



Primary school health nurses

**Starting School: information for
parents & carers of children in
reception**

Introduction to the school health nurse team

Your local school health nurse service work with children between the ages of 5-19 in state schools across Oxfordshire. We have a team of nurses overseeing care for children in primary schools, and a nurse based in all secondary schools and further education colleges. We provide advice on health related issues, offer health reviews, support for families with complex needs, and much more. Safeguarding children and young people is at the heart of what we do, and we work with parents and carers as well as with partner agencies such as social health care services.

School health review: reception class

When children start primary school, it is a good time to review their health needs. It is important that school staff are aware of any medical conditions your child may have, this includes conditions that may be under control and managed purely at home. The primary school health nurse team would like to offer your child a health review to discuss your child's specific health needs. If you have concerns regarding your child's health and would like to speak to a member of the primary school health nurse team to discuss or plan the care of your child in school, please contact us. Contact details are available in this leaflet or from your child's school.

School readiness

Your health visitor can give you support to ensure your child achieves their early learning goals and are the health professional responsible for your child until they are five years old. School health nurses work closely with health visitors and continue to support children who have difficulties achieving these goals e.g. enuresis (bed wetting) support.

You can help your child prepare for school by encouraging them to eat a varied diet, get a good night's sleep, and to be independent with dressing and toileting.

The Family Lives website has some excellent advice and tips for parents.

[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#)

Immunisation review

Before your child starts primary school they should have completed their primary course of immunisations and received their pre-school boosters at your GP practice. If you're not sure whether your child has had all their routine vaccinations, refer to your child's 'red book' or ask your GP or practice nurse.

The school based seasonal flu vaccination will be offered at school for children in reception between October and January. The vaccination is painless and is given by a nasal spray. The School Age Immunisation Service (SAIS) will be liaising with school and sending electronic consent forms and further information.

If you have any immunisation queries please e mail; immunisationteam@oxfordhealth.nhs.uk or telephone 07920254400

For information review the [full immunisation schedule for children under 5](#)

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Managing medicines in school

If your child needs medication to be available in school, for use in an emergency it is important to inform your child's school of this, and follow their procedures for administering medicines. If your child needs to take medication during the school day, you will need to discuss this directly with your child's school.

As part of this procedure, you may be asked to complete a consent form giving permission for school staff to administer medicines to your child.

All prescribed medication taken into school must have a pharmacy label with the name of your child, the name of the medication, with the dose and times required. Any other medication is in accordance with school policy.

It is the parent's responsibility to ensure any medication given to school is in date. It should be replaced before it expires, and all out of date medication should be disposed of by parents.

Support for children with special educational needs and disabilities (SEND)

School nurses may contribute to the support of pupils with special educational needs and disabilities in school, or liaise with specialist services who are involved with the child and family. For more information visit [Oxfordshire County Councils website](#) and search 'local offer SEND'.

Support for children with specific medical needs

The school health nurse team offer school staff training in the management of asthma, severe allergies and epilepsy which may require emergency medication. In addition to this they can support school staff in compiling specific care plans for children with complex medical needs in school.

Health needs assessments

The school health nurse team will offer an annual health assessment to a range of pupils including those who are , subject to Child Protection Planning and under Local Authority Care. We request that any referral for your child to the school nursing team has your consent and you will be invited to any appointment we may have with them.

National childhood measurement programme (NCMP)

All pupils in reception and year 6 will be invited to have their height and weight measured in school during the academic year. This is usually carried out between January –May. It is important that you opt out of this programme by following the instructions on the letters if you do not want your child to participate.

Support is available for pupils above the healthy weight range who may like to make lifestyle changes. This is provided by a [Gloji Energy | Achieve Oxfordshire](#)

School attendance

Absence from school is sometimes unavoidable, but frequent absences for minor illnesses may contribute to pupils getting behind with their work, finding friendships difficult to maintain and losing confidence in the classroom. Please consider:-

Does your child have an infectious disease ?

Is your child well enough to manage school activities?

Encourage your child to get back to school as soon as they are well.

For more information visit

<http://bit.ly/ParentsGuideSickness>

Health education and health promotion activities

The school nurse team may be invited to school to provide health promotion lessons and activities for pupils to compliment teaching done by school staff and in the home environment.

The school nursing service also creates a termly health newsletter for parents on a range of common childhood health concerns and resources to promote a healthy lifestyle. This is sent to parents electronically by school as part of their information sharing process.

School nurse website and Facebook page

The school nurses have a [website page](http://www.oxfordhealth.nhs.uk/school-health-nurses/) (www.oxfordhealth.nhs.uk/school-health-nurses/) where you can find more information about the school nursing service and links to useful resources.

There is also a [Facebook page](https://www.facebook.com/oxschoolnurses) @oxschoolnurses - you are welcome to visit and share with your friends. This shares a range of school nurse activities, health promotion events, videos, and links to sites which may be of interest to you.

ParentLine Text 07312 263227



ParentLine 5-11 years

New School Health Nursing messaging service for parents and carers of children 5-11 years attending a state school in Oxfordshire

Text 07312 263227

to message a school health nurse

Our Chat Health ParentLine has a nurse responding 9-5 Monday to Friday (exc Bank holidays)

The image shows a smartphone screen with a text message interface. The header reads "Text School Health Nurses for advice on issues such as:". Below this are several message bubbles: "diet & healthy lifestyles", "toileting", "sleep", "bullying", "support with behaviours", and "general and emotional health". To the right of the phone, a group of diverse children's faces is shown smiling. At the bottom right of the phone screen, there is a QR code with the text "Or scan QR code here to start a chat".

We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm, Monday-Friday (excluding Bank Holidays). If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). We might inform other relevant professionals if we were concerned about your safety, but we would usually speak to you first. To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

Contact details for school nursing teams

Abingdon: 01865 904890
Abingdon.schoolnurses@oxfordhealth.nhs.uk

Banbury: 01865 904234
Banbury.schoolnurses@oxfordhealth.nhs.uk

Bicester: 01869 604095
Bicester.schoolnurses@oxfordhealth.nhs.uk

Didcot: 01235 515503
Didcot.schoolnurses@oxfordhealth.nhs.uk

Oxford (City area, Thame & Wheatley): 01865 904225
Oxford.schoolnurses@oxfordhealth.nhs.uk

Wallingford (Sonning Common, & Henley): 01865 904845
Wallingford.schoolnurses@oxfordhealth.nhs.uk

Wantage/Faringdon: 01865 901586
Wantage.schoolnurses@oxfordhealth.nhs.uk

Witney/Carterton/Chipping Norton 01865 90129
Witney.schoolnurses@oxfordhealth.nhs.uk

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the patient advice and liaison service on freephone: 0800 328 7971.

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتتسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে **Bengali** পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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