



# Solutions4Health



## PUBLIC HEALTH NURSING 4 SLOUGH

Universal Health Reviews

### Abstract

Public Health Nursing 4 Slough provide universal health reviews for children and young people in Slough schools at year six, nine and twelve. The universal health reviews support the delivery of community and targeted public health education advice and support.

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23 May 2024

**FAO: Head Teacher / Pastoral Support Team.**

Dear Sir/Madam

**RE: Year Six Health and Wellbeing Reviews – School Nursing.**

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.

The year six health review collects data based on the voice of the child and their thoughts about health. All data is shared with the Slough commissioning team to support the development of public health services.

Attached are the results for your school based upon the children who completed the Public Health Nursing 4 Slough health and wellbeing review.

**We would like to thank you for supporting us to deliver this year's health reviews.**

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 we have identified any health trends for the children in year six, your school nurse will contact you directly to discuss the support we might be able to offer you. This might include; small group work in school, parent education sessions in school or an invitation to a community-based health education session. We have also gathered a selection of verified online advice and support, please share the following [link](#) with your year six students.

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](#).

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 Year Six health and wellbeing review.

### Physical Health

Children with chronic medical needs may have difficulty accessing school and engaging with lessons due to exacerbations in their condition, time being hospitalised and health anxiety. In addition, as children develop through adolescence, they may exhibit a rebellious attitude to their health needs which may be observed as a refusal to take medications or maintain health advice and may include taking part in unhealthy behaviours.

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](#).

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](#).

Allergies in children may present in a variety of symptoms relate 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. 20% of serious allergic reactions to food happen whilst a child is at school, it has been evidenced that there has been an increase in hospital admission rates of children with very severe reactions (anaphylaxis) in the UK over the past 20 years.



Illness (UK children)	Slough	Your School
Asthma affects 1.1 million	10.59% have identified themselves as having asthma	
Epilepsy affects 112,000	0.6% have identified themselves as having epilepsy	
Diabetes estimated 36,000	0.42% have identified themselves as having diabetes	
Allergies approximately 40%	13.06% have identified themselves as having allergies	

([RCPCH 2021](#))

**Public Health Nursing 4 Slough – School Health Team support:**

- Public Health Nursing 4 Slough will provide signposting to accredited courses and encourage individual needs be discussed with the primary care team.
- Your named school nurse can support parents and schools to identify the appropriate medical professionals to provide ongoing support for long-standing illnesses.

**Advice 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 and clear policies.
- For guidance policies visit [DE \(2022\)](#) and [DE \(2015\)](#)
- The Children and Young People’s (CYP) Transformation programme has committed in the NHS Long Term Plan to improve health outcomes for CYP which you can read here for [asthma](#), [epilepsy](#) and [diabetes](#).

**Special Education Needs and Disabilities**

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.

14.6% of children in in formal education in England, were identified with SEND in 2018 ([RCPCH](#)). Children may also perceive themselves as having a disability which has not been diagnosed, it is important that their feelings are listened to and further support gained to support their health literacy.

Children and young people who have been identified as experiencing or diagnosed with SEND have been shown to be at risk of lower educational outcomes, increased school exclusion, increased school absence, have less meaningful friendships and be more vulnerable to bullying. In addition, children with SEND have been shown to be more vulnerable to poor health behaviours and outcomes including; sleep disturbances, increased risk of obesity and vulnerability to mental health concerns ([DE 2023](#)).

**Do you have a disability?**

Disability Categories	United Kingdom	Slough	Your School
Behavioural or emotional	15.5% of pupils in UK schools have been identified as having a special educational need or disability.	10.55% identify themselves as having or maybe having a disability. 14.4% have been identified as having SEND ( <a href="#">2018</a> )	
Sensory impairment			
Physical			
Developmental			
Neurodevelopmental			

([DfE 2023](#))





**Public Health Nursing 4 Slough – School Health Team support:**

- Public Health Nursing 4 Slough provide a universal service for all children in a Slough school. Children will be invited to be included in all screening programmes and health promotion activities, where a child has a known disability adaptations will be made to support the delivery of the universal service.
- Parents of children with SEND may wish to withdraw their child from the universal offer for fear of their child’s needs will not be met or because their child is seen regularly by a specialist professional. Where it would not be detrimental to the child, we encourage parents to allow their child to engage with universal health promotion activities to prevent further isolation from their peers.

