

23 May 2024

**RE: School Entry Health and Wellbeing Reviews – School Nursing.**

Solutions 4 health provides your School Nursing Service which aims to promote a healthy lifestyle for school aged children.

Your School Health Team are here to provide advice, signpost or support on a range of health issues, that can affect a child or young person in school when extra help is needed, including areas such as:

- General health and development
- Dental hygiene and oral care
- Healthy eating habits
- Physical activity
- Medical Needs
- Bedwetting
- Emotional wellbeing
- Healthy relationships

As part of our service, we offer health reviews for students in Reception Year, these reviews help us to support individual children and families with any identified health and wellbeing needs. In addition, we use the data to identify areas of additional need within schools and the community. We can then support schools to meet these needs and share the evidence with the local commissioning team.

**We would like to thank parents for completing these yearly health questionnaires.**

Included is a health promotion report designed to support a whole school approach to the basic building blocks of a positive health and wellbeing outcome for you students as they develop through childhood.

Due to the low response rate the data provided cannot be classed as representative of the overall health needs experienced by families in Slough and is therefore for your information only.

The parent report does not shown individual school results, if you would like a copy of the school report please request this directly form your Reception Head of Year.

All parents who have identified a health or wellbeing concern have received contact from a member of the school health team.

If you wish to refer a child to our service, please visit our [website](#) and use the online [referral form](#).

We are pleased to continue working in partnership with you.

Yours sincerely,

*Heather Bartlett*

**Heather Bartlett,**

**0-19 Team Lead -Specialist Community Public Health Nurse (School Nursing/Health Visiting).**

*To empower Families in our Community to find Solutions 4 Health and Wellbeing.*

## The Public Health School Nursing 2023/2024 School entry health and wellbeing review.

Welcome to your personalised school health profile. Our Public Health School Nursing, health and wellbeing review is designed to support schools identify health trends and provide a whole school approach to health promotion and early intervention for their students.

Attached are the results for your school based upon parents who completed the Public Health Nursing 4 Slough school entry health and wellbeing review. 267 responses received from parents with children attending 22 schools.

**[ ] parents with a child attending your school completed the universal health review.**

As part of our commitment to providing early intervention and support, we have included some useful documents and suggestions for schools. If you wish to discuss any of the suggestions made please contact your named school nurse directly.

If you have concerns about an individual child, your Slough School Nursing team can provide additional support for children with identified health needs via our [referral form](#).

### Physical Health

#### Does your child have any of the following medical conditions?

Children who are coping with chronic or acute diagnosis of ill-health may require additional support in school and should never be excluded from normal daily activities within the school environment. Therefore, it is important for schools to ensure they have staff who are appropriately trained to understand medical needs and provide initial care in an emergency.

Asthma is the most common long-standing illness among children and young people. It is also a leading cause for emergency hospital admissions, often due to poor asthma management. Schools have an important part to play in the management of asthma in schools to help reduce hospital admissions and asthma related deaths. The Children and Young People's (CYP) Transformation programme has committed in the NHS Long Term Plan to improve asthma outcomes for CYP which you can read [here](#).

Epilepsy is the most common long-standing neurological condition in children. Up to one third of children with a diagnosis may have a seizure despite treatment and as such not all emergency admissions to hospital are avoidable. Nevertheless, evidence suggests that education and emergency seizure management plans in school can reduce admissions. The Children and Young People's (CYP) Transformation programme has committed in the NHS Long Term Plan to improve asthma outcomes for CYP which you can read [here](#).

Allergies in children may present in a variety of symptoms related to the type and severity of allergy. Children may experience allergies to food, medications, materials and animals. Children are also described as having an allergy if they have allergic rhinitis, hayfever, atopic eczema and asthma.

Children with allergies may experience anaphylaxis which is a life-threatening condition requiring immediate emergency intervention.

