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Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board

School Nursing Service

Ref/04/parent/09/19

Dear Parent / Guardian,

The School Nursing Service is aware that your child has recently started in reception class at this school and we would like to introduce ourselves to you.

The School Nursing Service aims to promote the health of the school-aged population and ensures help, advice and support is available to children, parents, guardians and carers.

When they enter reception class the care of your child is transferred from the Health Visitor to the School Nurse. All schools have access to a named School Nurse. The School Nurse aims to inform, educate and support children and young people to make healthy lifestyle choices to enable them to become healthy adults.

The School Nursing Service leaflet and welcome pack with your child's school nurse contact details is available for you on your child's school website and they are provided below.

A member of the School Nursing team will be attending your child's school during this academic year to carry out routine height, weight and vision screening for reception class children.

You will be contacted if any of the screening results identifies any concerns. If however you would like to know the screening results please contact the School Nurse.

If you do not wish your child to have their height, weight and vision screened by us you must inform the Head Teacher in writing immediately.

If this is the case, it is very important that you make arrangements for your child to have a vision test with a local Optometrist (Optician) this is a free service for children and it is advised that all children should receive **regular** eye checks with an Optometrist.

The Child Measurement Programme run by Public Health Wales would like to use the Height and Weight measurements to help give a picture of child growth in Wales. The information used by the Child Measurement Programme is completely anonymous. More information is available at www.publichealthwales.org/childmeasurement

If you do not wish the measurements to be used by the Child Measurement Programme you must inform the Head Teacher in writing immediately.

Yours Sincerely
School Nursing Service

Your named School Nurse and contact details are:

Named School Nurse	Contact Details
Janet Tancock	01792 200344

Swansea Bay University Health Board Headquarters

One Talbot Gateway, Baglan Energy Park, Port Talbot, SA12 7BR Phone 01639 683334 www.abm.university-trust.wales.nhs.uk



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Gwasanaeth Nyrsio Ysgolion

Cyf / 04 / rhiant / 09/19

Annwyl Riant / Gwarcheidwad,

Mae'r Gwasanaeth Nyrsio Ysgolion yn ymwybodol bod eich plentyn wedi dechrau yn nosbarth derbyn yn yr ysgol hon yn ddiweddar a hoffem gyflwyno ein hunain i chi.

Nod y Gwasanaeth Nyrsio Ysgolion yw hybu iechyd y boblogaeth oedran ysgol ac yn sicrhau bod cymorth, cyngor a chefnogaeth ar gael i blant, rhieni, gwarcheidwaid a gofalwyr.

Pan fyddant yn mynd i mewn i'r dosbarth derbyn, caiff gofal eich plentyn ei drosglwyddo o'r Ymwelydd Iechyd i'r Nyrs Ysgol. Mae gan bob ysgol fynediad i Nyrs Ysgol a enwir. Nod Nyrs yr Ysgol yw hysbysu, addysgu a chefnogi plant a phobl ifanc i wneud dewisiadau ffordd iach o fyw i'w galluogi i ddod yn oedolion iach.

Mae'r daflen a'r pecyn croeso Gwasanaeth Nyrsio Ysgolion yn cynnwys manylion cyswllt nyrsys ysgol eich plentyn – mae ar gael i chi ar wefan ysgol eich plentyn ac fe'u darperir isod.

Bydd aelod o'r tîm Nyrsio Ysgolion yn mynychu ysgol eich plentyn yn ystod y flwyddyn academaidd hon i gynnal sgrinio rheolaidd ar gyfer taldra, pwysau a golwg plant dosbarth derbyn.

Byddwn yn cysylltu â chi os bydd unrhyw un o'r canlyniadau sgrinio yn adnabod unrhyw bryderon. Fodd bynnag, os hoffech wybod y canlyniadau sgrinio, cysylltwch â'r Nyrs Ysgol.

Os nad ydych yn dymuno i'ch plentyn gael eu taldra, pwysau a'u golwg wedi eu sgrinio gennym, rhaid i chi roi gwybod i'r Pennaeth yn ysgrifenedig ar unwaith.