**Advice 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 disabilities including; providing [inclusive learning](#) with specialist equipment and learning materials.
- 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.

**Oral Health**

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 can cause pain which results in problems with eating, sleeping, communication and socialising, and results in at least 60,000 days being missed from school during the year for hospital extractions.

Oral health is seen as a marker of wider health and social care issues including poor nutrition and socio-economic vulnerabilities.

**Have you been to the dentist in the past year?**

England	Slough	Your School
29.3% of 5-year-old children have dental decay.	70.56% say they have had a check-up in the past year	

[\(oral health survey 2022\)](#)

**Do you brush your teeth twice a day?**

England	Slough	Your School
6.4% of 5-year-old children with decay have had a dental extraction.	74.19% say they brush their teeth twice a day	

[\(oral health survey 2022\)](#)





**Public Health Nursing 4 Slough – School Health Team support:**

- The school health team will provide advice and support for parents where children have identified themselves as not visiting the dentist, having less than optimal oral hygiene or having risks to their dental health due to lifestyle choices.
- The school health team can provide small group support for children in school, who have been observed to be experiencing poor self-care including poor oral hygiene or having general hygiene needs. Where a trend in school has been observed children will be invited to attend a group session by your named school nurse.
- Schools can also make a direct referral or can ask parents to contact the Public Health Nursing 4 Slough [Chat Health](#) service for advice and support.

**Advice for schools:**

- Ensure all students have easy access to fresh water, place water fountains around school.
- 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.
- Access the current public health messages at ([PHE 2022](#)).

**Vision and Hearing**

Vision problems in children can have a direct impact on educational attainment due to an inability to participate fully with learning materials whether that be in books, on whiteboards or using screens. Research shows that around 20% of school-aged children have an undiagnosed vision problem, many problems are not obvious and may present in children through their behaviours including; poor concentration, tiredness, headaches and being disruptive in class.

**Have you been to the optician in the past year?**

England	Slough	Your School
	42.46% say they have had a check-up in the past year	

**Public Health Nursing 4 Slough – School Health Team support:**

- Public Health Nursing 4 Slough deliver school entry vision screening for all children and recommend that children are taken for a free NHS sight test every two years up to the age of 16 years of age.
- Where concerns are identified through the screening process or via the universal health reviews, families will be contacted directly to provide advice and signposting to services.
- If parents have concerns about a child’s vision they can contact the [Chat Health](#) service.

**Advice for schools:**

- Schools can promote routine optician appointments within the school environment and advise parents to vision an optician if concerns are notice within the school environment.

Hearing problems in children may be identified at birth via the UK screening programme. However, children may experience hearing loss as they develop through childhood. Children with progressive hearing loss may cope very well at school for many years and therefore it is important that school staff consider a problem with hearing if they observed a change in behaviours. Children with hearing loss may present as frustrated, have problems with concentration, appear tired or become disruptive in class. They may start

01753 377466 / 0800 7722578, public.health.nursing@slough.gov.uk, www.slough.gov.uk/public-health-nursing-4-slough  
 to mispronounce new words or appear to be not engaging in class, likely because they cannot hear over ambient background noises. Further information about childhood hearing can be found [here](#).

Children may also experience Auditory Processing Disorder ([APD](#)) which is not a hearing loss but may present in a similar way.

