



01639 862801



SBU.SchoolNursing@wales.nhs.uk

Monday — Friday 9am - 5pm



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Health Board

## School Nursing & Looked After Children Service

**Dear Parent/Guardian,**

The School Nursing Service within your local area can provide health education, promotion, advice and support for all children, young people and their families. As your child is school aged, we want to take this opportunity to inform you of the services that we deliver in schools.

At school entry age, a `School Entry Review` process is undertaken and provides an assessment of children's health needs.

**The school entry review for 4-5yr old consists of:**

- ◆ Transfer of care from Health Visiting to School Nursing
- ◆ Vision screening
- ◆ Measurement of growth (height and weight)
- ◆ Hearing screening (undertaken by the audiology department)
- ◆ Review of children's immunisation status.

Your child can access these services as follows:

### **Vision screening**

We recommend that you take your child to an optometrist (opticians) to have their eyes tested.

### **Why is it important to book a sight test?**

Good vision is essential to ensure children have the opportunity to achieve their full visual, educational and social potential. Children may not realise they have a vision problem, which, in turn, may affect their development and education.

It is therefore advised that you book a sight test for your child, when it is convenient, to ensure that any issues can be picked up at the earliest opportunity.

Visit: <https://lookafteryoureyes.org/eye-care/childrens-eye-health/>

### **Where can I book a sight test?**

NHS sight tests for children can be accessed from all optometry practices (opticians) in Wales. For more information, visit:

Visit: <https://111.wales.nhs.uk/LocalServices/?s=Optician>

Visit: <http://www.eyecare.wales.nhs.uk/home>

### **Is there a cost?**

All NHS sight tests are FREE of charge for children under the age of 16 and those aged 16 to 18 in full-time education.

### **Contact Information**

If you require support from our service now or in the future, please do not hesitate to contact us. We offer appointments to suit your needs, either at home, school or through our virtual platforms.





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### What if I have concerns about my child's height or weight?

If you have any concerns about your child's height or weight, please contact your GP or School Nurse. This could be a concern about them being above or below a healthy weight range or concerns relating to their height.

Visit: [Every Child \(everychildwales.co.uk\)](http://everychildwales.co.uk)

### What if I have concerns about my child's hearing?

If you are concerned about your child's hearing, please contact your GP to discuss your concerns. For more information regarding the school entry hearing pathway. Visit: [School entry hearing screening pathway](#)

### Is your child registered with a dentist?

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

Visit: <http://www.designedtosmile.org/>

### Concerned about your child's day/night time wetting or constipation?

For helpful information visit [www.eric.org.uk](http://www.eric.org.uk). Our school nursing service can offer support and advice, you can self-refer by contacting your school nursing team.

### 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: <https://gov.wales/parenting-give-it-time>.

Visit: [Home page - Tidy Minds](#)

You can also contact your GP or self refer to your school nursing service for support.

### What if I have concerns about my child's health in general?

If you are concerned about any aspect of your child's health, please contact your GP.

### What Immunisations is my child due?

Further information regarding routine childhood immunisations

visit : [www.wales.nhs.uk/sitesplus/888/page/59487](http://www.wales.nhs.uk/sitesplus/888/page/59487).

Please make an appointment at your doctor's surgery to ensure your child is protected.

### Does anyone in your child's home smoke?

Free friendly support to quit smoking is available from [Help Me Quit | Stop Smoking Services In Wales](#)

Tel: 0800 085 2219

### Web Links

All of the websites listed within this letter are available via our website and can be accessed by scanning the below QR code with your mobile

