

**Bracknell School Nursing Team**  
The Rowans & Sycamores Children's Centre  
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Bracknell  
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## **SCHOOL NURSING SERVICE**

### **HEALTH QUESTIONNAIRE**

Dear Parent/Carer,

Now that your child is of school age, the school nursing service will take over responsibility from the Health Visiting service. **Please keep this email safe for future reference as it contains important information for you as a parent/carer regarding your child's health and development.**

#### **Height and weight measurements for children in Reception Year**

Due to the Covid pandemic the usual height and weight measurements programme is currently suspended, as soon as the details are known on how or whether this programme will be resumed this year you will be contacted.

#### **Health Questionnaire**

**Please complete the health questionnaire** for your child following the link in red provided at the bottom of this form. The questionnaire enables us to identify any help and support we can offer. The questionnaire can be completed on a computer or a phone.

General themes sometimes emerge from information received from the questionnaire; we may use this information to plan larger group health promotion sessions in your child's school.

#### **Immunisations**

This is an ideal opportunity for you to check that your child has had all the immunisations they were due. More information on childhood vaccine schedules is available at: [www.nhs.uk/conditions/vaccinations](http://www.nhs.uk/conditions/vaccinations) for any missing immunisations, please contact your child's GP practice.



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## General Child Health & Development

As part of a child's healthy development, we recommend that all children and young people have regular check-ups with an Optician and Dentist. These services are available free of charge. More information on the dentistry service is available at: [www.nhs.uk/dentists](http://www.nhs.uk/dentists)

To find out more about your school nursing service and what we can offer you and your child, please follow this link to our on-line resource: <https://cypf.berkshirehealthcare.nhs.uk/> and click on **Our services** then **Public Health Nursing** and then **School Nursing**.

Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/change4life>

## The School Nursing Team

Your school nursing team is here to offer health advice and support you regarding your child's physical and/or emotional health concerns.

The school nursing service has compiled the following useful links related to common health topics.

**Growth, development, and well-being** <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/5-10-years/>

**Weight** <https://www.nhs.uk/change4life/your-childs-weight/home>

**Eating habits/fussy eater** <https://www.nhs.uk/conditions/pregnancy-and-baby/fussy-eaters/>

**Sleep** <https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

**Continence** – toilet training, daytime/night time wetting, soiling/constipation <https://www.eric.org.uk/>

- *Toilet training* <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/0-4-years/toilet-training/>

*Daytime wetting and soiling/constipation* – please see your doctor for advice and support. Advice is also available on the children's bladder & bowel charity (ERIC) <https://www.eric.org.uk/> or contact the Continence Advisory Service (CAS) team on 0118 949 5146.

- *Bedwetting* <https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/feeding-and-toilet-training/bedwetting/> Further support is also available from your school nursing team.

**Emotional Health** <https://youngminds.org.uk/> or <https://www.mentalhealth.org.uk/>

**Dental clinic** – find a dentist in your area <https://www.nhs.uk/service-search/Dentists/LocationSearch/3>

## The School Nurse Support Line

If you need help to support your child or if you have a concern about your child's health, please contact us on our dedicated phone line for parents/ carers.

We are here to give you health advice and can refer you into our service for ongoing support if you need it.

We're available 9am-4.30pm Monday to Friday.

**Call 0300 365 0010**



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For other queries you can contact your local team (please see details below).

## **Link to Health Questionnaire**

(please click on this link to complete your child's health questionnaire).

Thank you,

Yours faithfully,

Bracknell School Nursing Team

Tel: 0300 365 600 (option3)

E-mail: Bracknellforest.SN@berkshire.nhs.uk



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