**Do you have any worries about your hearing?**

England	Slough	Your School
52798 children have been diagnosed with hearing needs	19.28% are concerned about their hearing	

*(Consortium for Research in Deaf Education 2022)*

**Public Health Nursing 4 Slough – School Health Team support:**

- Public Health Nursing 4 Slough deliver school entry hearing screening and where concerns are raised will refer to an audiologist for more extensive testing.
- If school suspects a hearing concern, they can ask parents to visit the GP or to use the Public Health Nursing 4 Slough [Chat Health](#) service for further advice and a referral to the audiology team where appropriate.

**Childhood Continence**

Bladder and Bowel problems can have a negative impact of educational attainment and social development. It has been identified that an increasing number of children are starting school without full bladder and bowel control and these problems may continue throughout childhood.

Children will often not want to share their continence needs with adults in school and may try to manage it themselves, often using strategies that can help them avoid using toilets at school. Schools may notice a change in behaviour including isolation from friends, tiredness and irritability in addition, school may observe children reducing their fluid and food intake or may notice a urinary smell.

At times, assumptions may be made about the circumstances that have resulted in poor bladder and bowel control including attributing problems to poor parenting or delayed development. Whilst some problems will be as a result of development or poor routines within the home environment, it is important for the child that a comprehensive assessment is made by specialist health professionals.

**Do you have any trouble using the toilet at school or at home?**

England	Slough	Your School
Bladder and Bowel problems affect up to 28% of all children at any one time.	1.3% say they have trouble using the toilet at home.	
	6.4% say they have trouble using the toilet at school.	
	1.3% say they have trouble using the toilet at both.	

*(BBUK 2019).*



- Children with night-time bedwetting can receive treatment and support from the Public Health Nursing 4 Slough, Nocturnal Enuresis clinic. Parents will need to visit their GP for a referral as all needs must be medically assessed.
- For daytime continence needs, schools or parents can 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.

### Advice 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.
- [Survey on school toilets](#)





## Lifestyle Choices

### Diet and weight.

Having a well-balanced diet in childhood is essential to growth and development. Eating and drinking well provide a child’s body with essential nutrients that support their cognitive development, physical growth including motor skills, emotional wellbeing and maintaining a healthy weight prevents poor lifelong outcomes including cardiovascular disease, diabetes and some cancers.

Children may not access a well-balanced diet for a variety of reasons. Research suggests that the most common reasons are; parental understanding or attitudes, family finances, childrens understanding and children moving towards independence in decision making.

Indicators of a well-balanced diet include having the recommended 5 fruit and vegetables a day and having a good start to the day with breakfast. It is also important to recognise that not all fast food is unhealthy, when eaten as a treat as part of a well-balanced diet children can learn moderation and healthy eating habits.

Healthy eating may also be negatively impacted if a child has poor body image, most often identifying themselves as being overweight despite having a healthy body mass index, due to them engaging in unhealthy weight control behaviours ([CLOSER](#)).

Children may be identified as having a poor diet by weight gain or significant weight loss, unhealthy eating habits at school or by their associated behaviours which may include; poor concentration, lethargy, recurrent miscellaneous illnesses and low mood.

Schools may notice these signs in children for a variety of health and wellbeing reasons, it is important that any concerns with diet or malnutrition are assessed by a health professional as 13% of England 11-16 year olds were found to have a possible eating problem in 2021 ([NHS digital](#)).

### How often do you eat breakfast in the morning?

England	Slough	Your School
	76.96% say they have breakfast every day.	
	4.02% say they never have breakfast.	

### Do you eat 5 or more pieces of fruit and vegetables a day?

England	Slough	Your School
18 % aged 5-15 eat on average 5 portions a day.	56.9% say they eat 5 or more portions a day.	

([NHS digital 2018](#))

### Public Health Nursing 4 Slough – School Health Team support:

- All schools can access small group sessions or larger health education sessions for healthy lifestyles including diet, being active and self-esteem. Contact your school nurse directly.

