

Dear Parent,

We would like to introduce ourselves as your School Nursing Service. We work in mixed teams of School Nurses, Registered Nurses, Healthcare Assistants and Administrative Staff across education and health with the aim of improving the health and wellbeing of children and young people. Poor health is known to impact greatly on a child's education and future outcomes.

To support you and your child we are running termly clinics within your child's school. The date can be obtained from the school's main office. The school can also refer you and your child to our service following discussion of their concerns with you. When you speak with the School Nurse or Registered Nurse, any discussions or assessments will remain confidential (will not be shared with others or your child's school) unless it is felt that a referral or that information needs to be shared in the best interest of your child or family. If it is felt that information does need to be shared, this will be discussed with you at the clinic.

**Things you can discuss with a school health nurse at the clinic:**

- Non-urgent health concerns (not those you would usually see a GP for, such as coughs, colds or tummy aches)
- Healthy lifestyles
- Body changes and puberty
- Immunisations
- Support with mental and emotional health and wellbeing
- Stress at home or at school, including bullying
- Poor sleeping patterns
- Behavioural problems
- Parenting support
- Where relevant, information about other NHS or outside services to support your child or your family

**Other services and support (which you will need to contact us for) includes:**

- Hearing and vision testing
- Weighing and measuring in reception and year 6, as part of the National Child Measurement Programme
- Referrals to other health professionals and services
- Support for education staff when a child has a health condition
- Nocturnal Enuresis (bedwetting) and support with continence

We can be contacted by telephone on 01908 725100 option 2, or by email at [school.nursing.admin.stantonbury@nhs.net](mailto:school.nursing.admin.stantonbury@nhs.net) and are based at the Stantonbury Health Centre, Purbeck MK14 6BL.

We look forward to meeting you



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Milton Keynes, School Nursing Service

Other Websites and Resources:

[www.nhs.uk](http://www.nhs.uk) - Information from National Health Service on conditions, treatments, local services and healthy living

[www.childbereavementuk.org/](http://www.childbereavementuk.org/) - where a young person has lost someone

[www.dh.gov.uk](http://www.dh.gov.uk) - Official site with collection of publications and policy statements about the National Health Service - Advice and groups for children and families for healthy living and BMI calculator

[www.youngminds.org.uk](http://www.youngminds.org.uk) - Children and Young People's emotional well-being and mental health

<http://camhs.cnwl.nhs.uk/children/> - Where children can talk about problems they are having

[www.nhs.uk/change4life](http://www.nhs.uk/change4life) - Change4life has healthy eating tips and recipes, and fun ways to exercise

[www.familylives.org.uk](http://www.familylives.org.uk) - Parenting and family support (formerly Parentline Plus)

[www.milton-keynes.gov.uk/strengtheningfamilies](http://www.milton-keynes.gov.uk/strengtheningfamilies) - Support for families to change poor behaviour

[www.childgrowthfoundation.org](http://www.childgrowthfoundation.org) - UK's leading charity relating to children's growth

[www.nhs.choices](http://www.nhs.choices) – Information on health conditions

[www.eric.org.uk](http://www.eric.org.uk) – support with bedwetting and daytime wetting



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