Os mai dyma'r achos, mae'n bwysig iawn eich bod yn gwneud trefniadau i'ch plentyn gael prawf golwg gydag Optometrydd (Optegydd) lleol, mae hwn yn wasanaeth am ddim i blant a chynghorir y dylai pob plentyn gael gwiriadau llygad **rheolaidd** gydag Optometrydd.

Hoffai'r Rhaglen Mesur Plant sy'n cael ei redeg gan Iechyd Cyhoeddus Cymru ddefnyddio'r mesuriadau Uchder a Phwysau i helpu i roi darlun o dwf plentyn yng Nghymru. Mae'r wybodaeth a ddefnyddir gan y Rhaglen Mesur Plant yn gwbl anghysbys. Mae rhagor o wybodaeth ar gael yn www.publichealthwales.org/childmeasurement

Os nad ydych yn dymuno i'r mesuriadau gael eu defnyddio gan y Rhaglen Mesur Plant, rhaid i chi roi gwybod i'r Pennaeth yn ysgrifenedig ar unwaith.

Yr eiddoch yn gywir
Y Gwasanaeth Nyrsio Ysgolion

Dyma eich Nyrs Ysgol a Enwir a'r manylion cyswllt perthnasol:

Nyrs Ysgol a Enwir
Janet Tancock

Manylion Cyswllt
01792 200344

Swansea Bay University Health Board Headquarters

One Talbot Gateway, Baglan Energy Park, Port Talbot, SA12 7BR Phone 01639 683334 www.abm.university-trust.wales.nhs.uk

School Entry Health Review

This information may be helpful now that your child is in full time school.

Does your child have a medical condition e.g. Asthma, Diabetes, Eczema, Epilepsy, or a severe allergy - that may require emergency injection?

Please ensure that your child's school is informed about your child's medical condition and of any medication or treatment your child requires during the school day. The school may suggest that an individual health care plan is in place in order to support your child.

Are you concerned about your child's vision, hearing, or speech?

- A distance vision screen will be undertaken in school by the School Nursing Service. *This is the only routine vision screen in school. It is recommended that all children should have free regular eye checks with their local optometrist (optician).*
- A hearing screen will be undertaken in school by the School Nursing Service or the Audiologist.
- Referrals for speech therapy are made by your child's school. *Please discuss with your child's teacher.*

Are you concerned about your child's growth e.g. short or tall stature, under or overweight?

Your child's growth will be measured by the School Nursing Service.

For information on helping children to stay fit and healthy visit www.everychildwales.co.uk

Are you concerned about your child's emotional health and wellbeing or behaviour?

For helpful hints and tips for parents on promoting positive behaviour visit: www.giveittime.gov.wales

Are you concerned about your child's learning?

Please discuss with your child's teacher. An individual development plan may be required.

Are you concerned about your child day/night time wetting or constipation?

For helpful information visit www.eric.org.uk

Is your child up to date with their immunisations?

Your personal child health record (red book) should include details and your School Nurse will also check your child's health record.

For more information about immunisations visit: nhs.uk/doiyourself/vaccinations/leaflets/

If your child needs any immunisations please contact your GP.

Is your child registered with a dentist?

It is recommended that children should see a dentist at least annually.

For dental health advice visit <http://www.designedtosmile.org/>

Does anyone in your child's home smoke?

Free friendly support to quit smoking is available from www.helpmequit.wales Tel: 0800 085 2219

For details of local services and organisations that can help visit: <https://www.dewis.wales/home>

The School Nurse may contact you to discuss your child's health as part of the health review. Please contact your School Nurse if you wish to discuss your child's health now or at any time in the future.

Arolwg Iechyd Adeg Mynediad i'r Ysgol

A'ch plentyn yn mynd i'r ysgol yn amser llawn, gallai'r manylion hyn fod yn ddefnyddiol.