Our public health youth worker offers healthy eating sessions for Year Six children and their families. To book a session email the youth worker at [solltd.publichealthnursing4slough@nhs.net](mailto:solltd.publichealthnursing4slough@nhs.net)

Advice for schools: [publichealthnursing4slough@nhs.net](mailto:publichealthnursing4slough@nhs.net) - [www.publichealthnursing4slough.co.uk](http://www.publichealthnursing4slough.co.uk)

- 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 using the [Chat Health](#) service 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.foodfactoflife.org.uk/whole-school/>

**Do you have any concerns about your weight?**

England	Slough	Your School
52% of 11-16 year olds* worry about how they look.	23.35% have concern about their weight	

(Be Real campaign 2017 accessed from [Mental Health Foundation 2022](#)) \*not a national survey

**The National Childhood Measurement Programme (NCMP)**

England (2021-2022)	Slough (2023-2024)	Your School (2023-2024)
76.5 % 10–11-year-olds were a healthy weight	56.7% 10–11-year-olds are a healthy weight	
1.5 % 10–11-year-olds were underweight	3.6% 10–11-year-olds are underweight	
14.4 % 10–11-year-olds were overweight	14.2% 10–11-year-olds are overweight	
23.5 % 10–11-year-olds were very overweight	25.4% 10–11-year-olds are very overweight	

([NHS digital 2021-2022](#))

(NHS digital; accessed by Heather Bartlett, April 2023)

**Public Health Nursing 4 Slough – School Health Team support:**

- The public health nursing team deliver the National Childhood Measurement Programme for all children in a Slough school and Slough children educated at home.
- Using the results from the NCMP and the Universal Health Review, the school health team will provide advice, signposting or direct support for any identified weight or body image needs.

**Advice for schools:**

- Support the [delivery](#) of the National Childhood Measurement Programme in your school.
- Encourage parents to have their child’s height and weight completed as part of the [National Childhood Measurement Programme](#).
- Hold [inclusive discussions](#) about healthy weight and positive body image.
- Be aware of the early signs of [difficulties](#) with weight management including sudden weight loss or self-restriction of food.
- Encourage parents to access online [support](#) for [advice](#) and [guidance](#) about weight management.
- Encourage parents to contact the school nursing team themselves or make a [referral](#) for school nursing support.
- Visit [All Our Health](#) for further information about obesity.



**Physical Activity**

Research by [Public Health England](#) suggests that the numbers of children taking part in the recommended 60 minutes of daily activity a day falls by 40% as children move through primary school. Recent research suggests that children’s activity was negatively impacted by the Covid pandemic but is now back to pre-pandemic levels for most ([Sport England 2022](#)).

Children who get enough physical activity are shown to develop physically and mentally healthier attitudes, resulting in them building positive habits which can deliver lifelong benefits.

Taking part in regular physical activity supports emotional wellbeing and academic attainment. Children who are active are reported to feel happier, more confident and more sociable, regular activity also supports the maintenance of a healthy weight.

**Do you take part in at least 60 minutes of activity a day?**

England	Slough	Your School
48% of in Years 5 & 6 take part in an average of 60 minutes of activity a day.	61.52% say take part in at least 60 minutes of activity a day.	

([Sport England 2022](#))

**Public Health Nursing 4 Slough – School Health Team support:**

- All schools can access small group sessions or larger health education sessions for healthy lifestyles including diet, being active and self-esteem. Contact your school nurse directly.
- The school nursing team work closely with the health and wellbeing team to provide families with access to local activities and services to support an active lifestyle. For more information visit [Let’s Get Going](#) Slough.

**Advice 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 [Active Slough](#) and [Slough Family Services](#).

**Sleep**

Sleep in childhood is important for physical, emotional and cognitive growth, development and resilience. Children may suffer with sleep disturbances due to; a change in the home/family environment, worries about friendships, concerns with schoolwork, being thirsty or hungry and sensory issues including temperature and noise. They may also have underlying medical needs including bedwetting, diabetes or anxiety.

