



An introduction to the **School Nursing Service**

Information for parents, guardians and carers



What is this leaflet for?

This leaflet explains about the School Nursing Service. Every school in Grampian has an allocated school nurse. This school nurse is specially trained in the health and wellbeing of every child attending the school. When your child starts school the Health Visitor hands over their care to the School Nursing Service until your child reaches 19 year of age. Throughout your child's time at school, your child will go through transition periods – when they move from nursery school to primary school, primary to secondary school and when they leave school. At these important times, your child's school nurse will work in partnership with you and your child to identify and support meeting their health and wellbeing needs.

The School Nursing Service

Our aim is to empower and inform children in making healthy lifestyle choices to reach their full potential as individuals.

United Nations Convention on the Rights of the Child (UNCRC), Consent, Confidentiality and Data Protection Act 2018:

The school nurse service is a "Universal Service" underpinned by the United Nations Convention on the Rights of the Child (UNCRC). The UNCRC defines the child as a person under 18 years of age. It acknowledges the primary role of parents and the family in the care and protection of children, as well as the obligation of the State to help them carry out these duties. More information can be found at: <https://www.gov.scot/resource/doc/217822/0058326.pdf> Alongside the UNCRC, consent is fundamental to the provision of school health care services to children, young people and their families.

Consent

Consent is sought from parents/ carers / children prior to delivery of the Core Programme. **If you do not wish your child to participate in the core programme for health you have the option not to consent - please put this in writing to the school nurse.**

In addition the School Nursing Service is confidential where the school nurse is available to offer advice and support to children, young people and their families. All healthcare professionals have a legal, ethical and contractual duty to protect you and children and young people's privacy and confidentiality. If however, the School Nurse is concerned about your child's safety or feels that someone else is in danger, we will have to tell somebody else. Wherever possible we will discuss this with you first.

NHS Grampian complies fully with the provisions and obligations of the Data Protection Act 2018. To find out further how NHS Grampian processes your personal information please visit the NHS Grampian website (www.nhsgrampian.org) and search for Data Protection.

Core programme

Primary School

When your child starts in Primary 1 a pack containing this booklet, a health questionnaire and consent form will be issued via the school. If you do not wish your child to participate in the core programme for health you have the option not to consent.

Pupils will be offered to be screened for height and weight and their Body Mass Index (BMI) will be calculated. Details of all screening results will be sent home to you in a letter with an offer of support should you require it. A small number of parents may be asked to attend a health interview with their child. Having an interview helps to make sure that certain identified medical problems or other support needs are dealt with appropriately and medical referrals made as necessary.

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

Secondary School

S1 Secondary school health review appointments are offered by the school nurse as part of the 'Core' health programme at this transition point.



Other services provided:

- Height and weight screenings in primary school
- Referral to community paediatrician
- Referral to other health professionals
- Advice and support for children, young people, parents, guardians and carers
- Support for children with additional and complex needs
- Health and wellbeing advice to children, parents and teaching staff
- Immunisations
- Child protection.

Health education for individuals, and groups delivered by the school health team.

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?

- Community Staff Nurse - school age children
- School health support worker
- Community paediatrician
- Family doctor (GP)
- Health visitor
- Children's and Young People's Mental Health Services
- Social worker
- Hearing clinic
- Optician/orthoptist
- Speech and language therapist
- Community dietician
- And other professionals as required.

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 school nurse.

Your child's allocated school nurse can be contacted via your child's school.





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 other formats and languages on request. Please call Equality & Diversity on 01224 551116 or 01224 552245 or email grampian@nhs.net

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