Diabetes amongst children is on the rise, becoming an increasingly common long-standing illness. 90% of children will be diagnosed with Type 1 diabetes however Type 2 diabetes is becoming more prevalent particularly where children are also experiencing deprivation, are overweight or have South Asian and Afro-Caribbean ethnicity. It has been suggested that; access to diabetes management in school, education about the risks for diabetes and a robust whole school approach to weight management may help to stem the tide in the rise of type 2 diabetes. For key documents visit the National children and young people diabetes network [here](#).

Illness (UK children)	Slough	Your School
Asthma affects 1.1 million	8.24% have identified their child as having asthma	
Epilepsy affects 112,000	0.75% have identified their child as having epilepsy	
Allergies approximately 40%	10.11% have identified their child as having allergies	
Diabetes estimated 36,000	2.62% have identified their child as having diabetes	

### Suggestions for schools

- Encourage the parents of students who may be away from school for extended periods to help their child stay in contact with other pupils via school visits or online school meetings.
- Follow your school indemnity policy and provide staff with appropriate training. Public Health Nursing 4 Slough will provide signposting to accredited courses and encourage individual needs be discussed with the primary care team.
- Promote a whole school approach to health, ensure clear policies are in place.
- Offer Individual Healthcare Plans for all children with identified health needs.
- For guidance policies visit [DE \(2022\)](#) and [DE \(2015\)](#)

### Does your child have a special educational need or disability, sometimes known as SEND?

A child or young person has special educational needs and disabilities (SEND) if they have a learning difficulty and/or a disability that means they need special health and education support. Children may not be observed as having SEND until they start school.

In England a child has SEND if they have significantly more difficulty than the majority of their peers, in accessing learning, or have a disability which prevents or hinders them from making use of the mainstream facilities in school.

Children and young people who have been identified as experiencing or diagnosed with a disability have been shown to be at risk of; lower educational outcomes, increased school exclusion, increased school absence, increased mental health needs, having less meaningful friendships and be more vulnerable to bullying.

Identified SEND (UK children)	Slough	Your School
1.5 million pupils in UK schools. 15.5% of pupils.	14.4% have been identified as having SEND ( <a href="#">2018</a> )	



	10.86% have identified their child as having SEND	
4.3% with an EHCP in place.	6.75 % have identified their child as having and EHCP	

(DfE 2023)

### Suggestions for schools

- Have a comprehensive whole school policy in place to support all students with disabilities.
- Ensure all staff have adequate [training](#) to identify and support students with additional needs including providing focused learning groups, one-to-one support, specialist equipment and pastoral care.
- Support students to access all [school facilities](#) and extra-curricular activities independently including any professional you may invite into school i.e. physiotherapists, occupational therapists, children’s community nurses and counsellors.
- Pay attention to social and emotional skills such as self-esteem, confidence and resilience.
- Encourage parents to access online [advice](#) and [support](#).
- Contact [local services](#) for additional support.

### Has your child had a dentist check-up in the last 12 months?

NHS dental care for children is free.

Children can be registered with a dentist from early childhood and should be seen by a dentist when their first baby tooth erupts and within their first year of life. The dentist will make recommendations for timely check-ups and in childhood this is usually once a year unless there are dental concerns.

Tooth decay in children is the most common oral health need. It is largely preventable with good dental hygiene and regular dental check-ups.

Tooth decay has been the commonest reason for hospital admission among children aged five to nine for the past three years.

Children can learn from an early age the important messages which can prevent tooth decay including; regular brushing with a fluoride toothpaste, using floss between teeth and reducing the consumption of food and drink which is high in sugar.

Parents can find their local dental service using the NHS website [Dentists near Slough - NHS \(www.nhs.uk\)](#)

England	Slough	Slough	Your School
29.3% of 5-year-olds have dental decay.	34.9% of 5-year-olds suffer with decay.	67.42% of 5-year-olds have been to the dentist in the past year	

(Oral Health Survey 2022).