Oes anhwylder meddygol ar eich plentyn e.e. Asthma, Diabetes, Ecsema, Epilepsi, neu alergedd dybryd – a allai olygu y bydd angen pigiad brys arno/arni?

Gwnewch yn siŵr fod yr ysgol yn cael ei hysbysu am gyflwr meddygol eich plentyn, ac am unrhyw foddion neu driniaeth sydd angen ar eich plentyn yn ystod y diwrnod ysgol. Gallai'r ysgol awgrymu bod cynllun gofal iechyd personol yn cael ei greu i gynorthwyo'ch plentyn.

Ydych chi'n pryderu am olwg, clyw neu leferydd eich plentyn?

- Bydd Gwasanaeth Nyrsio'r Ysgolion yn sgrinio golwg pellter y plant yn yr ysgol. *Dyma'r unig sgriniad a wneir yn yr ysgol fel mater o drefn. Argymhellir bod pob plentyn yn mynd yn rheolaidd at yr optometrydd (optegydd) lleol i gael gwiriad llygaid yn rhad ac am ddim.*
- Bydd Gwasanaeth Nyrsio'r Ysgolion neu'r Awdiolegydd yn sgrinio clyw'r plant yn yr ysgol.
- Mae ysgol eich plentyn yn arfer atgyfeirio plant i dderbyn therapi lleferydd. *Dylech chi drafod hyn gydag athrawes/athro'ch plentyn.*

Ydych chi'n pryderu am dwf y plentyn e.e. byrder neu daldra, pwysau isel neu uchel?

Bydd Gwasanaeth Nyrsio'r Ysgolion yn mesur twf eich plentyn.

I ddysgu am sut i helpu plant i aros yn iach ac yn heini, ewch at: www.everychildwales.co.uk

Ydych chi'n pryderu am iechyd a lles emosiyniol y plentyn neu am sut mae'n bihafio?

Mae awgrymiadau defnyddiol i rieni ynghylch hybu ymddygiad positif ar: www.giveittime.gov.wales

Ydych chi'n pryderu am gyflymder dysgu'ch plentyn chi?

Trafodwch hyn gydag athrawes/athro'r plentyn. Efallai y bydd angen cynllun datblygu personol.

Ydych chi'n pryderu bod y plentyn yn gwlychu yn y dydd/nos neu am rwymedd?

Gwelwch wybodaeth ddefnyddiol ar: www.eric.org.uk

Ydy'ch plentyn wedi derbyn yr holl frechiadau (pigiadau) y dylai eu cael?

Dylai cofnod iechyd personol y plentyn (llyfr coch) gynnwys y manylion hyn, a bydd Nyrs yr Ysgol yn gwirio cofnod iechyd y plentyn hefyd.

I ddysgu rhagor am frechiadau ewch at: nhs.uk/doiyouyourself/vaccinations/leaflets/

Os oes angen brechiadau ar eich plentyn, cysylltwch â'ch Meddyg Teulu.

Ydy'ch plentyn chi wedi cofrestru gyda deintydd?

Argymhellir y dylai plant weld deintydd o leiaf unwaith y flwyddyn.

I weld cyngor am iechyd deintyddol, ewch at: <http://www.designedtosmile.org/>

A oes rhywun yn arfer smygu yng nghartref y plentyn?

Mae cymorth cyfeillgar i roi'r gorau i smygu ar gael yn rhad ac am ddim ar: www.helpmequit.wales

Ffôn: 0800 085 2219

Mae manylion gwasanaethau a sefydliadau lleol a all eich helpu ar: <https://www.dewis.wales/home>

Gall Nyrs yr Ysgol gysylltu â chi i drafod iechyd y plentyn fel rhan o'r arolwg iechyd.

Cysylltwch â Nyrs yr Ysgol os carech chi drafod iechyd eich plentyn, nawr neu unrhywbryd yn y dyfodol.



