



Your child's school nurse

An introduction for parents,
guardians and carers





What is this leaflet for?

This leaflet explains about the school nurse service. Every school in Grampian has a named school nurse. This school nurse takes a special interest in the health and wellbeing of every child attending the school. Working with education staff and supported by the lead nurse for school nursing, the school nurse deals with the health needs of the school community.

Why do we have a school nurse?

The school nurse aims to promote health, by encouraging children and young people to make healthy lifestyle choices.

Throughout your child's time at school, your child will go through transitional periods – when they move from nursery school to primary school, when they move from primary to secondary school and when they leave school. At these important times, your child's school nurse will make sure your child's health needs are met.

State secondary schools have a confidential 'Open Door Policy', where the school nurse is available to offer advice and support.

What care does the school nurse provide?

Primary 1 health interview

When your child starts in Primary 1, you will be asked to come along to a health interview with your child. This is so that your school nurse can get to know you and your child better. Having an interview helps to make sure that certain medical problems or other support needs are quickly identified and appropriate medical referrals made as necessary.

Other services provided:

- Vision screening and colour vision test in Secondary 2
- Referral to community paediatrician
- Referral to other health professionals
- Advice and support for children, young people, parents, guardians and carers
- Child protection
- Support for children with additional and complex needs
- Health advice to children, parents and teaching staff
- Help and support with urinary problems (such as bed wetting and daytime wetting)
- Immunisations.

- **Health education for individuals and groups.**
Subjects covered include:
 - Sexual health education (appropriate for your child's age)
 - Support with parenting
 - Education about alcohol
 - Nutrition and exercise
 - Dental health
 - Mental health and wellbeing
 - Advice and information on common medical conditions
 - Smoking / drug education
 - Relationships
 - Self-esteem
 - Bullying and emotional support.

Please note that services are constantly reviewed and may change during your child's time at school.



Who else does the school nurse work with?

If there are any concerns about your child's wellbeing, the school nurse can contact on your behalf:

- Community paediatrician
- Family doctor (GP)
- Health visitor
- Children's and Young People's Mental Health Services
- Social worker
- Hearing clinic
- Optician
- Speech and language therapist
- And other professionals as required.

The school nurse will always let you know the results of any health screening your child has undergone.

What about confidentiality?

All healthcare professionals have a legal, ethical and contractual duty to protect your privacy and confidentiality. We comply fully with the provisions and obligations of the Data Protection Act 1998 in storing and processing your information.

How can I contact the school nurse?

If you need any advice or support, or are worried about your child's physical or emotional wellbeing, you can contact your child's named school nurse.

Your child's named school nurse is:



Feedback from the public helped us to develop this leaflet. If you have any comments or suggestions about how we can improve this leaflet, please let us know.

This publication is also available in large print and on computer disk. Other formats and languages can be supplied on request.

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