



Bridgewater
Community Healthcare
NHS Foundation Trust

School Health Support



0-19 years
Integrated
Services

Who we are

School Nurses are qualified nurses whose role is to support the health and wellbeing of school aged children, school nurses work within the 5-19 team.

The 5-19 team consists of School Nurses, public health nurses, nursery nurses and support workers.

Each level of nurse requires a different level of training and qualifications, allowing them to offer different levels of support to you and your children.



Primary school support


Did you know... school can offer pastoral support, they can do wishes and feelings work, anxiety support, therapy through art and/or play.

School can talk to children re telling tales, good sleep etc. School can also refer to MHST (mental health support team) for additional low level mental health support. Often we have to request this support from school, we would need verbal consent from parents.

Please talk to school for any support you may feel your child needs. If you feel your child's needs are health related then please call the school nursing team.



How do School Nurses support Primary School Children

- Reception and year 6 health questionnaires to parents.
 - NCMP for reception and Year 6 .
 - Flu Campaign.
 - Advice and support to parents who request additional help.
 - Packages of care.
 - Health assessments to children who require this review, for health or social reasons.
 - Care planning and health review meetings with school, parents and nurse to ensure children with health needs are fully supported.
 - PSHE support and delivery.
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What do we do?

Support workers:

Our support workers help with the national child measurement programme (NCMP).

They do a lot of behind the scenes work, lots of admin.

They read through reception and year 7 questionnaires and can support parents with low level concerns.

They review our A+E notifications.

They make parent packs.

They take a lot of pressure off the public health nurses and school nurses.



What do we do?

Nursery nurses:

They work closely with children and especially parents and carers at home, they can offer package of care for sleeping, eating, toileting and behaviour.

They also do the national child measurement programme (NCMP).

They deliver and review the reception and year 7 questionnaires.

They do lots of behind the scenes support for the school nurses.

They can send parents lots of resources to help their children to grow and develop well.

What do we do?

Public health nurses:

They work closely with schools and other healthcare settings to identify the health needs of school age children, they can then offer support to those children or their families.

They also come to primary schools to teach about puberty and emotional wellbeing.

They can chat with students about any of their worries, they can also support teachers with how they can best support a child with physical or emotional needs.

They can chat with parents/carers to help you to support your child or signpost to who can best support you.



What do we do?

School Nurses:

They offer the same as the public health nurses but can also offer:

School nurse drop in at high school, where students can come and confidentially chat to them about anything they are worried about.

They offer contraception and PSHE talks at high school, which is a bit more advanced than the primary school puberty chat.

They work closely with social care for the children who need a bit of extra support.

They support the public health nurses.




How to help your child with toileting, bedwetting, behaviours, fussy eating and sleep.

Quite often you will be able to help your child without a package of care from us, we would always recommend you try our parent packs first and see if the situation will resolve from your input alone, remember you know your child best and what will work for them. You may find some of our tips work well, some not so well.

A lot of the process is trial and error. This is the same for the package of cares too. The key is perseverance.


If you are interested in a parent pack then please add your details to the form at the end, or inform school via email or their App and they will inform us. We can send a copy via email.



How do school nurses support Primary School Children?

We can offer packages of care (POC) via our nursery nurses for the following topics:

Healthier Families Warrington:


- The package of care offered to support with weight management is 'healthier families Warrington' this spans for 8 weeks.
 - Week one is a school/home visit, height and weight measurements are taken, we discuss current eating habits, sleep, exercise, fluid intake, what it means to be healthy, the negatives of being over weight (stigma/health issues) and set targets. A food diary is left for completion
 - Week 2 is a follow up visit, review food diary, review targets and discuss food groups and the eatwell plate.
 - Week 3 -7 is a web link sent weekly with reading, exercise and activities to complete, contact made via call on some weeks.
 - Week 8 is the final visit to review programme and height and weight re done.
 - This can all be tweaked to the needs of the family, some have a home visit with a cooking lesson, some require minimal support within the home, just telephone advice, we work with you.
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How do school nurses support Primary School Children?

