Nyrsio Ysgol | School Nursing
BIP Caerdydd a'r Fro | Cardiff & Vale UHB

Useful Contacts

EAST Cardiff School Nursing Team: 029 218 33114
WEST Cardiff School Nursing Team: 029 218 32204
VALE School Nursing Team: 014 467 04114
School Nursing Team/immuinisation email: Cavuhbschoolnursing@wales.nhs.uk
iCAV_SNTEAM

School Entry Health Information

This information may be helpful now that your child is in full time school.

Is your child up to date with their immunisations?
Your personal child health record (red book) should include details of the childhood immunisation programme. Your child will be offered the Nasal Flu Vaccination throughout Primary School.

For more information about childhood immunisations please scan the QR code below or visit nhs.uk/doityourself/vaccinations/leaflets

If your child needs any immunisations please contact your GP to arrange an appointment.

Please contact your school nurse if you wish to discuss your childs health further.

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Does your child have a medical condition e.g. Asthma, Diabetes, Eczema, Epilepsy, or a severe allergy - that may require emergency injection?

Please ensure that your child's school is informed about your child's medical condition and of any medication or treatment your child requires during the school day. The school may suggest that an individual health care plan is in place in order to support your child, this is a parental and educational responsibility. The School Nurse can support if required. For further information on these conditions visit www.nhs.uk and use the search box.

Are you concerned about your child's vision, hearing, or speech?

- A distance vision screen will be undertaken in school by the School Nursing Service.

  This is the only routine vision screen in school. It is recommended that all children should have free regular eye checks with their local optometrist (optician), every year.
- A hearing test will be undertaken in school by the Audiology team.
- Referrals for speech therapy are made by your child's school. Please discuss with your child's teacher if you have any concerns with your child's speech.

Are you concerned about your child's growth e.g. short or tall stature, under or overweight?

Your child's growth (Height, weight and BMI) will be measured by the School Nursing Service. You will be informed of the results. For information on helping children to stay fit and healthy visit www.everychildwales.co.uk

Are you concerned about your child's emotional health and wellbeing or behaviour?

For helpful hints and tips for parents on promoting positive behaviour visit gov.wales/parenting-give-it-time. For details of local services and organisations that can help visit www.dewis.wales/home or www.cavyoungwellbeing.wales

Is your child registered with a dentist?

It is recommended that children should see a dentist at least annually. For dental health advice visit www.wales.nhs.uk/ourservices/findanhsdentist/designedtosmile

Does anyone in your child's home smoke?

Free friendly support to quit smoking is available from www.helpmequit.wales Tel: 0800 085 2219

ParentLine

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School Entry Health Information

Are you concerned about your child's day/night time wetting or constipation? For helpful information visit www.eric.org.uk or www.bbuk.org.uk or discuss your concern further with your School Nurse. Please see additional toileting information

Day time wetting can be common in young children, this can present as:

- Urgency - sometimes rushing to the toilet.
- Frequency - doing lots of small wees.
- The occasional small accident.

Bedwetting (enuresis) is a medical condition, 15% of 7 year olds wet the bed, from the age of 5 this can be treated.

The main reasons for bed wetting are:

- Their body produces too much wee at night.
- They do not wake at night when their bladder sends them the signal.
- Their bladders do not stretch enough to hold the wee they make at night.

Bedwetting doesn't have a psychological cause. These children are not being naughty or lazy. Bed wetting can make children feel embarrassed and sad.

How you can help:

- Speak to your school nurse.
- See your G.P. to rule out constipation or a urinary tract infection.
- Start double toileting, you may hear this called double-voiding by nurses/doctors - encourage your child to empty their bladder 15-20 minutes before bedtime and at bedtime.
- Visit the ERIC or Bladder and Bowel UK website, they provide fact sheets, helpline, podcasts and parent/carer workshops.
- Ensure you child is drinking enough water:

Age	Sex	Total Drinks per Day
1-3 Years	Female Male	900 – 1000ml 900 – 1000ml
4 - 8 Years	Female Male	1000 – 1400ml 1000 – 1400ml
9 -13 Years	Female Male	1200 – 2100ml 1400 – 2300ml
14 – 18 Years	Female Male	1400 – 2500ml 2100 – 3200ml

parent line
Text your school nurse on
07312 263178
For confidential advice and support

emotional wellbeing
soiling
day and
healthy
night time
eating
behaviour
wetting
continence
relationships

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School Entry Health Information

Constipation is a problem for 1 in 3 children, constipation will not go away by itself. There are many reasons that your child may become constipated these could be:

- not drinking enough water-based fluids
- they are not active enough during the day
- they are not having a well-balanced diet
- Illness or underlying medical condition.

Signs of constipation:

- Pooing more than 3 times a da.y
- Pooing less than 3 times a week.
- Tummy pain.
- Large poo that needs to be broken up in the toilet.
- Very loose poo which is sometimes mistaken for diarrhoea.
- Stains in underwear which is quite difficult to clean and smelly.
- Really smelly wind/bad breath.
- Swollen tummy.
- Decreased appetite.
- Soiling - this is when bowel movements happen in places other than the toilet e.g., underwear or pooing in the bath. It can be a really upsetting problem for children and their parents to deal with.

How to help:

- Speak to your school nurse.
- Ensure your child is drinking enough - please see above fluid chart.
- Keep a poo diary, your school nurse can explain how and why these are important to correctly complete over a short period of time.
- Visit your GP and share your diaries.
- Visit the ERIC (eric.org.uk) and Bladder and Bowel UK website (www.bbuk.org.uk/children-young-people).

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