



Date: April 2020

Dear Parent / Carer,

Re: Supporting your child's health needs when they start school and beyond

Now that your child is about to start school full time, you can continue to access your public health nursing team for help and support in relation to any health needs that may be affecting his or her development and wellbeing or ability to learn. Public health nurses (health visitors and school nurses) are part of Healthy Together – Leicestershire Partnership NHS Trust's public health programme for children and young people aged 0-19 and their families. Our website, www.healthforkids.co.uk, has lots of useful health information, advice and learning activities aimed at the primary school years, so please take a look.

There are a number of ways that you will receive support from Healthy Together when your child starts school. All children will be invited to take part in the [National Childhood Measurement Programme](#) during their Reception year. And, within the first two years of primary school, children will have their hearing screened in school. The results will be shared with you by letter.

Once your child has started school, your public health (school) nurse is available for advice and support. You can contact your Healthy Together team at any time if you have concerns about any aspect of your child's health and wellbeing, for example:

- Toileting
- Diet, nutrition and healthy eating
- Behaviour
- Sleep
- Emotional health and well-being support

Your school will have their contact details, which are also available on the Health for Kids website: <https://www.healthforkids.co.uk/leicestershire/school-nurses/>

Trust Headquarters: Bridge Park Plaza, Bridge Park Road, Thurmaston, Leicester. LE4 8PQ

Chair: Cathy Ellis Chief Executive: Angela Hillery

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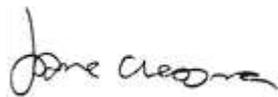
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Healthy Together also runs a confidential text messaging service for parents/carers of children aged 0-19 years. This enables you to seek health support and advice from a public health nurse Monday – Friday, 9am - 5pm. Messages are responded to within 24 hours.

- 07520 615381 (Leicester City)
- 07520 615382 (Leicestershire County & Rutland)

Kind Regards



Jo Chessman
Public Health Nursing Lead

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