

For further information about this service contact:

Just one number

0300 300 0123

The service is contactable **Monday to Friday, 8am-6pm and Saturday mornings 9am-1pm** including school holidays. For further information on the services we provide, to make a referral or **request an appointment for a Year 6 Health Assessment** with a member of the School Nursing / 5-19 team , please contact our service on **0300 300 0123**.



If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any concerns about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on Freephone 0800 013 2511 or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



Moving up to Secondary School

Information for young people,
parents and carers.



Information for Young People

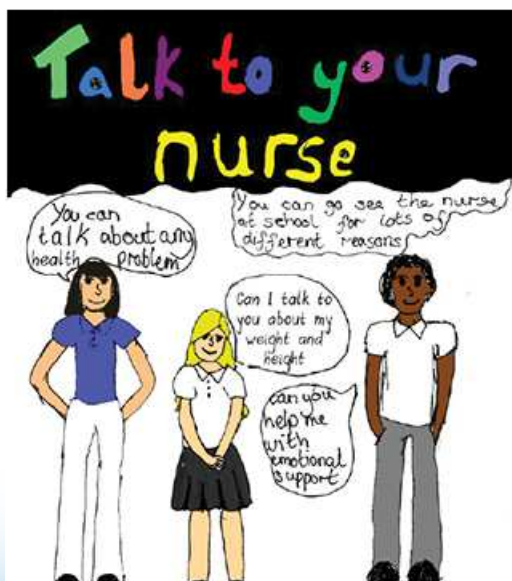
Moving up to Secondary School is an important stage in your school journey. It is an exciting time but can also cause some young people and their parents to have some worries and concerns.

During Year 6 you may wish to request support from our School Nurse / 5-19 team to help you with your move from primary to secondary School.

Who are in the School Nursing / 5-19 Team?

The School Nurse team are part of the Norfolk Healthy Child Programme and they work with children and young people aged 5-19. They include the following:

- **School Nurses** are qualified nurses with additional training in public health for children, young people and families (Specialist Community Public Health Nurses).
- **Staff Nurses and Assistant Practitioners** who work closely with the School Nurses.
- **School Nurse Support Workers** are team members who have undertaken specific training to enable us to undertake hearing and vision screening and the National Childhood Measurement Programme.



The role of the School Nursing Team and the Healthy Child Programme

The School Nursing Team aims to work with children, young people and their families to enable them to play an active role in making healthy life choices. We want to support children and young people to reach their full potential.

A poster with a dark blue background. At the top, the text 'IF YOU'RE 11-19 YEARS OLD TEXT YOUR SCHOOL NURSE' is written in large, colorful, 3D block letters. Below this, it says 'WE HELP STUDENTS WITH ALL KINDS OF THINGS LIKE...' followed by a list of issues: 'RELATIONSHIPS', 'MENTAL HEALTH', 'BULLYING', 'ALCOHOL', 'SELF HARM', 'HEALTHY EATING', 'DRUGS', and 'SMOKING'. At the bottom, it says 'Text us for confidential advice & support'. There is also a small disclaimer and logos for Zero Tolerance to bullying, ChatHealth, and NHS.

Does your child carry out any caring duties in the home?

Young carers can be defined as 'children and young persons under 18 who provide or intend to provide care, assistance or support to another family member. They carry out, often on a regular basis, significant or substantial caring tasks and assume a level of responsibility which would usually be associated with an adult.' Please make sure that school staff are aware of your child's caring responsibilities so that they can offer appropriate support at school.

Details on support for young carers can be found at:
www.norfolk.gov.uk/care-support-and-health/looking-after-someone/young-carers

Are you concerned that your child may be smoking cigarettes?

If **yes**, the School Nurse / 5-19 team work closely with Smoking Cessation teams across the county.

