



## ABOUT YOUR SCHOOL NURSING SERVICE



## **Welcome to Your School Nursing Service**

### **Now Your Child is at School**

When your child starts school the School Nursing Service takes over their care from the Health Visitor. Your child's health records are handed over to the School Nursing Service from the Health Visitor and they remain with the School Nursing Service until your child reaches 19 years of age. The School Nursing Service can provide you with help, advice and support on many of the physical and emotional problems your child may encounter throughout their school life. This service is confidential.

Working with other professionals (in Health, Education, Social Care and the Voluntary Sector), School Nurses aim to help children realise their full potential in health and education.

A wide range of support, in line with the governments "Healthy Child Programme" is available, including:

- Promoting healthy lifestyles.
- Providing health and development reviews.
- Health screening, such as the "National Child Measurement Programme" completed in reception and year 6.
- Supporting pupils with longstanding illnesses or disabilities such as Asthma, Diabetes and Epilepsy.
- Working with schools to identify and address any particular local concerns such as smoking, alcohol or drugs.
- Support to promote positive parenting, and provide advice on specific issues such as bedwetting.
- Protection of vulnerable children to improve their health outcomes.
- Signposting and access to other services.

This information, has been designed to answer some of the common concerns parents/carers may have about their children and provide early support where needed. However, if you are unable to find the answer or would like additional support please do not hesitate to contact your local School Nursing Team for further advice.

## **Starting School**

Starting school is a very exciting time in your child's life. Apart from home, school is the single most important place in the lives of most children.

The Reception year is crucial for establishing a good foundation for learning. Therefore ensuring your child has the skills to cope with this new environment is essential.

Encouraging independence such as dressing and undressing, toileting and eating unaided will all help them to adapt more easily.

Many parents report that starting school causes an increase in their child's sleep/rest requirements and for some a regression in behaviour. Good routines, regular bedtimes, reduced after school activities and a good diet will all help to keep your child healthy and able to cope with this.

Please find details of your local School Nursing Team on the contact details on this Website:

The School Nursing Team works with a variety of other services

- Community paediatrician
- Other professionals
- Schools
- Social care
- Public health
- Health visitors
- Childrens specialist services
- Specialist nurses
- Childrens centres
- Youth offending
- Behaviour support services
- Hospitals
- CAMHS
- GP
- Police

## **Health Screening at School Entry**

### **What do we Screen For?**

At school entry we would ask you to complete a [confidential health questionnaire](#) to identify any health problems that are of relevance to school including immunisation status and any chronic health needs); and any problems that are worrying you. The results will be recorded in your child's electronic health record, If there are any identified needs a member of the school nursing team will contact you.

### **NCMP**

In reception year and year 6 your child will be measured as part of the National Child Measurement Programme (NCMP) unless you have opted out. The School Nursing Team may contact you to talk about the results of this screening and if appropriate, recommend a referral to another service.

### **Children / young people attending Accident & Emergency Departments**

When a child/young person attends any Accident & Emergency Department in the UK, the School Nursing Team are routinely informed and may contact you to offer further support.

### **What if a child moves into the area?**

The School should notify the School Nursing Team when a child moves into the area. We would ask you to complete a confidential health questionnaire. If there are any identified health concerns a School Nursing Team member will contact you.

### **When your child moves from Junior to Secondary School**

The School Nursing Service supports children through their transition to senior school. During this time we would ask you to complete a confidential health questionnaire. If concerns are highlighted your School Nursing Team may contact you to offer advice and support if appropriate or recommend a referral to another service.

## **Hearing Screening**

Minor hearing problems are fairly common in children and are important to detect and treat early, as they may affect speech development or progress at school.

If you have any concerns regarding your child's hearing at any time, then please discuss this with your School Nursing Team.

If you have given consent on the School Entry Questionnaire your child will have their hearing screened as a routine by an audiometrician between reception and year 2. Parents / Guardians are not required to attend. You will be informed of the results. If any follow up tests are required the audiology team will contact you directly to discuss this.

## **Vision Screening**

We advise that you take your child for an eye test to an accredited Optometrist every year.

Eye tests should be free on the NHS for all children and young people in full-time education

## Teeth

We advise that your child visits a dentist at least annually.

This assessment and treatment should be free for all children and young people in full-time education

As parents, you have an important role to play towards the care of your child's teeth.

You can achieve this by:

- Encouraging your child to have a healthy breakfast before school.
- Keeping to any guidelines the school has about foods and drinks from home.
- Ensuring your child has healthy snacks and drinks.
- Encourage your child to have school meals or provide a nutritious packed lunch.
- Discouraging unhealthy snacks given on the way home from school.

Follow these simple guidelines to keep your child's teeth healthy;

- Ensure your child brushes their teeth twice a day, night time being most important, with a fluoride toothpaste containing at least 1000ppm (parts per million) fluoride.
- For children 3 years and above use a pea size amount of fluoride toothpaste.
- Encourage your child to spit out and not rinse after brushing.
- Supervise brushing until the age of seven
- Visit your dentist at least once a year.