The mental health foundation found that 38% of teenagers who are studying said that they had been too tired to do schoolwork or study, and 43% had been too tired to concentrate in class or when studying ([MHF 2023](#)).

Children who have a poor sleep pattern will most obviously present as tired and lethargic however, may also present as irritable, lacking in concentration and neglectful of their own needs seen as a decline in their self-care including hygiene and presentation. Parents and children may not understand the importance of a good night sleep including regular routines and good sleep hygiene.



**Do you sleep for at least 8 hours a night?**

England	Slough	Your School
34% of children (aged 7 – 16) have had problems with sleep for 3 or more nights a week.	53.68% sleep for at least 8 hours every night	
	30.57% sleep for at least 8 hours on school nights	

*(NHS digital 2022)*

**Public Health Nursing 4 Slough – School Health Team support:**

- The school health team can provide parent, child and small group support for children who have been observed to be experiencing poor sleep. Schools can make a direct [referral](#) or can ask parents to contact the Public Health Nursing 4 Slough [Chat Health](#) service for advice and support.
- Our public health youth worker offers healthy sleep sessions for Year Six children and their families. To book a session email the youth worker at [solltd.publichealthnursing4slough@nhs.net](mailto:solltd.publichealthnursing4slough@nhs.net)

**Advice 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 the [NHS tips for teens](#) including providing the opportunity for daily exercise.



## Healthy Relationships

### Bullying

Developing healthy relationships during childhood has been recognised as an important factor of decision making when entering into an intimate sexual relationship as young people develop through adolescence. Relationship and Sex education has been highlighted as a mandatory part of the curriculum for school aged children and young people ([DoE 2021](#)).

In primary school, healthy relationships education and identification focuses on friendships, family relationships and relationships with other adults. The importance of mutual respect and feeling safe in a relationship is a paramount building block for future relationships.

Schools work hard to ensure a positive culture for peer and adult relationships in schools including observing for signs of bullying, exploitation and abuse.

Unhealthy relationships at home and at school can result in a child feeling anxious, low in mood and experiencing poor self-esteem. Children may also present with recurring headaches, stomach aches or other physical health symptoms. Children may be absent from school due to avoiding an unhealthy friendship or may miss school because they are worried about a relationship they are observing at home.

Bullying can negatively impact how well young people do at school. Being regularly bullied can affect a child or young person’s ability to make or sustain friendships, impair their academic potential and studies have shown bullying can have a life-long influence on social, emotional and mental health outcomes.

Nevertheless, more than 50% of children and young people do not recognise bullying and less than ¼ report being bullied online ([ONS 2020](#)).

### Have you ever been bullied?

England	Slough	Your School
34.9% of children aged 10-15 report being bullied in person.	39.78% have been bullied in the past	
19.1% of children aged 10-15 report being bullied online.	4.02% are currently being bullied	

([ONS 2024](#))

### Public Health Nursing 4 Slough – School Health Team support:

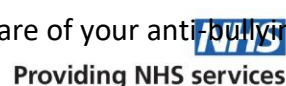
- The school health team will provide individual advice and support for children who have identified themselves as wanting support due to current or previous bullying.
- Our public health youth worker offers healthy relationship sessions for Year Six children and their families. To book a session email the youth worker at [solltd.publichealthnursing4slough@nhs.net](mailto:solltd.publichealthnursing4slough@nhs.net)
- The school health team will provide small group support for young people in school, who have been identified as being involved with bullying behaviours. Where a trend in school has been observed young people will be invited to attend a group session by your named school nurse.
- Schools can make a [referral](#) for support for young people who may be vulnerable to or taking part in bullying behaviours, where it is having a negative impact on their health, whether that be at school or in the home.

### Advice for schools:

- Provide a whole school approach to anti-bullying expectations.



Ensure all school members, staff and students, are aware of your anti-bullying policy.





