

For primary
school aged
children

Your school nurse team and you

Information for parents/carers,
teachers and children about the
school nursing service

www.glos-care.nhs.uk



School Nursing 5-19 years in Gloucestershire

Supporting our children, young people and families for a healthier future

The role of the school nurse

Our team of school nurses provide a public health nursing service for school-aged children and young people. We work in teams providing support for children and their families in primary schools and local communities.

Our school nurses are registered nurses or midwives and come from a wide range of backgrounds and experience in different areas of nursing. School nurses have a broad range of knowledge, skills and experience in order to help support your child or young person.

Some school nurses have additional specialist training in public health. This means we are skilled to help you and your family lead as healthy a life as possible, both physically and mentally.

We use the model of care provided by the Healthy Child Programme (Department of Health 2009) and our framework is from the Vision and Call to Action for School Nursing (Department of Health 2012).

School nurse assistants

School nurse assistants are an important part of the school nursing team. They carry out much of the routine work with younger children in schools. Your child is likely to meet a school nurse assistant when they first go to primary school, because the school nurse assistant will weigh and measure them, and check their hearing and eyesight.





Who the service is for

Our school nursing service is for all children and young people of school age and their families, who live or go to school in Gloucestershire. This includes children in other settings such as pupil referral services, special schools and colleges of further education, as well as those who are home or hospital educated, and those not currently attending school.

Primary schools

Many primary schools offer a parent drop-in service where parents can come and see the school nurse with any concerns they have about their child.

We accept requests for school nursing support from primary schools when they have concerns about a pupil – though we do ask them to discuss the need for this with you first.

Information sharing

Health professionals will, on occasions, share information with other agencies. It is a key part of the Every Child Matters programme to improve outcomes for children. It is linked to the Healthy Child Programme, which places a strong emphasis on early intervention and prevention.



National Child Measurement Programme (NCMP)

The aim of the NCMP is to enable the public health team to develop a better understanding of children's weight and offer early intervention if a concern is identified.

If you have a child in reception (aged 4-5 years) or year 6 (aged 10-11 years) you will receive more information from Gloucestershire Care Services NHS Trust before your child is measured. This will include information on obtaining your child's results and how you can opt out of the programme.

On the day, trained staff from the local school nurse team will weigh and measure your child in their clothes (except for shoes) at school. They will take care to ensure that the measurements are taken sensitively away from other children. Your child's results will not be shared with your child or any teachers.

Why is it important that my child is measured?

If requested your child's measurements will be shared with you, so that you will know if your child is in a healthy weight range. If there is an issue, our school nursing team will be able to offer confidential support and advice: we will always make sure that these discussions are handled sensitively.

Your child does not have to take part in the measurement programme, but every child measured is contributing to the national picture about how children are growing. The information collected helps Gloucestershire Care Services NHS Trust to plan and provide better health services for the children in your area.



Emotional health and wellbeing

Homework, tests, fall outs with friends and bullying can all make your child feel stressed and anxious. Anxiety and stress are all normal healthy reactions to everyday life and happen to everyone at times.

Where it becomes a problem is when anxiety and worry interferes with your child's everyday life. Children who experience worry may be irritable, not sleep well, lose interest in their food and appear depressed or negative. Headaches and stomach aches can also be stress-related.

If you are concerned about your child's emotional health and wellbeing, make sure you talk to your child's teacher so they can help support your child in school, or contact your school nurse for further advice.

For more information about emotional health and wellbeing, visit the following websites:



Young Minds
www.youngminds.org.uk



Beat Bullying
www.beatbullying.org



Childline
www.childline.org.uk



Hearing and eyesight screening

It is very important for a child's hearing and eyesight to be checked when they are young so that any problems can be picked up and treated early on. This will be done during the reception year.

On the day, trained staff from your local school nurse team will check your child's hearing and eyesight at school. Sometimes children need to be checked twice, which the school nurse team will do if required. If necessary, we will refer your child to a specialist for further tests and we will inform you.

How to opt out of the programme

If you are happy for your child to be weighed and measured and their hearing and eyesight checked, then you do not need to do anything.

If you DO NOT wish to have one or more of these checks done please contact: **0300 421 8225**

For further information, visit:



The National Child Measurement Programme

www.nhs.uk/Livewell



Healthy tips

You can help support your child to be a healthy weight by following the tips below:

Children should have the opportunity to be very active for at least 1 hour every day – playing outside is one way of helping to add to your child's activity minutes

You may find it useful to set a limit on how long your child sits in front of the TV, computer or video game each day

Making very small changes can help families to become healthier. Try swapping fizzy drinks for water or swapping a chocolate bar for a piece of fruit

Eating at regular times is really important as well as matching portion sizes to your child's age, try to eat together whenever you can

Try to ensure your child has breakfast every morning, this will provide them with energy to help them start their day well

For more information about health lifestyles, visit



Change4Life

www.nhs.uk/Change4Life



Asthma and allergies

It is important to have regular asthma checks at your GP. If your child's asthma or allergies worsen, please let your GP and your child's school know.