Information on support available to young people can be found at:
www.smokefreenorfolk.nhs.uk/contact-us

For Great Yarmouth area:

www.ecch.org/our-services/services/hw-stop-smoking-service

Confidentiality and consent

The School Nursing /5-19 Team provides a confidential service. This means that you can discuss personal information in private and we would discuss with you before it is shared.

However, if we feel a young person is at risk of harm then we would need to share this information with appropriate professionals but whenever possible we would discuss this with you first.

Our contacts with you are recorded on a computerised confidential health record.

What support does the School Nursing / 5-19 team provide?

One to one appointments to undertake health assessments and offer individual support and advice about:

- emotional wellbeing
- growing up
- sexual health and healthy relationships
- general health e.g. sleep
- healthy lifestyles
- transition on starting school
- moving to high school and leaving school
- managing health conditions in school
- smoking cessation
- alcohol and drug misuse
- advice on accessing other health services

Hearing and vision screening (Reception age)

Requested hearing tests.

National Childhood Measurement Programme (Reception and Year 6).

Text messaging service for 11-19 year olds (ChatHealth).

How to get in touch with us:

Young people can contact us directly in the following ways:

1. texting ChatHealth **07480 635060**
2. completing a young person self referral form which is available in school
3. speaking to a trusted adult in school who will help you make an appointment
4. contacting us on **0300 300 0123**.

Information for Parents

Prior to starting secondary school it is important to ensure that your child is prepared as much as possible and if they have additional needs related to their health and development these are identified as soon as possible so that they can be supported fully.

Appointments with a School Nurse / 5-19 Team member can be arranged to discuss any of these concerns. A **health assessment** is available on request to **all Year 6 pupils** prior to their move up to Secondary School.

- It is useful to consider the following to help prepare your child.
- Is your child registered with a GP and a Dentist?
- Does your child have the recommended yearly check of their vision at a local Optician?

NHS GP's, dental care and sight test for children is free.

To find your nearest GP, Dentist and Optician please go to www.nhs.uk/Service-Search.

Does your child have any health problems / disabilities?

If **yes**, is their new school aware of this? If not please provide school staff with any relevant information regarding your child's health this may include letters detailing the condition from their Doctor / Clinician, and any management plans you may have to support your child. This will help staff make sure your child is safe and supported when at school.

Is your child taking any medication?

If **yes**, you need to make school staff at their new school aware that your child takes medication either at home or at school, why they need it and of any side effects it may have for your child?

Are your child's immunisations up to date?

If **no**, this information can be checked by asking at your GP surgery. If needed you can make an appointment with your surgery for their immunisations to be brought up-to-date. Information on what immunisations your child needs can be found at: www.nhs.uk/Conditions/vaccinations/Pages/vaccination-schedule-age-checklist.aspx

Does your child attend any specialist health / hospital appointments?

Where possible arrange appointments outside of school hours. If your child needs to attend medical appointments please make school staff aware of this. They will ask to see a copy of the appointment for their record.

Do you or your child have any concerns about their mood or sleep pattern?

If you are worried about your child, you can request an appointment with a member of the School Nurse team. Alternatively, you may wish to discuss this with your GP with regard to accessing Mental Health and Well-Being Services.

Are you or your child concerned about their behaviour?

If so, you could try speaking to your Parent Support Adviser / School Staff or you can request an appointment with a member of the School Nurse team for advice.

Does your child wet the bed or soil their pants during the day/night?

If so, useful advice is available via the ERIC website at www.eric.org.uk or Promocon at www.disabledliving.co.uk/Promocon/Children. Additionally you can see your GP and request a referral to the Paediatric Continence Service.

Are you or your child concerned about their diet, growth, height or weight?

If **yes**, you may wish to see your GP for advice, request a referral to a dietician or request an appointment with a member of the School Nurse team. Children in Year 6 who have been identified as having a relatively high Body Mass Index will have been offered the opportunity to take part in the Fit4it programme. Details of which can be found at: www.communitysportsfoundation.org.uk/children/Fit4it_Juniors