



Dear Parents/Carers,

A very warm welcome back after the summer holidays from the School Health Nursing Team. As a School Health Service we have collated some important information that we think will be useful throughout the school year.

The school nursing team will:-

- Height and weight the children in Reception and Year 6 (with consent).
- Work with families to help with a variety of health related matters.
- Deliver health promotion sessions in Reception, Year 2 and Year 6
- Offer Reception parents and year 6 students the opportunity to complete health questionnaires.

Did you know that children perform better and have better concentration if they have a healthy diet and drink plenty of water? Children should be encouraged to eat at least five portions of fruit and vegetables a day. Breakfast is a particularly important meal as it boosts the metabolism and sets you up for the day ahead.

A healthy diet also helps to ensure good oral health. All children should be registered with and have regular appointments with a dentist. If you are having trouble finding a dentist please call 0151 300 8349.

Children and young people are entitled to free eye tests and free glasses. Children as well as adults should ensure that they look after their eye health and get their eyes checked regularly even if they have no visual difficulties.

Immunisations aim to protect children and the community against the spread of vaccine preventable diseases. There are a number of school based immunisation programmes and your child will be offered these in accordance with Public Health England advice.

If you would like advice regarding your child's immunisation status you can ask your GP, contact the School Health Team or the Immunisation Team

For more information on your School Nurse Service please go to
www.nwbh.nhs.uk/School-Nurses-Knowsley