

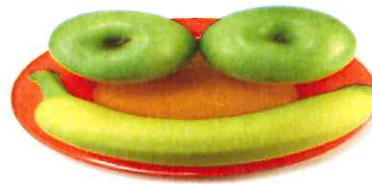
Dear Parents/Carers,

A very warm welcome back from the School Health Nursing Team we hope this academic year is an exciting and flourishing academic year. As a School Health Service we have collated some important information that we think will be essential at times throughout the school year.

The school nursing team visit school to:

- Undertake sight tests in Reception and height and weight measurements in Reception and Year 6.
- An audiometrician also visits school to undertake hearing examinations in Year 1.
- Letters informing you of the visits together with consent forms are always sent home prior to the visits.
- We can also work with families to help with a variety of health related matters.

Did you know that children perform better and have better concentration if they have a healthy diet and drink plenty of water? Children should be encouraged to eat at least five portions of fruit and vegetables a day. Breakfast is a particularly important meal as it boosts the metabolism and sets you up for the day ahead.



A healthy diet also helps to ensure good oral health. All children should be registered with and have regular appointments with a dentist. If you are having trouble finding a dentist please call 01772 420150. This service will help you find an NHS dentist.

Children and young people are entitled to free optical appointments and free glasses. Children as well as adults should ensure that they look after their optical health and get their eyes checked regularly even if they have no visual difficulties.

Immunisations aim to protect children and the community against the spread of infection and disease. Please contact the school health team if you would like advice regarding your child's immunisation status.

If you require any services from the school health team please contact the team Monday –Friday (4-5pm) on 01695 684187 or come and see us at the Youth Zone in Skelmersdale every Tuesday 3:30-5pm. We look forward to meeting you!

