



The Primary School Health Service

The school health service promotes healthy development and wellbeing, helping students reach their full potential. School health nurses are Community Health Nurses who provide the service in partnership with schools. The school health service is free and confidential. As we all know, students learn better when they are healthy, safe and happy. School Health Nurses are a part of the *Healthy Country Kids Team* which includes specialist Allied Health such as a s Audiology, Dietician, Enuresis Nurse, Speech Pathology, Physiotherapy, Occupational Therapy, Paediatricians and Social Work

Who are Community Health Nurses?

Community Health Nurses (School Nurses) deliver school health services in primary schools across Western Australia. They are employed by the WA Country Health Service. Nurses work with children, families and teachers within each school throughout the year. Most families will have had contact with these health services from birth (through child health services).

Working with children at school

Nurses provide School Entry Health Assessments (SEHA) which assess hearing, vision, oral health, growth, development, and any other health and wellbeing issues that may be of concern.

- SEHA is offered to all children who are of school entry age. For the majority, this will be in **Kindergarten or Pre-primary**, however it could be done after school enrolment has occurred and prior to commencement of Kindy if a need is determined.
- Nurses prioritise assessments after reviewing any concerns noted on the parent consent form and discussion with class teachers. The Nurses will come throughout the school year usually booking a date and time with administration staff prior to our arrival.

Targeted Assessments for children Year 1 upwards can be offered to any student at the school. Both teachers and parents can request a targeted assessment (usually hearing and vision) of a student, and consent from parents/carers is required before we can do the assessment. Please see below re the referral process.

Referring to the School Health Nurse

If a parent or teacher has a concern regarding development, health or wellbeing of a child throughout their primary years, they can contact the nurse via the school. Relevant age-appropriate assessments such as hearing, vision and growth can be undertaken with parental consent.

Referrals to the School Health Nurse are made on a 'Referral to Community Health Nurse' form available from the office.

Working with vulnerable families

Nurses conduct annual health assessments for children in the care of Department of Communities. These assessments are prioritised once a request has been received by the nurse from the Department of Communities.

In order to optimise the health, development and wellbeing of the vulnerable families in the community, School Health Nurses aim to work in partnership with the schools, for identification of health and developmental concerns, and offer support where required. We will arrange meetings with the Principal or Deputy to discuss vulnerable families and children in care twice in the school year, however we are open to having more discussion if your school requires.

Working with families

Nurses recognise that schools manage most health needs for their students. Nurses can assist, if required, in supporting families and school staff with health care planning and management for children with complex health needs and/or chronic conditions, and emotional health and well-being. Nurses are aware of, and have connections with, extended services in the community. They can be a contact point and advocate for families, providing them with health information and referrals, and information about parenting programs as needed. Nurses also provide whole of school information for individuals and families about health issues through the classroom, school newsletter and school website. Many school health nurses are skilled facilitators of programs such as Triple P Seminar Series (which covers raising confident and resilient children), Fearless Triple P (which supports

parents with anxious children) and The Circle of Security Program (a program that is relationship based and gives parents tools to tune into their children, and understand and meet their needs, and find the balance of parenting).

Working with the school

Nurses can provide advice and support to the school around immunisation and health promotion activities. At the request of a teacher, and if time allows, a nurse may contribute specialist knowledge in curriculum areas. The teacher is responsible for session planning and overall content and must remain in the classroom when the nurse is involved. Nurses can help school staff prepare to care for young people with anaphylaxis, asthma, diabetes and epilepsy.

What services are available?

Information and support to students (and their families) to help them make informed decisions about their health, wellbeing and development.

- School immunisation programs.
- Providing a first point of contact for health care for students.
- Referral to other health professionals if required.
- Working with teachers to support health education sessions.
- Student health and wellbeing programs.
- Health assessments for vision, hearing and development, if required.
- Parenting advice and support in a variety of areas.
- Facilitation of parenting programs including the Triple P Fearless Program (for parents of children with anxiety) and Circle of Security program

Referring and Information on The Child Development Team

Our team includes a range of health professionals such as Allied Health Assistants, Audiologists, Community Nurses, Dietitians, Occupational Therapists, Paediatricians, Physiotherapist, Podiatrists, Psychologists, Social Workers, and Speech Pathologists

Each school has their own policy and procedure on referring to the Child Development Services. As each school is different, it is best to become familiar with your school process before referring a student.

Information regarding Child development Services (CDS), service options and general information is available via these links:



CDS Naturaliste
Brochure both sites



Naturaliste CDS
Information for Refe

Parenting workshops and programs

Each term free parenting workshops are available. We are more than happy to provide you with the dates and any information you require. We appreciate your support in promoting our programs with your school community networks.

- **Triple P and Fearless** are free workshops offered online/ face to face.
- The **Circle of Security Parenting** group program is a 7-week course facilitated by trained professionals. This program is offered free to parents or carers of children 4 months to 6 years, who want to:
 - Understand their child's emotional world by learning to read the emotional needs
 - Support their child's ability to successfully manage emotions
 - Enhance the development of their child's self esteem
 - Honour your inner wisdom and desire for your child to be secure

Other Useful Links

- **Communicable Disease Guidelines: 2023**

[Communicable Disease Guideline 2023](#)

- **Public Health Contact number and email address:**

Amanda Whittle – 09812359

WACHSSouthwestCommunicableDiseaseControl@health.wa.gov.au

- **Parenting Support Website**

Raising Children – The Australian Parenting Website for newborns to teens

[Raising Children Network](#)