If your child is not currently registered with a Dentist you may wish to contact NHS 111

<http://www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx>

## **Hand Washing and Good Hygiene**

- Hand washing is an important part of controlling the spread of infections, especially those that cause diarrhoea and vomiting.
- Always wash hands after using the toilet and before eating or handling food, using warm running water and preferably a mild liquid soap. Toilets must be kept clean.
- Rub hands together vigorously until the soapy lather appears and continue for at least 15 seconds, ensuring all surfaces of the hands are covered.
- Rinse hands under warm running water and dry hands with a hand dryer or clean towel (preferably paper).
- Discard disposable towels in a bin. Bins with foot pedal operated lids are preferable.
- Encourage use of tissues when coughing or sneezing.
- Sand in sandpits should be changed regularly, or if any infectious disease occurs and the sand has been used, it should be changed before use again.

Health Protection Agency (HPA) (2010)

### **Medication in School**

Schools have their own procedures for administering medicines. If your child needs to take medication during the school day, you will need to discuss this with your child's Head/Class Teacher. The medication needs to be labelled with your child's name and the dose clearly stated.

As part of this procedure, you may be asked to complete an appropriate consent form.

### **Medical Conditions**

It is important that school are aware of any medical conditions, including allergies your child has and that medication is available in school if required, e.g. inhalers, EpiPen/Jext etc.

It is the parent's responsibility to ensure any medication given to school is in date and that it is replaced before it has expired.

Please ensure school are aware of any medical conditions your child has prior to starting school.

If you would like to discuss this further, please contact your School Nursing Team.



## **Bed Wetting (Enuresis)**

- Don't worry - bedwetting is a common problem. One in seven children wet the bed at age five. It is not their fault or yours.
- Reassure your child. Most children are dry by their teens without any help.
- Make sure your child drinks plenty of fluids during the day to allow the bladder to stretch. Between 6 and 8, 250ml glasses a day are recommended.
- Their last drink should be no later than one hour before they go to bed. This last drink should either be milk, water or very dilute fruit juice. Do not let them drink tea, coffee, cocoa or fizzy drinks as these irritate the bladder.
- Make sure your child is not constipated. Provide a healthy balanced diet and encourage exercise to help prevent this.
- Make sure your child goes to the toilet before they go to bed and again if they read before settling to sleep.
- Encourage regular toileting during the day.
- Getting your child up/lifting during the night is not encouraged, but if you do, make sure you vary the time and that they are fully awake.
- Praise any dry nights or if your child wakes to use the toilet during the night.
- NICE (2010)

Please contact us if you would like further advice or support.

## **Day Time Wetting**

- Encourage your child to drink 6 to 8 evenly spaced 250ml drinks each day - water type drinks are good.
- Avoid coffee, tea, cola and other fizzy drinks - these contain caffeine and may act as a stimulant on the bladder.
- Encourage your child to exercise and eat a healthy balanced diet to help prevent constipation.
- Your child should take time to empty the bladder completely and at regular intervals, consider using a reminder system.
- When your child feels the need to wee, encourage them to go to the toilet immediately. Once wetting happens less often, encourage them to hold on for a few seconds longer each time.
- If wetting happens, your child should still go to the toilet to empty the bladder completely and be encouraged to change their own clothes.
- Keep a record of any dry / wet times to assess if there is a pattern.

Education and Resources for Improving Childhood Continence.

[www.eric.org.uk/Children/kids2](http://www.eric.org.uk/Children/kids2)

Please contact your school nurse team if you would like further advice or support.

## Constipation

Constipation is the passing of abnormally delayed or infrequent dry, hardened poo that is often accompanied by straining and/or pain, poor appetite, tiredness and soiling.

Causes of constipation:

- Poo withholding – avoiding using the toilet.
- Toilet training resistance.
- Poor diet – particularly too little fibre and/or fluid.

What you can do to help:

- encourage 6-8 drinks per day
- Eat a balanced diet, which includes plenty of fruit and vegetables.
- Use a step to support your child's feet whilst on the toilet to ensure that they have a good base to push the poo out.
- Make toilet time relaxed and fun – e.g. bubble blowing to help push the poo out.
- Ensure the toilet is not a scary place – let them sit on the toilet without actually using it.
- Talk to your child about poo – there are books aimed at children to help you do this.
- Encourage regular exercise.
- Encourage your child to go to the toilet regularly – aim to sit on the toilet for 5 minutes 15 minutes after meals.

If you are concerned that your child might be suffering from constipation, please see your GP.

[www.eric.org.uk/Children/kids2](http://www.eric.org.uk/Children/kids2)

## Soiling

Soiling is when children poo in their underwear or other places, e.g. on the floor or any other inappropriate place. It affects 1 in 30 4 and 5 year olds.

Causes of Soiling:

- Poo withholding – avoiding using the toilet.
- Fear of the toilet.
- Lack of toileting routine.
- Toilet training resistance.
- Poor diet – particularly too little fibre or fluid can lead to constipation.
- Routine changes, e.g. new sibling.
- Anxiety, e.g. new school.

It is likely that there will be a combination of factors which contribute to the soiling.

- Talk to your child about poo – there are books aimed at children to help you do this.
- Encourage your child to go to the toilet regularly – aim to go about 15 minutes after meals.
- Ensure the toilet is not a scary place – let them sit on the toilet without actually using it.

- Make toilet time relaxed and fun - e.g. bubble blowing to help push the poo out.
- Use a step to support your child's feet whilst on the toilet.
- Encourage 6-8 drinks (250mls per glass) per day and a balanced diet, which includes plenty of fruit and vegetables.
- Encourage regular exercise.

NICE (2010) [www.eric.org.uk/Children/kids2](http://www.eric.org.uk/Children/kids2)

If you require any more information contact your GP or the School Nursing Team