For further information

Please visit our website for more information on the School Nursing Service

www.hct.nhs.uk/our-services/school-nursing

Comments or complaints

Hertfordshire Community NHS Trust offer high quality services and aim to be as helpful as possible. If however you are dissatisfied by our service then we would like to know so that we can make improvements.

Please contact:

Patient Advice and Liaison Service (PALS)
Tel: **0800 011 6113**
10am to 2pm, Monday to Friday
Messages can be left outside these hours.
Email: **pals.hchs@nhs.net**

School Nurse contact details:

Watford
Tel: **01923 470650**
Email: **HCNT.DACWAT@nhs.net**

For more information please visit:

Health for Kids! **https://www.healthforkids.co.uk/**

Hertfordshire Community NHS Trust
Unit 1a Howard Court
14 Tewin Road
Welwyn Garden City
Hertfordshire
AL7 1BW

Telephone: 01707 388000
Fax: 01707 321840
Email: communications@hct.nhs.uk
Web: www.hct.nhs.uk

Proud to care for you

If you would like a copy of this document in LARGE PRINT, Braille or audio tape, or would like this information explained in your own language, please contact 01707 388148

Produced by the School Nursing Service. Date: July 2016. Review date: July 2019.

Hertfordshire Community NHS
NHS Trust

Hertfordshire School Nursing Service

The Healthy Child Programme



Hertfordshire School Nursing Service
Promoting a healthy lifestyle for school children

The School Nursing Service in Hertfordshire promotes a healthy lifestyle for school aged children between the ages of 5-19.

The School Health Team can advise or signpost on a range of health issues that can affect a child or young person. These may include:

- Assessment and advice for emotional and mental health issues including:
  - Self esteem
  - Anxiety
  - Depression
  - Behaviour
  - Stress
  - Self harm
- Sexual Health
- Healthy eating and weight management
- Soiling and constipation
- Childhood flu immunisation
- Support for young carers
- Health conditions requiring medication in school

School nurses support families at times when extra help is needed, such as help with parenting, emotional difficulties and coping with long term health conditions.

Please contact your local school health department (details on reverse) should you wish to discuss any health concerns of your child or complete a referral form available on our website: www.hct.nhs.uk/our-services/school-nursing/

It is important that all children are fully immunised prior to starting school including having their pre-school booster and second MMR. Please contact your GP if your child has not received these immunisations or you have any concerns regarding this.

Hertfordshire Community NHS Trust is committed to protecting your privacy and will process the information you provide in a manner that is compliant with the data protection act. Health information about your child will only be shared with your consent.

Information will not be shared with any other outside agency unless it is necessary for the protection of a child or vulnerable adult.

School entrance screening

All reception children are seen by a member of the school nurse team. Their height and weight will be measured, and their distance vision and hearing will be checked. Parents and carers are informed of the results. Any results which may have an effect on your child's education (hearing or vision) will be shared with their class teacher.

If you do not wish your child to be seen please contact us within two weeks of receiving this leaflet.