- Use [PHSE lessons](#) to help students recognise healthy peer relationships and where to gain support if they are worried.
- Be aware of the [signs](#) of bullying which may not include overt behaviours.
- Signpost students to [Childline](#) to report bullying and find support.
- For supporting evidence to review your policies see [Preventing and tackling bullying \(publishing.service.gov.uk\)](#) and [Print Bullying at school - GOV.UK \(www.gov.uk\)](#)

### Young Carers

Children may also experience a role reversal in the relationship with their parent/carer if they are acting as a young carer.

27% of young carers aged 11-15 miss or have difficulties at school due to their caring responsibilities. Only half of known young carers have an identified person in school who recognise that they are a carer and help them. Young carers have certain rights to receive social, educational and health care support ([Banardo's 2017](#)).

### Have you ever missed school to care for a family member?

England	Slough	Your School
120,000 children aged 5-17 have been identified as a young carer.	26.72% have missed school to care for a family member % have been registered as a young carer	

([ONS 2021](#))

### Public Health Nursing 4 Slough – School Health Team support:

- The school health team can provide a school nurse health assessment including individual advice and support for young people who have identified themselves as a young carer.
- Schools can also make a direct referral for a health assessment for young people who have been identified as or are suspected of being a young carer.
- Parents can contact the Chat Health service for advice and support if their child is providing care for a family member.

### Advice 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 \(childrenssociety.org.uk\)](#)





## Unhealthy Lifestyles

### Screen Time and Technology

Young people have grown up with easy access to the internet and associated technologies. The internet, social media and even gaming can be a positive experience for many young people; providing an opportunity to socialise, learn from peers and access on-line support.

Young people need to be kept safe whilst on-line and to understand the impact over use may have on their physical and mental health.

Currently there is no causal effect evident from existing research between, screen-based activities, or the amount of time spent using screens, and any particular negative health effect, it does not mean that there is no effect ([CMO 2019](#)).

### How many hours a day do you spend using a screen for gaming, social media or streaming content?

England	Slough	Your School
13-14-year olds spend on average 3 hours and 48 minutes online a day.	53.36% answered they spend more than 2 hours on a screen per day.	

(OfCom 2021)

### Public Health Nursing 4 Slough – School Health Team support:

- The school health team will provide individual advice and support for families and children who identify themselves as having excessive screen time, promoting healthy lifestyles including being active and being outside.
- Our public health youth worker offers online safety sessions for Year Six children and their families. To book a session email the youth worker at [solltd.publichealthnursing4slough@nhs.net](mailto:solltd.publichealthnursing4slough@nhs.net)
- Schools can make a [referral](#) for support for children who may be using their screens excessively and it is having a negative impact on their health, whether that be at school or in the home.
- Parents can contact the Public Health Nursing 4 Slough [Chat Health](#) service for advice and support.

### Advice for schools:

- Create an open environment where online experiences can be discussed with adults.
- Have a clear access policy for online interactions, including remote learning, within school.
- Embed [online safety](#) and [healthy relationships](#) within PHSE sessions.
- For more information visit <https://saferinternet.org.uk/guide-and-resource/young-people/resources-for-11-19s>

### Substance use

Children in primary school are increasingly exposed to attitudes about substance use in the community and on social media. As children start to develop through adolescence some may experiment with smoking, alcohol, drugs such as cannabis and solvents.

Children may also be exposed to parent/carer substance use and may not have the language or confidence to share their concerns with adults at school. Schools play a vital role in providing education about substances and providing a trusted adult with whom children can discuss any concerns.



Alcohol consumption in children can negatively impact upon a young person’s educational performance and relationships with friends and family. The chief medical officer recommends that the healthiest and safest option was for children to remain alcohol free up to age 18, but if they do drink alcohol it should not be at least until the age of 15 and only in a supervised environment, no more than once a week ([NHS digital](#)).

Alcohol use in early childhood is linked to later alcohol misuse or abuse.

