

# Contact us

By phone on  
**020 8770 5409**

We are available Monday to Friday (excluding Bank Holidays) 9am to 5pm and we can visit you at school, home, within a community setting or at a children's centre.

By email  
**[hcpadmin@sutton.gov.uk](mailto:hcpadmin@sutton.gov.uk)**

Or visit  
**[suttonhealthandcare.nhs.uk/school-nursing](https://suttonhealthandcare.nhs.uk/school-nursing)**

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:  
[suttonhealthandcare.nhs.uk](https://suttonhealthandcare.nhs.uk)

No conflict-of-interest were declared in the production of this booklet. The information in this booklet is correct at the time of going to print.



## Your School Nursing Service

A service for all children and young people aged 11–19 and their families.

# What do School Nurses do?

School nurses are registered nurses who have professional experience in supporting the health needs of all school children. This is in line with the Department of Health 'Healthy Child Programme'.

The school nursing team works with all secondary school age pupils and sometimes their families, providing advice on support on areas such as:

- Parenting
- Young people with special needs and complex health needs
- Sleep/behaviour
- Allergies and asthma
- Development
- Eating problems
- Alcohol, drugs and smoking
- Emotional and mental health issues
- Sexual health and relationships



## What else can your school nurse team offer?

- Confidential drop-ins
- PSHE in schools
- Enuresis (bed-wetting) clinics
- Support health needs in school
- Safeguarding
- Healthy weight programme
- Confidential health advice
- Home visits
- Referral to other specialists

## When to expect to see your school nurse team

Your named school nurse may meet with you:

- At schools parent/teacher evenings
- In your classroom delivering PSHE
- Assemblies
- Drop-ins
- Targeted group work
- At any other time as requested by the young person or the family at an appropriate time or venue, including at home



In addition, we will be asking parents to complete and return a health questionnaire in Year 7. This will help us identify any health needs that may require support in school.

In Year 10, we will meet with young people in school to deliver information on a variety of topics. This will enable young people to start to identify and take responsibility for their own health needs.

**In addition:**

Young people or their families can contact their named school nurse to discuss any health concerns either via the school, direct phone contact or by email.

**Who do we work with?**

We often work with other agencies in the best interests of families, including educational staff, GPs, health visitors, speech therapists, hospital staff, therapists, and both children and adult social services.

We may share confidential information with these agencies with your consent. We will only share information without permission when we have a duty of care due to serious concerns about the welfare or safety of a child or young person.

## Healthy Child Programme

### Your community

All communities offer a range of services for children and families. Parent's and carers are welcome to access the school nurse at school, children's centres and other community locations or the school nurse may visit your family at home.

### Universal services

The school nursing team provides the Healthy Child Programme to promote healthy lifestyles for children, young people and their families. They offer support through a variety of public health initiatives both in school and the local community.

### Universal plus

The school nursing team offers a swift response to specific health concerns, long-term issues and additional health needs. They provide care plans for children in schools who have conditions such as diabetes, allergies, epilepsy and other health needs. The team also ensures that school staff have sufficient training to safely support your child or young person in school.

### Universal partnership plus

School nurses support children, families and young people with complex physical and emotional health needs over a period of time in collaboration with other services, including specialist health services, the local authority, Youth Justice System and voluntary organisations.