



Derbyshire Healthcare
NHS Foundation Trust

The Derby City School Nursing Teams



Your School Nursing team



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Our teams are made up of qualified School Nurses,
Community Staff Nurses and Young Person Practitioners.

Your local team covers:
Primary schools, Secondary schools
and
Special schools and support centres
We are based at St Pauls House in
Derby City.



Health Visiting transition



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Your Health Visitor will hand over your child's care to the School Nursing team in the months leading up to your child starting school.

School Nursing will be there to support you with any health concerns until your child is 19 years old.



Can your child **identify their coat** and put it on?
Can they do up their own zip and buttons?



Let your child practise **peeling their own banana and satsuma**. This will help them be ready for break time.

Race against each other to **identify clothing and put it on**, maybe practise dressing and undressing a soft toy/doll. Model **putting on and taking off socks, shoes and pumps**.



Model how to **share and turn take**.
Play games at home to encourage this.

Can your child **remove a turning lid**? Show your child how to use a knife and fork, allow them to practise this at meal times. Would your child prefer school dinners or packed lunches? Let them practise carrying a tray or opening items in a lunch box.



Can your child follow **through with simple instructions**? At school they will be asked to 'line up at the door...'



Model sitting **cross legged on the floor**, see if your child can come and sit with you.

Look at books with your child, show them how to **turn a page from left to right** and help them develop **listening skills** by reading the story to them.



Support your child to **work on their pincer grasp** (forefinger and thumb) by squeezing pegs together. This will help develop the skills needed for using pencils and doing up buttons.

Have lots of **mark making opportunities** available such as sheets of paper and pencils/pens/chalks and crayons.



Is your child **fully independent when using the toilet/potty**? Can they turn a tap to wash their hands and use a paper towel to dry their hands?

Can your child **communicate their needs**? Can they let you know they need the toilet?

Some top tips to encourage school readiness with your child.

Reception Screening



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In the first year in school your child will be offered screening of:

- Height and Weight – this is part of the national childhood measurement programme (NCMP)
- Vision
- Hearing



You will receive more information about this via a letter in the next year.

NCMP



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The National Child Measurement Programme (NCMP) is a nationally mandated public health programme

It provides the data for the child excess weight indicators in the Public Health Outcomes Framework, and is part of the government's approach to tackling child obesity

Measurements are taken in reception year and again in year 6.

What we ask of you...



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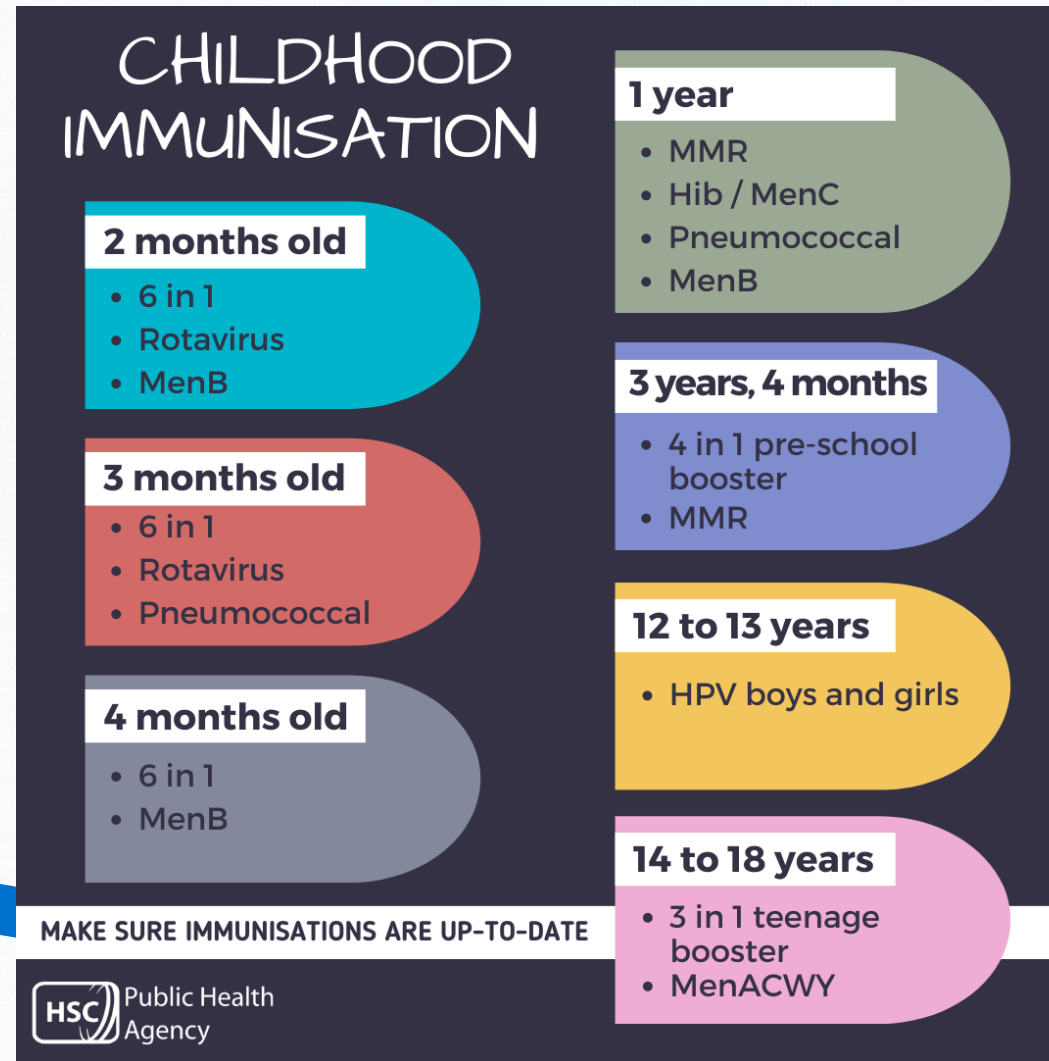
- Please ensure you take your child for follow ups if needed following screening.
- Make sure your child is up to date with immunisations.
- Make sure your child is registered with a dentist – this is free until your child is 18 years old.
- Please complete the TLM online questionnaire.



The Lancaster Model



You can check your child's red book or speak with the GP to see if your child is up to date with their immunisations.



School entry questionnaire



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- You should have received the link for the electronic questionnaire run by The Lancaster Model (TLM).
- It helps us understand any health concerns you are not already getting help with.
- It gives you useful links for information.
- Follow up with School Nursing team if needed.
- Helps shape possible interventions needed for school.



The Lancaster Model

Contacts with School Nursing team



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- School entry questionnaire – TLM – parent completes.
- Year 6 questionnaire – TLM – child completes, and consent will be sent once in year 6.
- Year 9 questionnaire - TLM – young person completes, parents will be notified.
- Referral from another professional – parental consent.
- Self-referral - through parent or young person in drop in at secondary school.



The Lancaster Model

Ways to access School Nursing Team



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Website -

<https://www.derbyshirehealthcareft.nhs.uk/schoolnurse>

Email -

dmh-tr.ChildFamily-Derby@nhs.net



@DerbyChildrensHealth

Chat health –
text messaging service

Chat Health



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If you are a parent or carer for a child aged between 0-19 and want advice or have any worries **text the Parents and Carers ChatHealth Service on:**
07507 327754

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Text us for confidential advice and support.

You can now get confidential advice and support with any concerns such as hearing or vision, feeding problems, weaning, emotional wellbeing, and behaviour or general health queries.

9:00-
16:30

Monday -
Friday
excluding
Bank holidays

Any Questions ?



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