We can offer packages of care (POC) via our nursery nurses for the following topics:

- Behaviour – they will work with parents to discuss different techniques to manage behaviour and boundaries. Up to a 12 week program, will do weekly calls. May also do home visit.
- Sleep - they will work with parents to discuss different techniques to manage sleep and sleep hygiene (good bedtime routine, no media etc). Up to a 12 week program, will do weekly calls. May also do home visit
- Toileting – they will offer support and techniques to improve toileting and bedwetting.
- Fussy eating/general healthy lifestyle concerns – they will cover current eating habits, mealtime routines, health advantages of eating well, goals for future. Height and weight can be completed if there are concerns. Introduction of reward chart, importance of meal planning, sensory food play, cooking together, recipe ideas, portion sizes etc. up to 3 week program.

How do school nurses support Primary School Children?


- CAMHS – you can self refer your child via MindWorks, you may want to request counselling or mental health support for your child – or we can refer your child for you.
 - ADDvanced Solutions – this is a website full of resources and web seminars to learn different techniques for managing behavioural changes, from sleep and behaviour up to ADHD/ASD etc
 - CDC referral for the neurodevelopmental pathway are all via school so please speak to school to discuss your concerns, we can also send an email of support to school if needed.
 - ERIC website – bowel and bladder support – we can also refer to the continence team.
 - We can refer to audiology, OT (this is completed via school) orthoptics and dieticians.
 - Bath Street Dental – if family have exhausted all options of finding an NHS dentist, we can only refer the children, not parents.
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How do school nurses support Primary School Children?

You may find some of the following websites very useful for your child, family or yourself:

- Ask Ollie – Warrington’s local offer.
- Talking Matters – for parents/adults who want support for their own emotions.
- Kooth – adolescent support network
- MindWorks – CAMHS self referral
- Happy Ok Sad – emotional support network
- ChatHealth – anonymous text service. Can chat anonymously with a school nurse about anything. We only break anonymity if child or someone else is deemed at risk of harm.
- Axxess -sexual health support team
- My Life Warrington – signposts to all Warrington support options.

How do we support young people when they move up to high school and college?

- Weekly drop in
 - Offer support and advice to young people and their families in school or at home.
 - Refer young people to other services following assessment if necessary
 - Immunisation programme
 - Support PHSE delivery
 - Sexual health support if requested
 - ChatHealth
 - Appointments with children identified as needing more direct work with us.
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Emotional Health and Wellbeing

What things we talk to children about:

- Anxiety
- Poor body image
- Stress
- Anger issues
- Panic attacks
- Sleep issues
- Low mood
- Self-harming
- Low self-esteem

Thank You For Listening

Do you have any questions for us?

If you would like further support from the school health team then please add your name to the list prior to leaving, or inform school via email or your school App.



Resources to take home

For the healthier families Warrington programme and for anyone interested in a healthier lifestyle, we recommend the following websites:

Our package of care: www.bridgewater.nhs.uk/healthier-families-warrington

NHS healthier families advice: www.nhs.uk/healthier-families

NHS EatWell advice: www.nhs.uk/live-well/eat-well/



Resources to take home

My Life Warrington www.mylifewarrington.co.uk

Bladder and Bowel www.ERIC.org.uk

ADDvanced Solutions www.advancedsolutions.co.uk

Ask Ollie www.mylifewarrington.co.uk/askollie

MindWorks www.nwbh.nhs.uk/camhs-warrington

Talking Matters www.mhm.org.uk/talking-matters-warrington

Kooth www.kooth.com

Happy OK Sad www.happyoksad.warrington.gov.uk

Axess www.axess.clinic

ChatHealth: www.bridgewater.nhs.uk/chathealth/warrington/

YoungMinds: www.youngminds.org.uk



Resources to take home

School Nurses:

South 01925 946505

East 01925 946803

West 01925 946911

ChatHealth:

Parents to text: 07480 635994

Child 11-19 years to text : 07507 330101

Immunisation Team: 01925 946808

CAMHS: 01925 575904

Remember, we are not an emergency service, calls may take up to 48 hours for a reply. 111 is always available for urgent advice and support, 119 for covid advice and support.

