

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/doityourself/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.

EVERY CHILD

Information for parents about the...

Child Measurement Programme for Wales



We want to learn about how children in Wales are growing so that the NHS can better plan and deliver healthcare. We are working with School Nursing Teams across Wales to weigh and measure children in every reception class.

What will happen?

- If you are happy for your child to be included in the Child Measurement Programme, you don't need to do anything. The School Nursing Team will measure your child's class during the school year.
- To respect privacy, children will be measured in the quietest available area of the school.
- Your child will be asked to remove heavy clothes such as sweatshirts and shoes.
- Your child will stand on the scales to be weighed, and have their height measured.

May I see my child's results?

Yes, a letter from the school nurse will explain how.

Will everyone know my child's height and weight?

No. Your child's information is confidential and will be part of your child's health record.

Does my child have to take part?

No, but if you do not want your child to take part, you need to let your school nurse know as soon as possible.

The more children that take part, the clearer picture we will have.

More information and a video explaining the programme can be found on our website:

www.publichealthwales.org/childmeasurement



EVERY CHILD

Handy hints for healthy families

up and about

Bodies weren't made to sit. Kids need to walk, jump, run and move to be healthy.



5 a day

It's important to eat at least 5 fruit and vegetables every day.

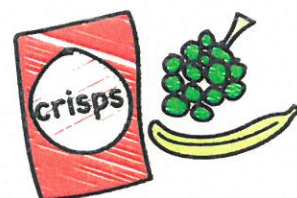


meal time

It's important to have regular meals. make time for three regular meals: breakfast, lunch and dinner and eat together as often as you can.

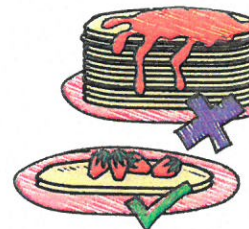
snack check

It can be helpful to limit snacks to 2 a day. Try and reduce unhealthy snacking – foods containing a lot of sugar, salt or fat. Swap for healthier options.



me-size meals

Kids only need kid-sized meals. Too much food can be unhealthy.



sugar swap

Try swapping food and drink with added sugar for low sugar or sugar-free options.



If you are interested in receiving more information on helping your children to stay fit and healthy please go to:
www.everychildwales.co.uk