### Suggestions for schools

- Ensure all students have easy access to fresh water, place water fountains around school.
- Only stock healthy sugar-free drinks in school.



- Lead by example and stay hydrated with water throughout the day.
- Encourage parents to access [advice](#) and only give drinks with a high sugar content at one mealtime a day.
- Highlight [dental health](#) hygiene in PSHE sessions or contact [Slough Healthy Smiles](#) for further whole school support.
- For children with additional needs consider signposting parents to the [community dental team](#).
- Access the current public health messages at ([PHE 2022](#)).
- The [NICE guidance on oral health](#) and Public Health England recommend that targeted supervised tooth brushing schemes are considered for primary schools in areas where children are at high risk of poor oral health.

**Are you concerned about your child’s hearing, speech or communication? Are you concerned about your child’s vision?**

**Vision or Hearing** Children may not recognise when they have a problem with their hearing or vision. This may be displayed as a speech and language difficulty, poor concentration resulting in poor learning or a behavioural concern.

Public Health Nursing 4 Slough provide school entry vision and hearing screening. The screening programme delivered by the teams’ healthcare assistants and is offered to all children with the aim of identifying needs early. Parents will be invited to opt-out of the programme and children who are already under the care of a specialist will not be screened.

Where concerns are identified parents will be referred to specialist services for their vision or hearing needs.

**School Readiness** measures identify children who have a good level of development by the final term of the year in which a child reaches age five. The Early Years Foundation Stage framework sets out standards which include; personal, social and emotional development, physical development and communication and language as prime areas of learning.

Communication is paramount in the development of these prime areas of learning. Children who have not had the opportunity to take part in conversations during childhood may be at a disadvantage in their language and cognitive abilities.

Public Health Nursing 4 Slough provide advice and support for parents in the early years via our health visiting service using the recommendations made by [Public Health England](#).

Slough	Your School
23.22% identified concerns with hearing, speech or communication.	
21.73% identified concerns with vision.	

**Suggestions for schools**

- Provide signposting for parents/carers to the free access Solihull parenting [course](#).
- Encourage parents to attend the school health team coffee mornings to explore the importance of the screening of vision and hearing programme.
- Promote routine optician appointments within the school environment.





- Encourage reading for fun programmes with parents and children, lead by example identifying what you are reading today.
- Make a [referral](#) for parenting support from the Public Health Nursing team, accepted referrals will be managed by the community nursery nurses in the family home.
- Visit the Berkshire Healthcare Foundation [website](#) for more information and to make a referral for specialist support.

**Does your child have problems with daytime wetting or soiling? Does your child have problems with night time bed-wetting?**

Children and young people may have a delay in the development of daytime and night-time continence skills for a variety of reasons including an underlying medical condition, delayed development or environmental factors such as delayed toilet training due to the increased use of disposable nappies and child-orientated parenting resulting in children often not being dry by the time they start school.

Constipation affects 1 in 3 children and is particularly common in children under 5 years old the majority of who can be described as having ‘functional constipation’ with no underlying physical cause or medical condition ([ERIC](#)).

It is estimated that 5-10% of 7 year olds experience night time bedwetting ([NICE 2023](#)).

There are a number of health and wellbeing risks associated with poor continence in children including; urinary tract infections, dehydration and poor self-esteem. These consequences can have a negative impact on a child’s ability to concentrate on their learning, may result in a child reducing their food and fluid intake to prevent them needing the toilet and can lead to general anxiety about using the toilet. In addition, embarrassment or bullying may cause children to isolate themselves by avoiding school trips, sleepovers and other social interactions.

Public Health Nursing 4 Slough – health visiting and school nursing provide early years parenting advice to support children to have healthy bladders and bowels. It is important that any ongoing or significant concerns are assessed by a GP or Paediatrician who may then make a referral to the [Continence Nurse](#) or the school nursing night-time bedwetting service, also known as the [nocturnal enuresis](#) service.