Further advice/information is available from your
School Nurse who can be contacted:

9.00am – 5.00pm

Monday to Friday

To obtain your child's named school nurse contact
number please ring: 01639 862801



Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board

School Nursing

Service



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School Nursing Service Includes



To all parents, guardians and carers,

The School Nursing Service aims to promote the health of the school-aged population and ensures help, advice and support is available to children, parents, guardians and carers.

When children enter reception class the care of your child is transferred from the Health Visitor to the School Nurse.

All schools have access to a named School Nurse. The School Nurse aims to inform, educate and support children and young people to make healthy lifestyle choices to enable them to become healthy adults.

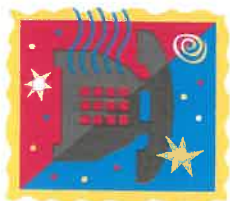
The School Nursing Service is delivered by a team of School Nurses and other health professionals.

- Health Questionnaires/Assessments on School Entry
- Height, Weight and Vision Screening (Reception)
- Fluenz vaccination (nasal spray) for all pupils
- Health Education/Promotion
- Sex and Relationship Education i.e. growing up, puberty and body changes (Year 5/6)
- Referrals to other agencies for example Optometrist, Dietician, Paediatrician
- Safeguarding

The School Nurse has a special role providing a link between school, home and the community and will respond to any concerns on an individual basis.

This is an important time in your child's life. The School Nursing Service is available throughout your child's time in school to discuss and address any concerns you may have.





Mae rhagor o gynngor/wybodaeth ar gael gan eich
Nyrs Ysgol a gallwch gysylltu â hi:

9.00am – 5.00pm

Dydd Llun – Dydd Gwener

Ffoniwch y rhif canlynol i gael rhif cyswilt nyrs ysgol
benodol eich plentyn: 01639 862801

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Cyhoeddwyd Gyntaf: Awst 2010
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Awdur: Gwasanaeth Nyrsio Ysgolion



Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board

Gwasanaeth Nyrsio
Ysgolion

Mae'r Gwasanaeth Nyrzio Ysgolion yn cynnwys



I bob rhiant, gwarcheidwad a gofalwr

Bwriad y Gwasanaeth Nyrzio Ysgolion yw hybu iechyd y boblogaeth oedran ysgol a sicrhau bod help, cyngor a chymorth ar gael i blant, rhieni, gwarcheidwaid a gofalwyr.

Pan fydd plant yn dechrau'r dosbarth derbyn mae gofal eich plentyn yn cael ei drosglwyddo o'r Ymwelydd Iechyd i Nyrz yr Ysgol.

Mae gan bob ysgol fynediad i Nyrz Benodol Ysgol. Mae Nyrz yr Ysgol yn bwriadu hysbysu, addysgu a helpu plant a phobl ifanc i wneud dewisiadau ffordd o fyw iach er mwyn iddynt dyfu'n oedolion iach.

Darperir y Gwasanaeth Nyrzio Ysgolion gan dim o Nyrzys Ysgol a gweithwyr iechyd proffesiynol eraill.

- Holiaduron/Asesiadau Iechyd wrth ddechrau yn yr Ysgol
- Profion Sgrinio Taldra, Pwysau a Golwg (Derbyn)
- Brechiad rhag y ffliw (chwistrelliad trwyn) ar gyfer pob disgybl

- Addysg Iechyd/Hybu Iechyd

- Addysg Rhyw a Chydberthynas h. y. tyfu i fyny, glasoed a newidiadau i'r corff (Blwyddyn 5/6)

- Atgyfeiriadau i asiantaethau eraill er enghraifft, Optometrydd, Deietegydd, Pediatregydd

- Diogelu

Mae gan Nyrz yr Ysgol rôl arbennig gan ddarparu cyswilt rhwng yr ysgol, y cartref a'r gymuned a bydd yn ymateb i unrhyw bryderon yn unigol.

Mae hwn yn gyfnod pwysig ym mywyd eich plentyn. Mae'r Gwasanaeth Nyrzio Ysgolion ar gael drwy gydol cyfnod eich plentyn yn yr ysgol i drafod a rhoi sylw i unrhyw bryderon sydd gennych.

