

School Health Information for Reception Year

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

Medical conditions

Please ensure the school is informed of any medical conditions, medication, or treatment your child requires during the school day.

Vision, hearing, and 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 eye checks with their local optometrist (optician) at least every 2 years.
- A hearing screen will be undertaken in school by the School Nursing Service.
- Referrals for speech therapy are made by your child's school. Please talk about any concerns with your child's teacher.

Growth

In reception class, your child's height and weight will be measured by the School Nursing Service. For information on helping children to stay fit and healthy visit www.everychildwales.co.uk

Emotional health and wellbeing

For information on how to look after your child's emotional health and wellbeing speak to your School Nurse/ class teacher. For helpful tips visit www.dewis.wales/the-five-ways-to-well-being.

Behaviour

For advice on promoting positive behaviour speak with your child's class teacher. For helpful tips visit:

www.giveittime.gov.wales

www.dewis.wales/family-information-service

Toileting

During the day if your child experiences rushing to the toilet (urgency), doing lots of small wees (frequency), or the occasional small accident, visit [ERIC- Children's Bladder Health: bladder problems and incontinence](#) for useful information and speak to your School Nurse/ GP.

During the night if your child is wetting the bed, visit [ERIC- Bedwetting- reasons and how to stop it](#) for useful information or speak to your School Nurse for advice and support.

Does your child find it hard to poo (constipation)? Constipation is a problem for 1 in 3 children and will not go away by itself. There are many reasons why your child may become constipated, visit [ERIC- Constipation in Children](#) for useful information or speak to your GP.

Make sure your child is drinking enough water (children aged 4-8 need to drink 8 cups of water a day) [ERIC- How to get kids to drink more water](#).

Visit the [ERIC](#) or [Bladder and Bowel UK](#) website, they provide fact sheets, helpline, podcasts and parent/carer workshops.



Routine Childhood Immunisation Programme

Your personal child health record (red book) should include details of your child's immunisation history. If your child has missed any immunisations, please contact your GP surgery to arrange an appointment. If you are unsure whether your child's immunisations are up to date, please contact your School Nurse or GP.

All school aged children are eligible to have the nasal [flu vaccine](#) every year. Children attending school will be offered the nasal flu vaccine through school nursing service. You will receive more information and a consent form nearer the time.

For more information about immunisations visit:

[Public Health Wales](#)

[Routine immunisation schedule for Wales](#)

Dentist

It is recommended that children are registered with a dentist and should receive a free regular routine dental check-up. NHS 111 Wales provides a list of [dentists](#) and [dental helpline](#) numbers.

For information on how to look after your child's teeth, visit [Designed to smile](#).

Other useful contacts

[Smoking](#)

[Live fear free](#)

[Alcohol](#)

[NHS 111 Wales](#)

[Headlice](#)

[Common ailment scheme](#)

Find local health and Wellbeing [Services near you](#)

[Mental Health and Wellbeing](#)

[Local services and organisations](#)

Please contact your School Nursing Service if you wish to discuss your child's health now or at any time in the future.