



CNWL School Nursing Service
Goodall Division
Beaufort House
Cricket Field Road
Uxbridge
UB8 1QD

September 2022

Dear Parent / Carer,

Re: Your child's health – a brief screening questionnaire

The **School Nursing Teams in Hillingdon** work in partnership with children, young people and families as well as schools and the local authority to ensure that pupils are supported within their school community to **remain healthy and receive the right support where it is needed**.

As your son/daughter has started school (Reception Year), it is a **good time to review their health** through this brief questionnaire as recommended in the 'Healthy Child Programme' (Department of Health, 2009).

Each school in Hillingdon has a named School Nurse. The School Nurse runs a confidential service in schools. We can help where young people want advice or need to talk to someone about any worries relating to their health and well-being, as well as provide support and advice to parents/carers.

The questionnaire provides an **opportunity to identify any new or on-going health needs** your son/daughter may have and require additional support with, and enable individual follow-up actions which may be required to support you in ensuring your **child remains healthy as possible**.

This information will be kept safely in your child's School Health Record, and will not be shared with any third party.

The questionnaire will take **less than five minutes to complete**, and one questionnaire should be completed per child. *Please complete the questionnaire even if you believe your child to have no health needs. **The questionnaire will close on Friday 21st October 2022**.

Please click on the below link to complete the questionnaire:

<https://www.oc-meridian.com/cnw/survey/SchoolHealthServiceParentQuestionnaire>

We **thank you** for taking the time to work with us in supporting our young people's health in Hillingdon. Should you wish to get in touch with the school nurse for any health advice, please contact 01895 891 302.

We have included some useful websites that you may want to visit.

Yours Faithfully,

The Hillingdon School Nursing Team

Useful Websites:

Healthy Lifestyles:

<https://www.nhs.uk/change4life>
<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/?tabname=how-much-exercise>
<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
<https://www.nhs.uk/live-well/eat-well/how-to-read-food-labels/>

Bullying:

<https://www.stopbullying.gov/resources/kids/facts>
<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
<https://kidshealth.org/en/kids/bullies.html>
https://www.kzoo.edu/psych/stop_bullying/for_kids/what_is_a_bully.html

Bed Wetting:

<https://www.eric.org.uk/why-do-children-wet-the-bed>
<https://www.nhs.uk/conditions/bedwetting/>
<https://kidshealth.org/en/parents/enuresis.html>

Asthma:

<https://www.asthma.org.uk/advice/child/>
<https://www.nhs.uk/conditions/asthma/>

Diabetes:

<https://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes>
<https://kidshealth.org/en/parents/feelings-diabetes.html>
<https://www.nhs.uk/conditions/type-1-diabetes/type-1-diabetes-in-children/>
<https://www.childrenwithdiabetesuk.org/>

Anaphylaxis:

<https://www.anaphylaxis.org.uk/information-training/allergywise-training/for-parents-and-carers-of-severely-allergic-children/>
<https://www.nhs.uk/conditions/anaphylaxis/>
<https://www.aboutkidshealth.ca/article?contentid=781&language=english>

Epilepsy:

<https://www.epilepsy.org.uk/info/children-young-adults/children>
<https://www.epilepsysociety.org.uk/epilepsy-childhood>
<https://www.nhs.uk/conditions/epilepsy/living-with/>

Mental Health:

<https://youngminds.org.uk/>

Dental:

<https://www.nhs.uk/service-search/find-a-dentist>