

Introduction To The School Aged Health Service and School Readiness



The School Aged Health Service provides health-related confidential support and advice to children and young people, their parents and carers, professionals, and community settings across Wiltshire.

Each school within Wiltshire has a named Specialist Community Public Health Nurse, a School Staff Nurse- generally known as School Nurses, and our School Health Support Workers.

You can find more information about the School Nursing Service at

[» 5-19 Years \(School Aged Health Service\)](#)

SINGLE POINT OF ACCESS(SPA)- 0300 247 0200

You can find more information about the School Nursing Service at



What is School Readiness?

Playing, sharing and turn taking- Able to develop friendships and engage in learning activities.

Basic written and verbal skills-Able to hold a pencil and to express their needs and communicate in short sentences

Following simple instructions- Able to sit down and listen and follow simple instructions.

Ability to concentrate for short periods of time.

Independence-Able to use the toilet, dress and feed themselves.



Preparation for School

Wiltshire Council Parenting Support-If you need support with parenting of children or teenagers-

WWW.Wiltshire.gov.uk/parenting-support

The following slides give advice and signposting to support with your child being ready for school.



Benefits to Good Hydration

60% of the body weight of children aged 1 to 12 is made up of water.

Improves mood- more likely to feel calm and happy.

Increased energy.

Improved concentration and memory.

Increased feelings of wellbeing.

Improved digestion and nutrient absorption.



Dehydration

Dehydration can
result in:

Thirst

Headaches

Dry skin

Tiredness

Lack of
concentration

Trouble
remembering tasks
asked

Difficulty learning
new things

Reduced mental
performance

Poor hydration in
children can also
lead to bladder
issues



Hydration

Suggested amount of water-based fluid for most children, during waking hours:



Age	Sex	Total drinks per day
1-3 years	Female	900-1000ml
1-3 years	Male	900-1000ml
4-8 years	Female	1000-1400ml
4-8 years	Male	1000-1400ml
9-13 years	Female	1200-2100ml
9-13 years	Male	1400-2300ml
14-18 years	Female	1400-2500ml
14-18 years	Male	2100-3200ml



Sleep and Bedtime Routines.

Affects how our
children feel,
behave, cope and
learn.

Improves their
health.

A calming, consistent
routine should start
about an hour
before bedtime



Further help and support with sleep

- The Sleep Charity – <https://thesleepcharity.org.uk>
- NHS- [Sleep problems in young children - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- Sleep Scotland- www.sleepscotland.org
- Cerebra Sleep Advice Service- <https://cerebra.org.uk/get-advice-support/sleep-advice-service/>
- National Autistic Society Sleep- [Sleep and autism](#)



Toileting

What is a healthy bladder?

Here are the signs your child's bladder is working properly:

- A healthy bladder stores urine and should be emptied between 4 – 7 times each day. This is around every 2 hours during the day.
- Younger children need to wee more frequently. Their smaller bladders hold about 120mls of urine at 3 years and this increases in capacity by about 30mls a year.
- Their bladder sends a signal to say when it's full and gives a child enough time to find a toilet or potty.
- It empties fully each time they use the toilet and doesn't leak, or dribble wee in between toilet trips.
- It's common for children under 5 to get the message that their bladder needs emptying at a later stage. This means they need to use the toilet more often and at shorter notice.
- As children get older, and if their bladder is working well, they become aware of the need to pass urine before the bladder is full, giving them more time use the toilet at convenient intervals; such as at school break time.



Bedwetting /Nocturnal Enuresis

Bedwetting is a medical condition which can be treated in children from age 5.

- Around 15% of all 7-year-olds regularly wet the bed.

There are three main reasons for children's bedwetting:

- Their bladders don't stretch enough to hold all the wee they make at night.
- They produce too much wee at night.
- They don't wake up when their bladder sends a signal that it's full.
- Children's bedwetting can be caused by one or more of these reasons. The good news is, they all are treatable.



Further Help with Toileting and Bed Wetting

ERIC- [Home](#) – ERIC

Bladder and Bowel UK -<https://www.bbuk.org.uk/>

Health Visitor and Nursery Nurses (until starts school in September.) then the
School Aged Health Service (Once attending School)- Single point of Access 0300 247 0090

GP- Can offer support and help.



Pre School-Immunisations/Boosters

The pre-school immunisations, also called pre-school boosters, will update or top up your child's level of antibodies (which their bodies produce to fight off disease and infection) and help to keep them protected.

Protection (immunity) against diphtheria, tetanus, whooping cough and polio from the immunisations given to babies can fade over time.

Complete immunity to measles, mumps or rubella does not develop after a single dose of the MMR vaccine so the booster gives them a second chance to build immunity.

When you take your child for their pre-school immunisations, it is important to make sure all their other immunisations are up to date.

The flu vaccine will help protect your child against flu during the winter but will need to be given every year because the viruses that cause flu change very frequently. This is offered in school yearly by our Immunisation Team.

Immunisation Service-0300 247 0082
vcl.immunisations@nhs.net



Head lice and nits are very common in young children and their families. They do not have anything to do with dirty hair and are picked up by head-to-head contact.

Head lice can make your head feel:

- Itchy
- like something is moving in your hair
- The only way to be sure someone has head lice is by finding live lice.
- You can do this by combing their hair with a special fine-toothed comb (detection comb). You can buy these online or at pharmacies.

How to get rid of head lice

- Wet combing with a detection comb
- Treatment with specialist shampoos available over the counter
- Check and treat anyone else in the family found to have head lice.
- Further advice -Head lice and nits - NHS (www.nhs.uk)



Threadworms

Threadworms (pinworms) are tiny worms in your poo. They're common in children and spread easily. You can treat them without seeing a GP.

- You can spot worms in your poo. They look like pieces of white thread
- You might also see them around your child's bottom. The worms usually come out at night while your child is sleep
- You can buy medicine for threadworms from pharmacies.
- Wash hands and scrub under fingernails – particularly before eating, after using the toilet or changing nappies
- Bathe or shower every morning
- Rinse toothbrushes before using them
- Keep fingernails short
- Wash sleepwear, sheets, towels and soft toys (at a hot temperature)
- Disinfect kitchen and bathroom surfaces
- Vacuum and dust with a damp cloth
- Make sure children wear underwear at night – change it in the morning
- Further advice-[Threadworms - NHS \(www.nhs.uk\)](https://www.nhs.uk)



School Entry Health Questionnaires



During the school year all parents and carers of children starting school in Wiltshire are invited to complete a school digital health and wellbeing questionnaire.



The purpose of this is to provide you with the opportunity to tell us about your child's health so we can assess the health needs of new school starters in reception year.



We can provide you and your child with any appropriate support which may include online or face to face support where required.



National Childhood Measurement Programme (NCMP)



Measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary schools.



Email will be sent out by school during the year with all information.



Parents or carers can choose to withdraw their child from the process by following the information given in the email.



Vision Screening



During reception year , your child will be seen to have their vision checked.



Letters will be sent out with results.



Growing Well Wiltshire App



SPA Number- 0300 247 0200

School Aged Health Service

The School Aged health Service provides health related, confidential support and advice to children and young people, their parent and carers, professional and community settings across Wiltshire

- Emotional Health and Wellbeing
- Physical Health
- Healthy Lifestyles
- Relationships
- And much more...

You can find more information about the School Aged Health Service at

[:» 5-19 Years \(School Aged Health Service\)](#)