Continence concerns (UK)	Slough	Your School
Bladder and Bowel problems affect up to 28% of all children at any one time ( <a href="#">BBUK 2019</a> ).	9.36% identified concerns with daytime wetting or soiling.	
	18.73% identified concerns with night time bedwetting.	

**Suggestions for schools**

- Ensure children are confident in accessing the toileting facilities.
- Allow children to drink fluids/water throughout the day and not at specified times.
- Provide adequate breaks for bladder emptying, this may be outside of normal break times.



- Embed a discreet system for children to leave class and access the toilet to prevent embarrassment or anxiety about asking to leave. This may be in the form of a 'toilet card'.
- Further information about toilet policies can be found on the [ERIC](#) website.
- Make a [referral](#) for public health nursing support, accepted referrals will be managed by the community nursery nurse team in conjunction with the family in the home.
- Encourage parents who have concerns with their child's night time bedwetting to contact the GP for a referral to the School Nursing led clinic.

**Is your child up to date with all of their immunisations?**

Childhood immunisations are free in the United Kingdom.

Parents are encouraged to have their children vaccinated following the routine childhood immunisation programme [UK](#). The European Region of the World Health Organization (WHO) recommend that a minimum of 95% of children need to be vaccinated against preventable diseases which have been targeted for potential elimination.

However, it is important to recognise that some children cannot receive some vaccines if they have had a severe allergic reaction to them in the past or are allergic to the components of the vaccine. Children who cannot have vaccinations due to a chronic weakened immune system (for example, because of cancer treatment or a health condition) may need an individual healthcare plan to identify they are vulnerable to disease.

Immunisation coverage UK at 5 years		Slough	Your School
DTaP/IPV/Hib Primary	94.8%	92.88% have received all of their childhood immunisations to age 5.	
DTaP/IPV booster	85.3%		
MMR1 first dose	93.8%		
MMR2 first and second dose	86.5%		
Hib/MenC booster	92.2%		

**Suggestions for schools**

- Display NHS immunisation information in schools for parents and children.
- Consider an individual health plan for children who cannot be given vaccinations.
- Signpost parents to the Slough [immunisation team](#) for specialist advice.

**Healthy Lifestyles**

**Would you consider your child to have a healthy diet?**

Children need to eat regularly throughout the day, this includes meals and snacks, to give them the nutrition they need for healthy physical and mental growth and development.

Eating a healthy breakfast helps to replenish vital vitamins and minerals needed for good health and will boost energy for the day ahead.

Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 portions of fruit and vegetables in total, not 5 portions of each. A portion of fruit or vegetables is 80g or as a rough guide the amount they can fit in the palm of their own hand.

Eating as a fun and social occasion can be linked to children embracing a wide variety of foods as they role model others and become familiar with different tastes and textures.

Eating well is also linked to an improved sense of wellbeing and mood.

Slough	Your School
72.28% consider their child to have a healthy diet.	

### Suggestions for schools

- Provide breakfast clubs where possible and encourage attendance across the whole school.
- Encourage quick healthy choices, even if they may not be traditional 'breakfast' foods.
- Allow enough time during breaks for students to eat a well-balanced snack or meal.
- Highlight the benefit of [school lunches](#) to parents and students.
- Embed [healthy eating](#) within cookery and PSHE lessons.
- Lead by example and demonstrate how you get your 5 A Day.
- For concerns with diet, encourage parents to speak with the School Nursing team or make a [referral](#) yourself with parental consent.
- For more information visit <https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/whole-school-ideas> and <https://www.foodafactoflife.org.uk/whole-school/>

### Would you consider your child achieves enough daily activity?

It is recommended that children under 5 should be engaged in 180 minutes of physical activity a day, including 60 minutes of vigorous activity, and should not remain inactive for long periods of time. 30 minutes of being active should take place outside of school.