Your school needs to know if your child has an allergy or asthma. This is so that the school knows how to care for them. Please make sure your child's inhaler(s) or allergy medication is in school and that the school is informed of any change in your child's asthma.

If you have any concerns, please contact the school nursing service on 0300 421 8225.

For more information about allergies or asthma please visit:



www.nhs.uk



www.asthma.org.uk



www.allergyuk.org



www.anaphylaxis.org.uk



Immunisations

At what age to immunise	Diseases protected against	Vaccine given
Two months old	Diphtheria, tetanus, pertussis (whooping cough), polio and Haemophilus influenzae type b (Hib), Pneumococcal disease, Rotavirus	5-in-1 (DTaP/IPV/Hib) vaccine, Pneumococcal (PCV) vaccine, Rotavirus vaccine (from July 1 2013)
Three months old	Diphtheria, tetanus, pertussis, polio and Hib Meningococcal disease, group C Rotavirus	5-in-1 (DTaP/IPV/Hib) vaccine, Meningitis C vaccine Rotavirus vaccine
Four months old	Diphtheria, tetanus, pertussis, polio and Hib Pneumococcal disease Meningococcal disease, group C	5-in-1 (DTaP/IPV/Hib) vaccine PCV vaccine Meningitis C vaccine
Between 12 and 13 months old	Hib Meningococcal disease, group C Measles, mumps and rubella Pneumococcal disease	Hib/Men C booster MMR vaccine Pneumococcal (PCV) vaccine
3 years and four months or soon after	Diphtheria, tetanus, pertussis and polio Measles, mumps and rubella	4-in-1 (DTaP/IPV) vaccine MMR vaccine

Before starting school it is recommended that all children receive the immunisations shown in the table above.

If you are unsure what immunisations your child has had, then please contact your GP who can arrange for your child to receive any outstanding immunisations



Guidance on infection control in schools and other childcare settings

Rashes and skin infections

	Recommended period to be kept away from school, nursery or childminders
Chickenpox	Five days from the onset of rash
German measles (rubella)*	Six days from onset of rash
Hand, foot and mouth	None
Impetigo	Until lesions are crusted and healed, or 48 hours after commencing antibiotic treatment
Measles*	Four days from onset of rash
Molluscum contagiosum	None
Ringworm	Exclusion not usually required
Roseola (infantum)	None
Scabies	Child can return after first treatment
Scarlet fever*	Child can return 24 hours after commencing appropriate antibiotic treatment
Slapped cheek/fifth disease. Parvovirus B19	None
Shingles	Exclude only if rash is weeping and cannot be covered
Warts and verrucae	None

Diarrhoea and vomiting illness

	Recommended period to be kept away from school, nursery or childminders
Diarrhoea and/or vomiting	48 hours from last episode of diarrhoea or vomiting



Other infections

	Recommended period to be kept away from school, nursery or childminders
Conjunctivitis	None
Diphtheria*	Exclusion is essential. Always consult with your local HPU
Glandular fever	None
Head lice	None
Hepatitis A*	Exclude until seven days after onset of jaundice (or seven days after symptom onset if no jaundice)
Hepatitis B*, C*, HIV/AIDS	None
Meningococcal meningitis*/septicaemia*	Until recovered
Meningitis* due to other bacteria	Until recovered
Meningitis viral*	None
MRSA	None
Mumps*	Exclude child for five days after onset of swelling
Threadworms	None
Tonsillitis	None

Respiratory infections

	Recommended period to be kept away from school, nursery or childminders
'Flu (influenza)	Until recovered
Tuberculosis*	Always consult your local HPU
Whooping cough* (pertussis)	Five days from commencing antibiotic treatment, or 21 days from onset of illness if no antibiotic treatment

* Denotes a notifiable disease. It is a statutory requirement that doctors report a notifiable disease.



Useful websites and contacts



Online guide to services, organizations & activities
www.glosfamiliesdirectory.org.uk



Mental health services for children and young people
www.2gether.nhs.uk



Help and support for parents and carers
www.familylives.org.uk



Support for families with a child with a disability
www.cafamily.org.uk



Relationship support and advice
www.oneplusone.org.uk



Continence and bedwetting support and help
www.eric.org.uk



For more information about **Gloucestershire's school nursing service**, visit www.glos-care.nhs.uk

To find out the number of your local school nursing team, please telephone: **0300 421 8225**

