

The school health service is part of the National Health Service.

Its aim, working together with parents, is to help children keep healthy throughout their school years, be able to reach their full educational potential and to be enabled to make healthy lifestyle choices in the future.

The service is provided by school nurses and school doctors who are specially trained in child health care and they work closely with GPs, health visitors, dentists, podiatrists, speech and language therapists, physiotherapists, occupational therapists, psychologists and dieticians.

Each school has a named school nurse with whom parents and teachers can discuss any special concerns. School nurses are qualified nurses with additional training, which specifically relates to the health needs of school-aged children. The school nurse is the nominated key health worker in schools, but is also available to any school aged child not in school, and to those who reside in Brent. The school nurse will visit your child's school regularly to see the children and can be contacted if you have any concerns either via the school or at her clinic base (details on the back of the leaflet).

Children may be invited to see the school doctor (usually only when there is concern about developmental progress or where the family have yet to register with a GP practice).

Sometimes it may be in the child's best interests for some aspects of their health to be checked urgently or to be monitored regularly. If so parents are kept informed at all times of our involvement, and of any action considered necessary.

General school health surveillance **4 - 5 years: school entry (Reception)**

This is a period of transition for children when your health visitor will be handing over the care of your child to the school nurse. When your child starts school, you will be given a health questionnaire to complete about your child. Please confirm your child's immunisation status, the name and address of your GP and your full address and postcode with a daytime telephone number.

If there are any worries about your child, the school nurse will contact you to make arrangements to discuss these or meet you and your child in school. Please return the completed form to your school nurse in the envelope supplied. Any information you give us will not be shared with the school without your permission.

You will be given a booklet called **Parental Prompts** to help you decide whether or not you need to contact the school nurse before they are routinely seen.

In reception all children will be seen for growth, and in Year 1 for hearing and vision checks, as part of a targeted school health surveillance programme, but you can ask for this earlier if you have any worries. Any problems we find may, with your permission, be monitored or referred.

School nurses also work with the teachers in the classroom, in circle time and to talk to children about health related topics such as healthy eating, hygiene, infectious diseases, dental care and keeping safe. Similar opportunities are also available for parents in some schools.

7 - 9 years (years 3 - 5)

Your child's general health will be reviewed. We will send you a letter, asking you to update us on any health, emotional or behavioural concerns you may have, time will be given to discuss these. Any necessary referrals will be made with your permission.

Children may also be seen at other times, if they or their parents request it; or teachers do (with parents permission).

For this age group our health promotion includes sessions about healthy eating and exercise, dental care, personal hygiene, and health related topics which link to the key stages of the National curriculum. Many of these sessions are undertaken in the classroom with the teachers but there will also be opportunity for individual and group discussions where needed. School nurses are there to support your child through their school years, and where they are troubled by health limiting conditions (such as asthma, diabetes or bedwetting) or are being bullied,

can offer advice and support both to the parent about home management and to the child in school.

11 years: Secondary School Entry (year 7)

From this age students are encouraged to take more responsibility for decisions regarding their own health since most of them have sufficient knowledge and understanding to do so (Children's Act 1989). Therefore during secondary education, the school health programme will be arranged directly with them wherever possible. Health questionnaires will be sent directly to the students and a covering letter to parents and carers. It will ask them to update details such as address, GP, ethnicity and immunisation record. They will be encouraged to discuss this with their parent/carer. The school nurse can arrange to see students individually in school where there is a concern. Most students are happy to do this alone but parents / carers can attend if they wish. Students may also be seen at any other time as requested by parent, teacher or themselves.

Health promotion continues on an individual or classroom basis. School nurses work in partnership with the schools in their personal, social, sex and relationships and citizenship and drugs programmes. Open door sessions are available in several secondary schools where young people can come and talk about anything that might be troubling them from teenage spots to relationships, sex and drugs.

Immunisations:

From school entry: Children who have not had a pre-school booster (Diphtheria / Tetanus / Polio, MMR and Meningitis C) will be encouraged to go to their GP to have these important injections and afterwards to let us know the dates.

All children new into the country will be assessed re need for Mantoux test, and if necessary, offered a BCG vaccination against Tuberculosis.

13 - 15 years (years 9 - 11): An MMR (Measles, Mumps and Rubella) catch up session will be offered in Year 9, and a leaver's booster immunisation against Diphtheria, Tetanus and Polio is offered to all students before leaving school.

Before each immunisation, students will be invited to

an awareness session and given a letter and consent form to complete. They are encouraged to discuss this with their parents before signing the consent form.

Leaving school

Before leaving school students will be given a booklet called **What's what - sex and drugs** and another called **Leaving school soon** which is a directory of places where young people can get support and advice.

Special Needs

School Nurses in special schools are experienced children's nurses with specialist qualifications. For any child with special needs an individual care plan will be developed, and children will be seen by the school doctor annually for a health review.

They can provide information on self-help and support groups and on the availability of special equipment. Children can be referred directly to the community paediatric consultants if required. Care planning will always include parents / carers and therapists involved with the child. Special needs children will all be included in a leaving school planning opportunity with the transition school nurse in order to discuss their future choices.

General Advice

The school nurse will be happy to advise you, or will know where you can receive help on many health matters including the following:

- ACCIDENT PREVENTION / SAFETY
- ADOLESCENCE
- BED-WETTING
- BEHAVIOURAL PROBLEMS / BEREAVEMENT
- BULLYING / EMOTIONAL SUPPORT
- CHILD PROTECTION / DOMESTIC VIOLENCE
- HEARING PROBLEMS
- HEALTHY EATING / EXERCISE
- IMMUNISATIONS / INFECTIOUS DISEASES
- MENTAL HEALTH PROBLEMS
- SEXUAL HEALTH AND RELATIONSHIPS
- VISION PROBLEMS

- Management of conditions such as: ALLERGIC REACTIONS, ANOREXIA, ASTHMA, DIABETES, ECZEMA, EPILEPSY, SICKLE CELL AND THALASSAEMIA

Confidentiality

A confidential personal record of your child's health is kept on file and information is entered on our data base, which is kept secure and confidentially within the Trust's Child Health department.

All discussions with the school nursing team remain confidential. If there is a need to discuss anything with someone else, this will only be done after we have discussed with you the reasons for doing so.

We may encourage parents to share some particular health information with class teachers where it is in the child's best interest to do so, but we will never do this ourselves unless you ask or agree for us to do so.

Suggestions

We welcome your comments and suggestions as to how the service could be improved. Suggestion boxes are available in all clinics and health centres.

Complaints

If for any reason you are not happy with the service you are receiving, please discuss this initially with the staff member or his/her manager. If you are still not satisfied, your complaint will be taken up by the senior manager for the service. The Chief Executive will be notified of your complaint.

Your school nurse is:

Clinic / Health Centre:

Your school nurse normally visits your school on:

Brent Teaching Primary Care Trust
Acting Chief Executive Andrew Parker
Wembley Centre for Health and Care
116 Chaplin Road, Wembley HA0 4UZ

School Nursing

within the School Health Service