Being active is linked to better general health, stronger bones and muscles, better co-ordination and helps children to sleep better. There is strong evidence to suggest children aged 5-18 who complete 60 minutes of physical exercise have less days absent from school, improved resilience and concentration (CMO 2019), click [here](#) for infographic.

Slough	Your School
85.39% consider their child gets enough daily activity.	

### Suggestions for schools

- Promote [walk to school](#) campaigns for your students.
- Ensure that Physical Education is included as and engaged with as part of their learning.
- Consider standing registrations and tutor times.
- Lead by example, be active during break times.
- Contact local services including [Chalvey Can](#) and [Active Slough](#).

### Are you concerned about your child's bedtime routine or quality of sleep?

A good night sleep is essential to maintaining healthy lifestyles. Quality sleep provides time for the mind and body to recharge resulting in better health outcomes.





Children may experience poor sleep if there are concerns within the home, family or school environments resulting in anxiety and a disturbed sleep routine. Children may also not understand the importance of a regular sleep routine and good sleep hygiene.

Children require more sleep than adults and without adequate sleep they are likely to suffer from; poor concentration, poor memory, an impairment in mood and over time an inability to maintain the pathways that help them learn and retain information.

Slough	Your School
15.36% are concerned about their child’s sleep.	

**Suggestions for schools**

- Be aware of the [early signs](#) of poor sleep and provide signposting for support.
- Encourage parents to access online support for sleep [advice](#) and [strategies](#).
- Encourage parents to contact the school nursing team themselves or make a referral for school nursing support.

**Emotional Health and Wellbeing**

**Do you have any concerns with your child’s behaviour?**

There are a number of reasons for parents/ carers and other professionals to perceive poor behaviour in toddlers and young children. Parents may compare their child to other children of the same age or older children within the family. However, it is important to recognise that childhood behaviour will change over time and in different environments and by understanding specific behaviours, schools and health partners can provide support at the earliest opportunity.

Most often temporary behaviours that are out of the norm for a child may be displayed because they are; hungry, tired, overexcited, under or over stimulated or frustrated when leaning a new task. Children may also display behaviours that are challenging as they transition through growth and developmental stages.

Longer lasting behavioural concerns may be due to experiences in the home, school or community environment causing worry or distress. When behavioural concerns persist it is important for children to be assessed by a specialist professional who may identify an underlying medical or developmental concern.

The health visiting and school nursing service provide advice and support for parents/carers to understand childhood behaviours and enable them to access support at the earliest presentation of ongoing need.

Slough	Your School
11.24% are concerned about their child’s behaviour.	



### Suggestions for schools

- Create a positive behaviour [culture](#) in school.
- Encourage parents to access online [advice](#) and [strategies](#) for behaviour difficulties.
- Encourage parents to contact the school nursing team themselves or make a referral for school nursing support.
- For parents who have concerns about a child displaying signs and symptoms of autism signpost to Slough [GEMS](#) service.
- For further information visit [National Behaviour Survey](#) and [Guidance and Resources](#).

### Do you have any concerns about your child’s emotional wellbeing or mental health?

Public Health England provide guidance for the mental health and wellbeing of pre-school children cautiously identifying that 5.5% of children aged 2-4 years may have a mental health disorder.

There are a number of factors that impact the development of positive mental health for young children including; a positive attachment to carers, a safe and secure environment and positive stimulation opportunities. Equally, mental health concerns may arise if children are regularly exposed to parental conflict, parental substance misuse and parents with unmet mental health needs which often result in a poor attachment and a neglect of basic needs including appropriate stimulation. However, it is important to remember that in early childhood these negative experiences can be successfully supported to result in positive mental health outcomes for children.

The health visiting and school nursing service provide advice and support for parents/carers to understand the risks to poor mental health, strategies to maintain change and enable them to access support at the earliest presentation of ongoing need.

Slough	Your School
7.12% are concerned about their child’s emotional wellbeing or mental health.	

