

**EVERY CHILD DESERVES TO FEEL FIT, HEALTHY AND HAPPY**

Our school works with local health services to deliver some services within school. Working together allows you and your child to get the support you need to help keep them healthy and able to make healthy lifestyle choices and reach their full educational potential.

You and your child will be offered a variety of health reviews, screening tests, immunisations, support and information throughout their life at school.

**When your child starts primary school:**

**Reception Year** (ages 4 to 5).

- The School Nursing Team will offer your child a general health assessment which includes a hearing check. The results will be fed back to you and will outline any further action if necessary.
- You will be invited to agree to your child being weighed and measured by the School Nursing Team as part of the National Child Measurement Programme. You will be sent the results in a confidential letter with details of how to access any further information and support.
- Specialists in vision testing (Orthoptists) from Royal Bournemouth and Christchurch Hospital will offer your child a vision screening check in Reception Year. If any problems are detected, your child will be referred to the Orthoptic department for further assessment and treatment if necessary.



In **Year 6** (ages 10 or 11) you will be offered the chance to have your child's height and weight measured again as part of the National Child Measurement Programme and you will be sent the results in a confidential letter with details of how to access further information and support.

**From Year 7 onwards** there are opportunities for pupils to discuss health and well being concerns in a confidential way with their School Nurse via drop-ins at their school. Schools can also refer young people they have concerns about to the School Nurse for advice and support on a range of health issues.

In **Year 8** all girls will be given a consent form to take home offering the Human Papilloma Virus (HPV) vaccination to protect against cervical cancer.

In **Year 10** all students will be given a consent form to take home offering the school leavers immunisation - a booster dose of Diphtheria, Tetanus and Inactivated Polio.



## **HEALTH PROFESSIONALS VISITING SCHOOLS INCLUDE:**

### **The School Nursing Team**

The School Nursing Team consists of qualified nurses and nursery nurses. The Team aims to prevent disease and promote health and well being by encouraging healthier lifestyles and giving information, advice and support.

Access to the team is available throughout your child's school life via a drop-in service; please contact your child's school office for details.

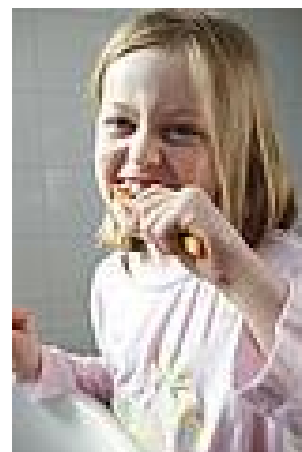
School nurses support school staff in the development of individual health care plans for those children and young people with identified health needs. This may include the delivery of training to school staff to support managing health care needs, such as anaphylaxis (severe allergy).

School Nurses and the Sexual Health Team also support the delivery of PSHE (Personal, Social and Health Education) curriculum sessions to enable young people to make informed choices about important health related issues.

### **The Community Dental Service**

While your child will not be having regular dental checks at school it is important to remember that they should visit the dentist twice a year for check ups. If you have difficulty finding a dentist, ring the NHS Dental Helpline 01202 854443 and they will be able to help you.

It is important to make sure that your child brushes twice a day with fluoride toothpaste and that if they do have any sugary snacks and drinks they are kept to meal times. Try not to include sugary foods and drinks in packed lunches as this will not help your child's teeth.



### **The Emotional Health and Well Being Service**

If you have concerns about your child's emotional health or behaviour please discuss with the school nurse. They may then refer your child to the Emotional Health and Well Being Service. The service provides direct work with children, young people and/or their families experiencing mild or emerging emotional health problems.

Local information and advice about young people's mental health and emotional well-being can be viewed at [www.wheresyourheadat.co.uk](http://www.wheresyourheadat.co.uk). There are sections for young people, parents, carers and professionals.

## Speech and Language

Good communication skills are essential for your child's well-being and achievement at school. If you are concerned about your child's speech, or understanding and use of language, or about social communication or stammering then please talk to the class teacher or your own doctor and ask for a referral to Speech and Language Therapy. The therapist will then contact you to arrange an appointment either at school or your local health centre or clinic.



## The Sexual Health Promotion Team

The Sexual Health Team provides specialist Sex and Relationships Education lessons for pupils from year 9 onwards to all senior schools within Bournemouth and Poole to support the school PSHE curriculum.

Lessons range from relationships, contraception, sexually transmitted infections though to teenage pregnancy. Particular attention is given to the emotional aspects as well the physical risks associated with sex. The aim of the service is to educate the pupils about the risks associated with poor sexual health in order that they can make the right choices for themselves and their partners in the future.

Parents can speak to the School Nurse or teacher if there are any concerns about the lessons. The Sexual Health Team can also be contacted on 01202 729219.

## Other NHS services may be useful to you and can be contacted outside of your child's school:

### Carers

Adults or children who look after someone in their family who has an illness or disability may need extra support to help them. Regardless of the carers age they will have higher than average health risks. Local health services can support carers to look after their physical and emotional health. If you or your child is a carer:

- ask to go on your GP Carers Register so that you can receive information and advice about services that could help you,
- get advice from NHS Bournemouth and Poole PALS-phone 01202 318954, Healthpoint (Dolphin Centre Library in Poole) -phone 01202 675377, or Help and Care -phone 0300 111 3303

**Young carers (under 18)** have their own support in Bournemouth- phone 01202 853326 and Poole -phone 01202 261550

### **PALS (Patient Advice and Liaison Service)**

Contact the PALS Service for free, impartial and confidential information and advice about health and local health services:

- phone: 01202 318954
- or visit Healthpoint in Poole library, which is in the Dolphin Centre. phone: 01202 675377 email: [healthpoint@poole.gov.uk](mailto:healthpoint@poole.gov.uk)

### **Smoke Free Environment for your child**

The Bournemouth and Poole Stop Smoking Team offers parents FREE support and advice to help give up smoking. You can:

- visit the local website [www.quitwithus.nhs.uk](http://www.quitwithus.nhs.uk)
- telephone the service on 0300 30 38 038

**Pharmacists** can give advice on healthy living, diet, contraception, stopping smoking, how to manage everyday illnesses, aches and pains - as well as over-the-counter remedies to use. You can locate your nearest pharmacy at [www.nhs.uk](http://www.nhs.uk)

### **Useful websites to support healthy lifestyle choices:**

There is a large amount of health information available online for you to access confidentially 24 hours a day. Key websites with approved health messages include:

- **NHS Choices:** The Live Well section contains information to keep you and your family healthy- with health checks, information about healthy eating, physical activity, immunisations, videos, and lifestyle calculators and tools at [www.nhs.uk](http://www.nhs.uk)
- **Change4Life:** top tips on how to make small changes that will have a big impact at [www.nhs.uk/change4life](http://www.nhs.uk/change4life)
- **National Weighing and Measuring Programme Information:** Information about the programme and links to advice can be viewed at the NHS Choices website [www.nhs.uk/Livewell/childhealth](http://www.nhs.uk/Livewell/childhealth) or you can contact the local NHS Health Information Team on 01202 318954 (Bournemouth) or 01202 675377 (Poole).
- **NHS Bournemouth and Poole:** Information about your local health services at [www.bournemouthandpoole.nhs.uk](http://www.bournemouthandpoole.nhs.uk)