

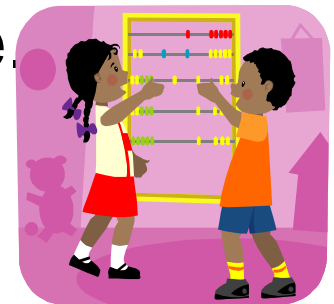
# Halton

## 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



# Examples of care we deliver

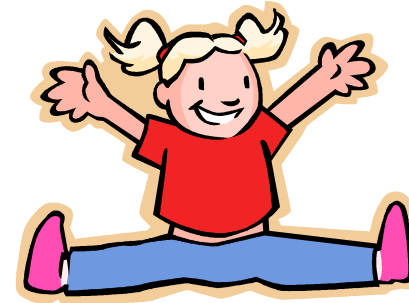
- Immunisations
- Health and Development assessments
- Individual health advice and care plans
- Hearing screen – **you need to opt in**
- Health Education
- Advice and support
- Heights and Weight (NCMP Programme) **opt out**

# 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!**



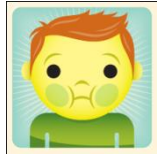
We would like to take this opportunity to remind you that if your child/children do not get two doses of MMR vaccine they are at risk of developing measles

# 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.

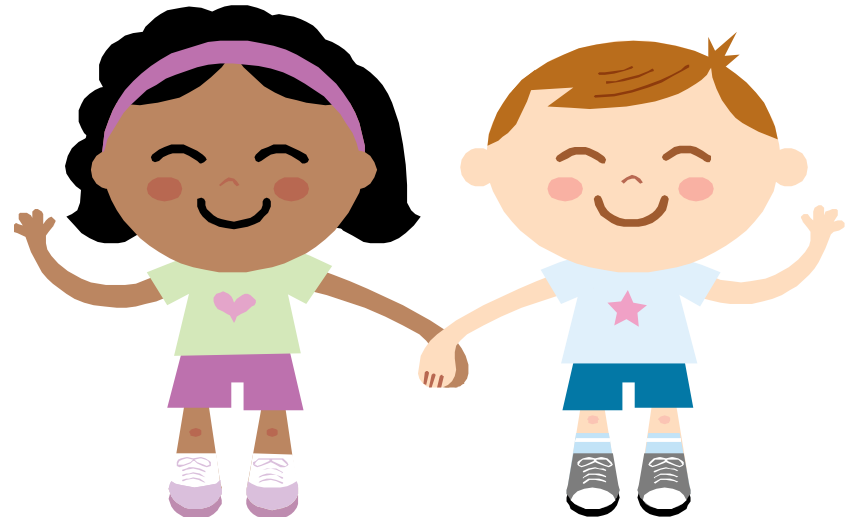
### Example

- 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](http://www.bridgewater.nhs.uk/schoolnursing)

Or follow us on Facebook

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

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