### Suggestions for schools

- Create a [whole school approach](#) to positive emotional wellbeing.
- Encourage parents to access online [advice](#) and [strategies](#) to support positive emotional wellbeing.
- Encourage parents to contact the school nursing team themselves or make a referral for school nursing support.
- Contact your schools CAMHS early intervention team at [Berkshire Healthcare Foundation Trust](#).
- For further information visit [DE 2021](#) and [Mentally Healthy Schools](#).

### Community and Family

Many of the questions relate to personal family circumstances and as such are not shared within this report. The school nursing team will identify and additional support needs and follow the appropriate safeguarding procedures.

### Would you consider your child to be a young carer?



A young carer is defined as someone under the age of 18 who helps care for a family member, relative or friend.

Children of any age may be considered a young carer if they are providing practical or emotional support for example; cooking, cleaning, shopping or giving financial help or mental health care to the person they are caring for.

Young carers will often forgo their own needs so they can provide practical and emotional support for the adult they care for. The Big Ask conducted a survey of nearly 6000 children aged 4-17 years old to give a voice to their experiences, you can read the full report [here](#).

Young children may not have an understanding of their role as a young carer, as such the public health school nursing team aim to educate parents to enable them to seek help if their child is providing care for them or a family member.

United Kingdom	Slough	Your School
0.3% of primary school children are known to be a young carer.	7.87% consider their child may be a young carer.	

[\(National Statistics 2023\)](#)

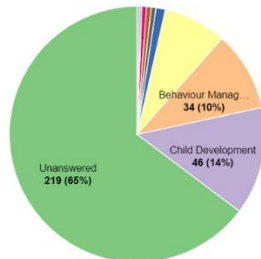
**Suggestions for schools**

- Develop a whole-school Young Carers policy in consultation with parents/carers students and staff.
- Ensure there is an identified dedicated member of staff responsible for Young Carers.
- Provide opportunities for students to talk in confidence to a school health team member about their experiences as a young carer.
- Consider holding ‘Young Carers’ peer groups in school.
- Allow young carers extra time with home study activities or provide an opportunity for them to be carried out as part of an after school provision.
- Consider having a way to easily identify a Young Carer to staff to aide any additional support and understanding if they are late or may need to leave early.
- You may also want to find out about the Young Carers award at [Young Carers In Schools Award | Young Carers | The Children's Society \(childrenssociety.org.uk\)](#)

## Services and Choices (2022/2023) You said, We did.

Families during the 2022/2023 school entry health review identified additional health and development information they would like to receive and where they would like to access it.

### Do you want any information on any of the following?



### Do you want any information on any of the following?

Child development 14%

Behaviour management 10%

Parenting 8%

### Where would you like to access health information and support?

- 15% would like to access more information online: Public Health Nursing 4 Slough will update their website <https://www.publichealthnursing4slough.co.uk/school-nursing/> to support a single place to access verified health information for parents. *In progress.*
- 15% would like to access more information at school: The Public Health Nursing 4 Slough – School Health team are providing parent mornings to share current health information based on topical public health messages and trends identified by the universal health reviews.
- 15% would like to access more information at school: Public Health Nursing 4 Slough – School Health team are delivering health education sessions for parents/carers and children/young people in years six and eight with the aim of providing parents/carers an opportunity to discuss health and wellbeing topics with their children.
- 14% would like to access more information at a health centre/GP: Public Health Nursing 4 Slough work closely with Slough commissioners and all partners including GP's to ensure they are aware of the outcomes of this review and the information parents would like to receive. The Public Health Nursing team attend regular GP liaison meetings where service offer information and health education opportunities are shared.
- 14% would like to access more information at a health centre/GP: *In progress; joint work with the family hubs to provide parent workshops during the summer break with a focus on school readiness including child development, behaviour and parenting.*

**For any additional advice or support for children in your school, please contact us by email at [solltd.publichealthnursing4slough@nhs.net](mailto:solltd.publichealthnursing4slough@nhs.net) or telephone our duty line 01753 373464.**