Smoking in childhood is linked to increased levels of dependence and reduced likelihood of quitting in adulthood. 90% of lifetime smoking is initiated between the ages of 10 and 20 years in the UK ([RCPCH](#)).

Smoking contributes to a variety of health conditions, including cancers and respiratory, digestive and circulatory diseases, whilst also impairing the development of teenage lungs.

Vaping or e-cigarettes are a relatively new product and their long-term effects are not known. Children who have never smoked should be discouraged from using e-cigarettes.

Drug / Solvent Use in children is most frequently identified as cannabis use however, may include amphetamines, ketamine, lysergic acid diethylamide (LSD) and nitrous oxide NOS), amongst others. Children’s early experience of drug use was most likely to involve cannabis (42%) or solvents (40%) ([NHS digital](#))

Regular cannabis use has been shown to result in long term mental health problems in adolescence and adulthood including depression, anxiety and in some cases psychosis. Use of other drugs may also present as disruptive behaviour disorders.

Multiple Behaviours is defined by children who engage in more than one substance and as such expose themselves to an increased level of risk to their health and wellbeing. In 2018 2% of children aged 11-15 had recently smoked, drunk alcohol and taken drugs with a further 3% taking part in two of these behaviours with alcohol being the predominant substance ([RCPCH](#)).

**Have you ever drunk alcohol?**

England	Slough	Your School
14% of 11-year-olds have ever tried an alcoholic drink	8.77% have drunk alcohol	
1% of 11-year-olds drink alcohol once a week	0.04% drink alcohol weekly	
1% of 11-year-olds drink alcohol once a month	8.6% have drunk alcohol once or twice	

[\(NHS Digital 2018\)](#)

**Have you ever smoked cigarettes?**

England	Slough	Your School
1% 11-year-olds are current smokers	0.48% have smoked once or twice	
2 % 11-year-olds have ever smoked	98.66% have never smoked	

[\(NHS Digital 2018\)](#)



**Do you use vapes/electronic cigarettes?**

England	Slough	Your School
25% of 11-15-year-olds have tried e-cigarettes	1.34% use vapes once or twice	
2% of 11-15-year-olds use e-cigarettes at least once a week	0.09% use vapes weekly	
<1 % 11-year-olds are regular e-cigarette users	0.09% use vapes daily	

(NHS Digital 2018)

**Have you ever tried illegal drugs?**

England	Slough	Your School
9% of 11-15-year-olds have tried drugs	0.35% have tried illegal drugs	
5% of 11-15-year-olds have taken drugs in the last year	0.22% have tried drugs once or twice	
2% of 11-15-year-olds have taken drugs in the last month	0% use drugs daily	

(NHS Digital 2018) (England numbers include solvents).

**Have you ever used other solvents or substances?**

England	Slough	Your School
	4.37% have ever used other substances or solvents.	

**Public Health Nursing 4 Slough – School Health Team support:**

- Children who have identified themselves as having personal worries about substances will be offered a school nurse appointment to explore their concerns and provide health education including cessation programmes.
- Our public health youth worker offers substance use sessions for Year Six children and their families. To book a session email the youth worker at [solltd.publichealthnursing4slough@nhs.net](mailto:solltd.publichealthnursing4slough@nhs.net)
- Should school have any concerns about a child’s use of substances this can be discussed with the named school nurse for advice or a [referral](#) for support.
- Parents who may be concerned that their child is using substances can be encouraged to call the Public Health Nursing 4 Slough [Chat Health](#) service for advice.

**Advice for schools:**

- Develop a whole school approach to substance use education including peer champions.
- Develop a drugs policy, in consultation with the whole school community including pupils, parents/carers, staff, governors and partner agencies.
- Embed health education messages throughout lessons and provide dedicated [PHSE](#) sessions.
- Provide a safe non-judgemental space for children who may have experimented with substances and reassure children that exclusion is not always necessary.



