

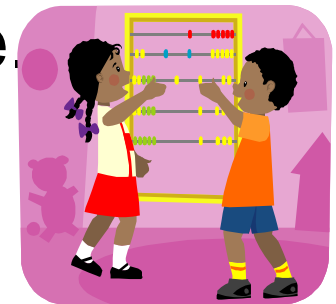
Halton

School Nursing Service

Looking after the health of school
aged children and young people

Healthy children learn better

- We work with children and young people, parents/carers, schools, families and other professionals to promote health living.
- We also respond to the health needs of individual children and young people.



Bridgewater
Healthcare at the heart
of your community

Who are we?

A skill mix team

- Registered Nurses – many with specialist training in a variety of fields.
- Community Nursery Nurses
- School Health Assistants
- Clerical Officers



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Examples of care we deliver

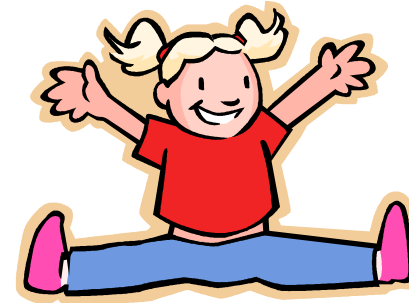
- Immunisations
- Health and Development assessments
- Individual health advice and care plans
- Hearing screen – **you need to opt in**
- Health Education
- Advice and support
- Heights and Weight (NCMP Programme) **opt out**

NCMP PROGRAMME

- The National Child Measurement Programme (NCMP) is undertaken annually to weigh and measure children in Reception and Year 6.
- You will receive a letter from school with more information.
- Trained staff make sure the measurements are done accurately and sensitively. Your child's results will not be shared with school.
- If the results indicate that your child is underweight or overweight you will be informed by letter, along with details for getting further advice and support.
- It is not easy to tell just by looking if a child is overweight, the results can help parents make decisions about their child's lifestyle and make simple changes if necessary.

Keeping your child healthy

- Good personal hygiene – e.g. Hand washing
- Healthy diet
- Plenty of exercise
- Adequate sleep
- Good dental care
- Ensure Immunisations are up to date



If In doubt – Seek advice!

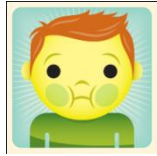


We would like to take this opportunity to remind you that if your child/children do not get two doses of MMR vaccine they are at risk of developing measles

IMMUNISATIONS - continued

- MMR is the safest way to protect your child against measles and you'll be protecting them against mumps and rubella as well.
- You will also be protecting children who can't have vaccinations for medical reasons.

Common health issues in young children



- Fussy eating
- Coughs and colds
- Head lice
- Bedwetting / continence issues
- Threadworms
- Infectious diseases – e.g. chicken pox
- Viral illnesses
- Tummy upsets

All children are ill from time to time.
Most infections pass quickly and
leave children better able to resist
them in the future.



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Only keep your child off school if they are really unwell.

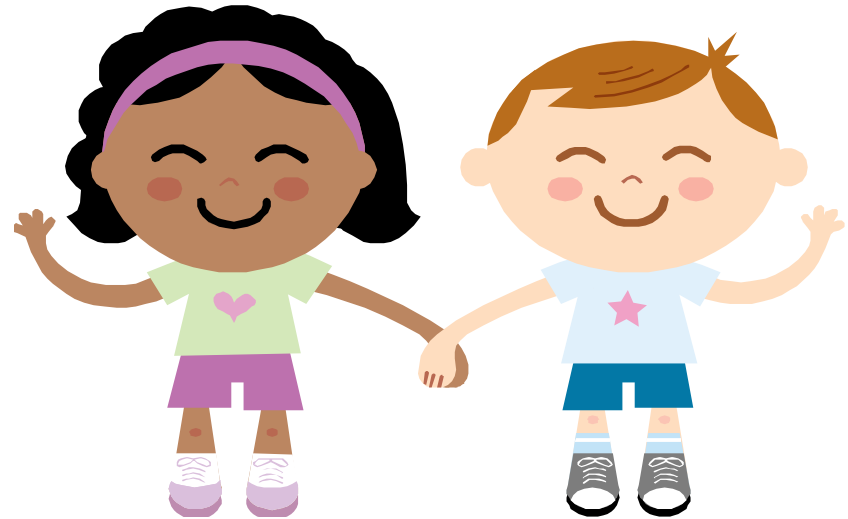
Example

- Has a high temperature.
- Unexplained rash
- Vomiting
- Symptoms severe enough to be causing distress.



We can help with...

- Sleep
- Behaviour
- Diet
- Co-ordination
- Development
- Allergies
- Minor illnesses
- Moving on from using dummies
- Contenance and bedwetting



...and many other concerns!

From September 2014 All Reception, Year 1 and Year 2 children are eligible for free school meals

Government research has shown

- That a hot nutritionally balanced school meal at lunchtime provides children with more energy and increased concentration in the afternoon
- Only 1% of packed lunches are nutritionally balanced
- Halton School Meals Service uses quality ingredients from reputable supplies e.g.
 - All meals are freshly prepared in school
 - Only British meat and poultry is used
 - All chicken used is whole chicken breast

Most medical and cultural diets are catered for

Please be reassured that children won't be forced to eat their meals

Finally

Taking up the free school meals option for your child is a cost saving of £440.00 per child each year

If you require any further information contact Schools Catering Manager – Telephone 0151 511 7884 or your school secretary

How to contact us



0151 495 5068

Health Care Resource Centre

Please find out more information about our service on our web page www.bridgewater.nhs.uk/schoolnursing

Or follow us on Facebook

www.facebook.com/bridgewater-schoolnursing

Or - Ask school staff to contact us, or give you our telephone number.

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