



# Primary school health nurses

## Starting School: information for parents & carers of children in reception

## **Introduction to the school health nurse team**

Your local school health nurse service work in state schools across Oxfordshire. We have a team of nurses overseeing care for children in primary schools, and a nurse based in all secondary schools and further education colleges. We provide advice on health choices such as healthy eating, offer health reviews, deliver childhood immunisations, support for families with complex needs, and much more. Safeguarding children and young people is at the heart of what we do, and we work with parents and carers as well as with partner agencies such as social health care services.

### **School health review: reception class**

When children start primary school, it is a good time to review their health needs. It is important that school staff are aware of any medical conditions your child may have, this includes conditions that may be under control and managed purely at home. The primary school health nurse team would like to offer your child a health review to discuss your child's specific health needs. If you have concerns regarding your child's health and would like to speak to a member of the primary school health nurse team to discuss or plan the care of your child in school, please contact us. Contact details are available on the back of this leaflet or from your child's school.

## **School readiness**

Your health visitor can give you support to ensure your child achieves their early learning goals and are the health professional responsible for your child until they are five years old. School health nurses work closely with health visitors and continue to support children who have difficulties achieving these goals e.g. enuresis (bed wetting) support.

You can help your child prepare for school by encouraging them to eat a varied diet, get a good night's sleep, and to be independent with dressing and toileting.

## **Immunisation review**

Before your child starts primary school they should have completed their primary course of immunisations and received their pre-school boosters at your GP practice. If you're not sure whether your child has had all their routine vaccinations, refer to your child's 'red book' or ask your GP or practice nurse.

The school based seasonal flu vaccination will be offered at school for children in reception between October and December. The vaccination is painless and is given by a nasal spray. Your child will receive a consent form from school with further information prior to the school nurse visit.

For information review the [full immunisation schedule for children under 5](#)

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## Managing medicines in school

If your child needs medication to be available in school, for use in an emergency it is important to inform your child's school of this, and follow their procedures for administering medicines. If your child needs to take medication during the school day, you will need to discuss this directly with your child's school.

As part of this procedure, you may be asked to complete a consent form giving permission for school staff to administer medicines to your child.

All prescribed medication taken into school must have a pharmacy label with the name of your child, the name of the medication, with the dose and times required. Any other medication is in accordance with school policy.

It is the parent's responsibility to ensure any medication given to school is in date. It should be replaced before it expires, and all out of date medication should be disposed of by parents.

## Support for children with special educational needs and disabilities (SEND)

School nurses may contribute to the support of pupils with special educational needs and disabilities in school, or liaise with specialist services who are involved with the child and family. For more information visit [Oxfordshire County Councils website](#) and search 'local offer SEND'.

## **Support for children with specific medical needs**

The school health nurse team offer school staff training in the management of asthma, severe allergies or epilepsy which may require emergency medication. In addition to this they can support school staff in compiling specific care plans for children with complex medical needs in school.

## **Health needs assessment**

The school health nurse team will offer an annual health assessment to a range of pupils including those who are , subject to child protection or child in need planning and children we care for.

## **National childhood measurement programme (NCMP)**

All pupils in reception and year 6 will be invited to have their height and weight measured in school during the academic year. Support is available for pupils outside the healthy weight range who may like to make lifestyle changes.

## **School attendance**

Absence from school is sometimes unavoidable, but frequent absences for minor illnesses may contribute to pupils getting behind with their work, finding friendships difficult to maintain and losing confidence in the classroom.

When deciding whether your child is too ill to attend school, consider:

- Is your child well enough to manage school activities?
- Does your child have a condition that could be passed on to other children or school staff?
- Encourage your child to get back to school as soon as they are well.
- For more information visit
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<http://bit.ly/ParentsGuideSickness>

## **Health education and health promotion activities**

The school nurse team may be invited to school to provide health promotion lessons and activities for pupils to compliment teaching done by school staff and in the home environment.

There is also a termly health newsletter for parents on a range of common childhood health concerns. This is sent to parents electronically by school as part of their information sharing process.

## School nurse website and Facebook page

The school nurses have a [website page](http://www.oxfordhealth.nhs.uk/school-health-nurses/) (www.oxfordhealth.nhs.uk/school-health-nurses/) where you can find more information about services, get copies of forms and newsletters, and links to useful resources.

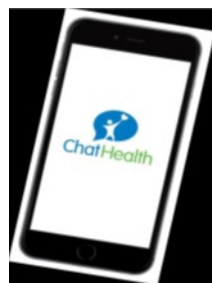
There is also a [Facebook page](#) @oxschoolnurses - you are welcome to visit and share with your friends. This shares a range of school nurse activities, health promotion events, videos, and links to sites which may be of interest to you.

ParentLine Text 07312 263227



*We are*

*pleased to announce that our new text messaging service for parents/carers of children aged 5-11yrs attending Oxfordshire Primary Schools is now open. Text school health nurses for advice on diet & healthy lifestyles, toileting, sleep, bullying, support with behaviours, or any general or emotional health worry, and receive a prompt response, usually within one working day. <https://chathealth.nhs.uk/start-a-chat/h/OxfordSchoolHealthNurses>*



## **Contact details**

### **Local school nurse office**

<b>Abingdon:</b>	01865 904890
<b>Banbury/Chipping Norton</b>	01865 904234
<b>Bicester:/Kidlington</b>	01869 604095
<b>Didcot:</b>	01235 515503
<b>Oxford (City area, Thame &amp; Wheatley):</b>	01865 904225
<b>Wallingford (Sonning Common, Langtree &amp; Henley):</b>	01865 904845
<b>Wantage/Faringdon:</b>	01865 901586
<b>Witney/Carterton/Burford</b>	01865 901295





We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the patient advice and liaison

Please contact us if you would like the information in another language or different format.

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتتسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali** পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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