

School Health and Wellbeing Nursing Service



Information for young people
aged 11-19 years

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The School Health Nursing Team

Your School Health Nursing Team is made up of School Health Nurses, Community Staff Nurses, Child Health Nursery Nurses and Support Workers who are experienced in working with children and young people and providing young people-friendly services. There is a named nurse for all mainstream schools. This service is provided by the Tower Hamlets GP Care Group.



What School Nurses do

School nurses have two main roles:

- To give confidential advice, care and treatment to young people and parents or carers
- To look after and protect your physical and emotional health, and to make sure other people know what you need to be healthy. You can go and see your school nurse for lots of different reasons.

Some of these reasons might be: to receive information and leaflets, for example, on how to give up smoking.

How we can help

Healthy children have a better chance of learning. We work with children, young people and their families. It's really important to learn to look after your health and your school nurse can help you to do this. School nurses act as a link between school and other people, and can help make health services easier to reach. They can:

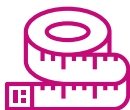
- Provide health information, both in groups and individually in school or a community venue to protect privacy.
- Through direct contact on 02045511414
- Identify health promotion/health improvement initiatives, together with your child's school
- Your School Health Nurse works with parents, school staff and other professionals to ensure children's health needs can be supported when they are

- in school. This enables all children to access education and achieve their full potential.
- We also liaise with and can make referrals to other professionals. We will discuss their involvement with you and make a referral, if appropriate, with your consent.

Other services that school nurses provide

Young people can go and talk to their school nurse about anything. There are lots of services that we provide. Here are a few that we think are really important.

1. To keep young people safe if their health is at risk.
2. To make sure young people with health problems are able to go to school, for example, if a young person is disabled or has problems with learning.
3. To make sure young people with health issues receive the right NHS care and specialist services.
4. To offer confidential 'drop-in' sessions for young people at secondary schools where you can receive support and advice on many topics such as on how to give up smoking. To talk about your health, such as weight and healthy eating or to de-stress and get emotional support if for example, if you have problems at home or with your friends. You can learn how to examine yourself, for example, for breast cancer or testicular cancer. The school nurse can refer you to somebody else who can help you, for example, a doctor.
5. To support teachers with PSHE lessons.
6. To provide awareness sessions and advice for education staff on specific health issues, for example, epilepsy, asthma and allergies.
7. To support young people if they have emotional problems, for example, bullying or family issues.
8. Provide Coffee Mornings for parents on a range of health subjects.



National Child Measurement Programme

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class and year 6. It is coordinated by the School Health Nursing Team.



Health Assessments

We send out Health Assessment questionnaire's for reception children and complete vision and hearing screening in school as well as a Health Assessment for year 6. These are both sent through electronically via the Parent Portal. Your child will receive this service unless you decide to opt out.

How to contact us

To refer to your school nurse please email us:

Thgpcg.schoolnurses@nhs.net

Telephone: 0204 551 1414, option 2.

Useful resources

Confidential 24-hour helpline - www.childline.org.uk

Confidential advice and emotional support - www.samaritans.org.uk

Health information for 11-14-year-olds - www.lifebytes.gov.uk

health information for 14-16-year-olds - www.mindbodysoul.gov.uk

Emotional support and information - www.kooth.com

Confidential advice and information on drugs - www.talktofrank.com

Health information and advice - www.need2know.co.uk/health

Information on staying healthy - www.kidshealth.org

Information on safe sex and sex education - www.ruthinking.co.uk

Information on health issues - www.teenagehealthfreak.org

Advice on problems that are difficult to talk about - www.embarrassingproblems.com

NSPCC confidential help line - <https://www.nspcc.org.uk>

