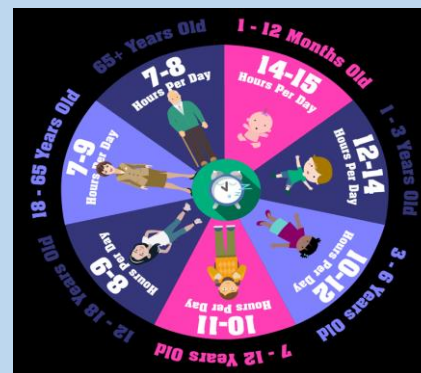
If your child has toothache then they can be seen urgently at one of the NHS Dental Access Centres.

Encourage your child to brush their teeth at least twice every day. It is important to use a toothpaste with sufficient fluoride, as this reduces the risk of dental decay.

Keep sweets and treats for meal times, to reduce impact on teeth.

## Sleep

Children of different ages require different amounts of sleep – see sleep wheel below.



Things to think about:

- Caffeine – a stimulant that prevents sleep, and can cause your child to stay awake longer.
- Food – eating a large meal before bedtime can prevent sleep.
- Exercise –regular exercise during the day helps “burn off” energy, and that will then help them sleep.
- Environment – It is important that you child feels safe in their sleeping environment, are comfortable and associate the area with sleep.
- Technology – the use of electronic devices such as computers, tablets and televisions close to bedtime can prevent your child settling.

## Emotional Wellbeing

It is important to support children's emotional wellbeing in early years, as if not supported it can cause problems later in life.

Emotional wellbeing is closely linked to their ability to communicate and interact with others in a positive way.

Things that can help a child deal with their emotions:

- Adults recognise the emotion
- Adults name the emotion for the child
- Adult provides some comfort
- Adult offers a solution

The school nurse can help support a child's emotional wellbeing through group work and 1:1 support.

Parents are best placed to support their children to meet their emotional needs with support from professionals.