



**Regional Office:** 224 Berwick Avenue, Slough, SL1 4QT: 01753 373464 / 0800 7723578  
**HQ:** Thames Court, Richfield Avenue, Reading, RG1 8EQ

13 January 2023

Dear Parent/Carer,

**RE: School Nurse health review**

Solutions 4 Health provides your School Nursing Service which aims to promote a healthy lifestyle for school-aged children between the ages of 5-19 following the Healthy Child Programme.

The School Health Team are excited to introduce ['The Lancaster Model'](#) of support for school-aged children. The Lancaster Model has been shown to improve health and wellbeing outcomes for children and young people resulting in improved educational attainment and achievement.

Your School Health Team will provide an early intervention approach when identifying and supporting health needs through holistic health needs reviews in; Reception, Year 6, Year 9 and Year 11.

**What are the benefits for my child?**

These reviews will use your child's voice to identify individual health needs and allow our team to provide individual, small-group or year-group health and wellbeing sessions to meet the needs of your child.

Health and wellbeing needs that are identified at their earliest presentation will enable your child to receive help at the earliest opportunity from the most qualified health professional and as such prevent problems from getting worse.

Your child will be able to express their needs in a safe and age-appropriate way, as such they will develop their health knowledge and make positive health choices.

**How does it work?**

For children and young people in **Years 6**, the health review will be delivered in the school setting with a qualified School Nurse in attendance to answer any questions or address any worries your child may have.

Each child or young person will receive an online link to complete the assessment as part of a health and wellbeing session. Upon completion of the assessment your child will have access to evidence-based advice provided by the School Health Team. Where there is a need for additional support your child will be offered individual support, invited to a small group

workshop or receive a year-group public health awareness session as part of the whole school approach to the identified need.

### What if I have questions?

A member of the School Health Team will be available via our duty line between 09:00 – 17:00 every weekday, please call 01753 373464 / 0800 7723578 with any questions you may have. You can also visit our [website](#) or email us at [solltd.publichealthnursing4slough@nhs.net](mailto:solltd.publichealthnursing4slough@nhs.net)

If you do not wish your child to take part please call us to discuss any concerns you may have, alternatively you can send us an opt-out email by **3<sup>rd</sup> March 2023** at [solltd.publichealthnursing4slough@nhs.net](mailto:solltd.publichealthnursing4slough@nhs.net). You will need to give us your child's name, date of birth, NHS number (if known) and school they attend. Any opt-outs received after this date will be met where possible but cannot be guaranteed if the team have already been into the school.

### The National Childhood Measurement Programme (NCMP) **Has now been completed.**

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's measurement programme, please see further details in the accompanying letter or visit the website where you can find a [digital copy](#) of the letter including a withdrawal option should you not wish your child to take part.

We look forward to working in partnership with you,

*Heather Bartlett*

**Heather Bartlett,**  
**0-19 Team Lead -Specialist Community Public Health Nurse (School Nursing)**

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

T. 01753 373464 | A. Public Health Nursing 4 Slough, 224 Berwick Avenue, Slough, SL1 4QT  
[www.publichealthnursing4slough.co.uk](http://www.publichealthnursing4slough.co.uk) | [www.solutions4health.co.uk](http://www.solutions4health.co.uk)

Solutions 4 Health provide NHS-based services for all children and young people attending a Slough school.