

## For further information

Please visit our website for more information on the School Nursing Service: [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

Please call the Public Health Nursing Service to opt out of any screening, or to discuss your child: **0300 123 7572**

Alternatively, you can email the area in which your child attends school:

- **Welwyn and Hatfield, East Herts and Broxbourne:**  
[HCT.SHWBSWH@nhs.net](mailto:HCT.SHWBSWH@nhs.net)
- **Stevenage, Royston and North Herts:**  
[HCT.rsnh@nhs.net](mailto:HCT.rsnh@nhs.net)
- **Watford, Three Rivers and Hertsmere:**  
[HCT.W3RH@nhs.net](mailto:HCT.W3RH@nhs.net)
- **St Albans and Dacorum:**  
[HCT.stadac@nhs.net](mailto:HCT.stadac@nhs.net)

### Comments or complaints

Hertfordshire Community NHS Trust offers high quality services and aims to be as helpful as possible. If however, you are dissatisfied by our service, then we would like to know.

Please contact:

### Patient Advice and Liaison Service (PALS)

**Tel:** 0800 011 6113 (10am-2pm, Monday to Friday -  
messages can be left outside of these hours)

**Email:** [pals.hchs@nhs.net](mailto:pals.hchs@nhs.net)

## Hertfordshire Community NHS Trust

Unit 1a Howard Court, 14 Tewin Road  
Welwyn Garden City Herts AL7 1BW  
Tel: 01707 388 000

Leaflet produced by the School Nursing Team – September 2025



Hertfordshire  
**Family Centre  
Service**



# Hertfordshire Public Health Nursing Service 5-19 (School Nursing)



**The Health for Kids website**  
([www.healthforkids.co.uk](http://www.healthforkids.co.uk)) contains  
information to support parents/carers  
during a child's primary school years.

All content has been produced by school nurses and a whole  
range of other health and wellbeing experts. Children aged 5-11  
can also access some practical/fun support on the website.



**The Hertfordshire Public Health Nursing Service 5-19 (School Nursing) sees children in mainstream, state schools.**

**The service promotes healthy lifestyles and offer support to children and families at times when extra help is needed. This includes help with emotional difficulties and coping with long term health conditions.**

The team provide support, advice, and signposting on a range of health issues that can affect a child or young person. These may include:

- Emotional and mental health issues
- Healthy eating and weight management
- Wetting, soiling and constipation
- Immunisation advice
- Support for young carers
- Health conditions requiring medication in school
- Sexual Health

We have a team of staff to support children and young people in school. This could be via individual sessions or group sessions.

Please contact your local school nursing service if you want to discuss any health issues for your child. Our contact details are at the end of this leaflet. You can also complete an online referral form available on our website at: <https://www.hertsfamilycentres.org>

We now offer a **Chathealth Parent-line** for parents/carers to **text message** in with any concerns about their school age child/young person. The service runs from 9am – 5pm, Monday – Friday – **07312 263002** excluding Bank Holidays

## **Use of Personal Data**

Hertfordshire Community NHS Trust is committed to protecting your privacy and will process the information you provide to comply with the Data Protection Act. Health information about your child will only be shared with your consent. Further information about how your data is stored can be found here: <https://www.hct.nhs.uk/about-us/data-protection-and-yourinformation/>. Information will not be shared with any other outside agency unless it is necessary for the protection of a child or vulnerable adult.

## **Before your child starts school...**

### **Immunisations**

It is important that all children are fully immunised before starting school. This includes a pre-school booster and second MMR. Please contact your GP if your child has not received these immunisations or you have any concerns regarding this. You can also contact the School Aged immunisation team on 01727 732062.

## **When your child is in Reception class...**

### **Height, Weight, Vision and Hearing Screening**

All children will have their height and weight measured. We also check their distance vision and hearing. Parents and carers are informed of their child's results. Results which may have an effect on your child's learning (hearing or vision) will be shared with their class teacher. Any child moving into the area who has no evidence of being screened elsewhere will have their vision and hearing checked in Reception. We will check their vision if they are in Years 1 and 2.

If you do not wish your child to be seen, or your child is currently attending a vision or hearing clinic and you do not wish us to screen them, please contact us within two weeks of receiving this leaflet.

## **When your child is in Year 6**

### **Online health questionnaire**

We will be going into year 6 classes in primary schools for children to complete a short online health questionnaire. Short health promotion sessions on health topics, will be delivered to the year 6 children within the classroom on the day the School Nursing team are in your child's school. Letters will be going out to parents/carers to explain this in more detail. Children in year 6 will not have to complete the questionnaire if they do not want to.

National Child Measurement Programme. Once again, our School Nursing team will be visiting children in Year 6 to weigh and measure them. This is a government initiative to assess how children are growing. Your child does not have to be included and a letter nearer the time, will come out to parents/carers with a section to complete if you want your child to opt out of this.