

## School Nurse Information

The Healthy Together 5 – 19 school nursing teams are working in clusters. The teams consist of public health nurses, healthy child programme nurses, nurse associates and healthy child programme practitioners, and they cover the following areas: Charnwood, Melton, and Rutland. This will mean different members of the team will be seeing students within the school. Once a child is assigned to a team member, every effort is made to ensure that the child will see the same member of the team for consistency of their contacts with the school nursing service.

School nurses work to improve health inequalities and address public health concerns to support children, young people, and their families to make an informed choice to improve their health and wellbeing. The school nursing teams offer support and a confidential service to children and young people with emotional health and wellbeing concerns, behaviour, continence, and growth concerns. Parents are also offered parent information sessions which cover the following topics:

- Healthy bladder, healthy bowel (Continence),
- Promoting positive behaviour
- Understanding and managing your child's anxiety

These sessions provide the parents with knowledge and strategies to help them support their child. Additionally, the school nursing service offer digital health and wellbeing questionnaires for years 7, 9 and 11 to enable young people to identify concerns regarding their emotional and physical health. School nursing teams offer 1-1 support to children and young people to improve their health and wellbeing and offer supportive websites and a chat health texting service for young people and parents to contact if needing support and advice regarding a public health concern. Referrals to the school nursing service can be made via school, parents texting chat health, GPs, and other professionals. Further information is provided below

Parent chat health texting service – 07520615382

Chat health texting service – 07520615387

Health for Kids website link - <https://www.healthforkids.co.uk>

Health for Teens website link - <https://www.healthforteens.co.uk>

Cluster 1 school nursing phone number – 0116 215 6290

If you have any further questions please contact us on the Cluster 1 School Nurse telephone number above, we will be happy to help you.