## Emotional Health and Wellbeing

Wellbeing can be defined by a sense of belonging and how we feel about ourselves and our lives. An individual’s sense of wellbeing is dynamic and will change over time and with specific experiences. In addition, wellbeing may be influenced by cultural and family domains, age, gender and personality.

It is widely recognised that a child’s emotional health and wellbeing influences their cognitive development and learning as well as their physical and social health.

Positive emotional health and wellbeing is closely associated with positive mental health outcomes, children with good emotional health often find it easier to cope with difficulties they may experience as they develop through childhood and adolescence. Positive emotional wellbeing may also be described as emotional resilience.

Having positive wellbeing and resilience does not indicate an absence of hardships in life, rather the child’s innate and taught ability to manage their experiences.

Schools have an important role to play in identifying poor emotional wellbeing and providing the support to build resilience.

### Do you have any worries or concerns about your thoughts, feelings and emotions?

England	Slough	Your School
5% of 10–15-year-olds are relatively unhappy with their lives.	28.75% have indicated worries or concerns about their emotional health	

([Department for Education 2019](#))

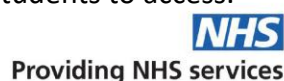
### Public Health Nursing 4 Slough – School Health Team support:

- The Slough universal health reviews use a verified emotional wellbeing tool to identify concerns for children aged 8 years and above. [Me and My Feelings](#). Where a concern has been identified with emotional wellbeing or behaviour, the child and family will be offered advice, support and signposting to appropriate services.
- Where a trend in worries or concerns within the year six cohort are identified, the school health team will invite children to a small groupwork programme at school to gain a greater understanding of the concerns and provide resilience promoting activities. Your school nurse will coordinate the delivery of the session with school.
- Our public health youth worker offers emotional wellbeing sessions for Year Six children and their families. To book a session email the youth worker at [solltd.publichealthnursing4slough@nhs.net](mailto:solltd.publichealthnursing4slough@nhs.net)
- Where a school has concerns about an individual, schools can make a [referral](#) to the named school nurse who may provide a 1:1 assessment and/or support a referral to specialist services aimed at preventing developing mental health concerns.
- Parents who may be concerned about their child’s emotional wellbeing or mental health can be encouraged to call the Public Health Nursing 4 Slough [Chat Health](#) service for advice.

### Advice for schools:

- Provide a whole school approach to understanding and supporting mental health needs, with clear policies in place developed in conjunction with students.
- Encourage attendance at staff awareness sessions to help understanding and initial management of needs.
- Having a clear [directory of services](#) for both staff and students to access.

Refer needs earlier rather than watching and waiting.



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- Consider peer support groups and identified mental health student champions.
- Create a safe space or wellbeing area for students who struggle in class.
- Consider weekly wellbeing sessions within school/ tutor time.
- Provide signposting for parents/carers to the free access Solihull parenting [course](#).
- For more guidance visit <https://www.mentallyhealthyschools.org.uk/resources/a-whole-school-framework/> and [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/755135/Mental health and behaviour in schools .pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/755135/Mental_health_and_behaviour_in_schools_.pdf)

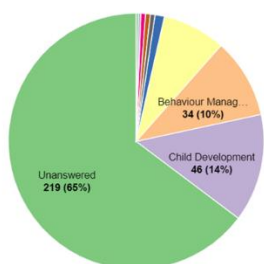
## Services and Choices (2022/2023) You said, We did.

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.

Public Health Nursing 4 Slough have used this information to increase our availability for parents and carers of all school aged children by:

- Developing a health education programme for parents/carers and children in year six.
- Introducing Chat Health for parents/carers.
- Offering a community space for parents/cares to come and discuss their child's health, wellbeing and development.

### 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 [soltd.publichealthnursing4slough@nhs.net](mailto:soltd.publichealthnursing4slough@nhs.net) or telephone our duty line 01753 373464.**