

Dear Parent,

We would like to introduce ourselves as your school nurse team. School nurses work across education and health with the aim of improving the health and wellbeing of children and young people. Poor health is known to impact greatly on a child's education and future outcomes.

To support you and your child we are running termly clinics within your child's school.

I will be at the Hills Academy on Tuesday November 5th from 08:30 to 10:00.

This is a twenty minute appointment which you can make via the school office. The school can also refer you and your child to our service following discussion of their concerns with you. When you talk to your school nurse you talk 'in confidence' which means the school nurse will not talk about what you have said to other people or to your school without your consent. If the school nurse feels that a referral should be made to another agency or it is in your child's best interests for information to be given to school they will discuss this with you at the clinic.

Things you can discuss with a school health nurse:

- Worries about you or other family members which may impact your school aged child
- Healthy lifestyle
- Body changes and puberty
- Information about other services
- Immunisations
- Support with mental and emotional health and wellbeing and when necessary sign post to other services
- Stress at home or at school, including bullying
- Poor sleeping patterns
- Behavioural problems
- Parenting support
- Bedwetting/Soiling

Other services and support includes:

- Weighing and measuring in reception and year 6, as part of the National Child Measurement Programme
- Referrals to other health professionals and services
- Support for education staff when a child has a health condition
- Hearing for reception

The team:

Our team is made up of qualified public health nurses, registered staff nurses and health care assistants.

We can be contacted by telephone on 01525 631244, or by email at ccs.beds.childrens.spa@nhs.net

We look forward to meeting you

www.nhs.uk - Information from National Health Service on conditions, treatments, local services and healthy living

www.childbereavementuk.org/ - where a young person has lost someone

www.dh.gov.uk - Official site with collection of publications and policy statements about the National Health Service - Advice and groups for children and families for healthy living and BMI calculator

www.youngminds.org.uk - Children and Young People's emotional well-being and mental health

<http://chums.uk.com/emotional-wellbeing-service> - Where children can talk about problems they are having

www.nhs.uk/change4life - Change4life has healthy eating tips and recipes, and fun ways to exercise

www.familylives.org.uk - Parenting and family support (formerly Parentline Plus)

http://www.bedford.gov.uk/health_and_social_care/children_young_people/early_help.aspx - Support for families to change poor behaviour also Triple P parenting programme

www.childgrowthfoundation.org - UK's leading charity relating to children's growth

www.nhs.choices – Information on health conditions

www.eric.org.uk – support with bedwetting and daytime wetting

http://www.bedford.gov.uk/education_and_learning/parental_support/parent_partnership_service.aspx - Support for parents with children with additional needs

Yours Faithfully,

Judith Joyce - Community Staff Nurse (School Nursing- Bedford 0-19 Locality Team)