

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 Healthy Child Programme (HCP) 5-19 team to help you with your move from primary to secondary School.

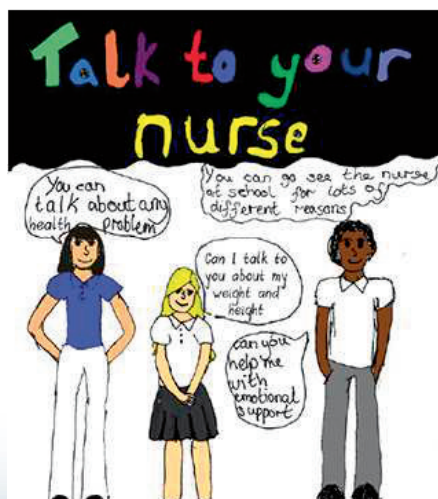
Who are the HCP 5-19 Team?

We are part of the **Norfolk Health Child Programme 0-19 Service** working with children and young people aged **5-19**. The team includes the following:

- **Locality School Nurses** are qualified nurses with additional training in public health for children, young people and families (Specialist Community Public Health Nurses).
- **Family Public Health Nurses** are qualified nurses with dual Specialist Community Public Health Nurse training in both Health Visiting and School Nursing. They predominantly work with children aged 0-11.
- **Staff Nurses, Resilience and Healthy Lifestyle Practitioners and Assistant Practitioners** work closely with the School Nurses as part of the Locality Team.
- **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 5-19 team and the Healthy Child Programme

Our aim is 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.



What support / advice does the 5-19 team provide?

- Emotional wellbeing.
- Sexual health and healthy relationships.
- Healthy lifestyles e.g. sleep, smoking cessation, alcohol and drug misuse, healthy eating.
- Transition on starting school.
- Moving to high school and leaving school.
- Support for Children and Young People where health issues are impacting on school attendance.
- Health Literacy - Advice on accessing other health services and resources.
- Hearing and vision screening (Reception age).
- Requested hearing tests.
- National Childhood Measurement Programme (Reception & 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 referral form which is available in school or from Just One Number;
3. Speaking to a trusted adult in school who will help you make an appointment;
4. Contacting us at Just One Number 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 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 <http://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 affects 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:

<http://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 letter 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 5-19 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 seek advice from our Duty Clinician in Just One Number.

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 Bowel and Bladder UK www.bladderandboweluk.co.uk/children-young-people/ Additionally you can contact Just One Number for support and advice or see your GP.

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 5-19 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: http://www.communitysportsfoundation.org.uk/children/Fit4it_Juniors

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:

<https://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 5-19 team work closely with Smoking Cessation teams across the county.

Information on support available to young people can be found at:

<http://smokefreenorfolk.nhs.uk/contact-us/>

For Great Yarmouth area:

<http://www.ecch.org/our-services/services/hw-stop-smoking-service/>

Confidentiality and consent

The 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.

IF YOU'RE 11-19
YEARS OLD
TEXT
01480 635060

WE HELP YOUNG PEOPLE
WITH ALL KINDS OF THINGS LIKE...

RELATIONSHIPS
MENTAL HEALTH
BULLYING
ALCOHOL
SELF HARM
HEALTHY EATING
DRUGS
SMOKING

Text us for confidential advice & support

We do not usually inform your parents or anyone else if you contact our nurses. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we've received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a professional or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent our nurses from sending messages to you by texting STOP to our number.

NSR



App coming soon



Zero Tolerance
to bullying



ChatHealth

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 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.