

0-19 Admin Hub
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Live Chat: <https://www.nhft.nhs.uk/0-19>
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School Year 2020/2021 Starting School

Dear Parent/Carer,

You may remember that your child had a series of health and growth assessments by the Health Visiting team during the first 3 years of their life. Health Visitors and School Nurses work together to provide Public Health services to your family from 0-19 years of age.

The School Nursing Service offers a wide range of family health services. Due to the Covid-19 restrictions, we are currently offering virtual clinics covering the following:

- Sleep
- Toileting and continence
- Emotional and behavioural regulation
- Nutrition and healthy weight management

If you have got any concerns regarding any of these areas, please contact us via the 0-19 Admin Hub on 0800 170 7055 option 4.

During the spring term, you will receive a Health Questionnaire from your school. To help you think about your child's health needs, we have included some key child development questions below. Please contact us on the number above if you require any support regarding any of the following points.

- Is speech clear / can others understand them?
- Do they follow simple instructions?
- Are they able to make friends with other children?
- Will they leave you confidently and settle quickly?
- Can they concentrate on activities?
- Do they ask questions and want to learn new things?
- Can they use the toilet and wash their hands?
- Can they use a fork and spoon and drink from a cup independently?

During this academic year, your child's class will take part in the National Child Measurement Programme (NCMP) unless you choose to opt out. The NHS needs to have a good understanding of how children are growing across the country, so that the best possible health services can be provided for them. The information returned to the National Child Measurement Programme does not include the child's name, date of birth or address; it is simply their height and weight. You will receive a separate letter during your child's reception year regarding this.

Dental Health:

If your child is not registered with a dentist, please look at the NHS Choices Website <http://www.nhs.uk/Service-Search> for local practices that are taking on new patients. Dental care is free for children, and has a significant impact on general health. The following website has helpful information on children's dental care <https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>

Hearing and Vision:

All children are entitled to an NHS funded vision assessment with a local Optician. It is recommended that children have regular eye tests at least once every 2 years. Reduced vision can have an impact on a child's learning and development. A sight test with an Optician is important because many abnormalities are treatable if discovered early but, if left untreated, can lead to vision loss and blindness. For more information visit www.nhs.uk/childrens-eyes or www.nhs.uk/service-search/Opticians/LocationSearch/9

If you have concerns about your child's hearing please talk to your child's teacher so they can move them to the front of the class to better support their learning. You can contact the School Nursing team who can discuss your concerns and advise the best course of action. You may also seek advice from your GP. The sooner any hearing problem is found, the sooner you and your child will be able to get any treatment and support needed.

Signs of a possible hearing problem can include:

- Inattentiveness or poor concentration
- Not responding when their name is called
- Talking loudly and listening to the television at a high volume
- Difficulty pinpointing where a sound is coming from
- Mispronouncing words
- A change in their progress at school

Immunisations:

Is your child fully up to date with their immunisations? This is an ideal time to get your child up to date if they have missed any of their routine immunisations. If you are not sure, or to book an appointment for any missing immunisations please contact your GP surgery. If you would like to discuss any concerns or questions you have in relation to immunisations you can speak to a member of the school nurse team.

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DIFFERENCE
FOR YOU,
WITH YOU**

Medical Conditions in School:

If your child has a medical condition which may require the school to provide medicine, intervention or support; they would benefit from having a health care plan. Please talk to your child's school about their medical needs and if you or school require support to create this care plan, you can contact us via the 0-19 Admin Hub.

Thank You.

Yours faithfully

Louisa Russell
Head of Universal Children's Service