



## National Child Measurement Programme

All children of **Reception** and **Year 6** age will be offered the opportunity to be weighed and measured as part of a national programme. We will send a letter to your home address with the results. We may contact you to offer additional support if required.



## Transition health assessments

**At age 5** children's care will transfer from the Health Visiting service to Our Health 5-19. We will send parents/carers a questionnaire to identify any changes to a child's health that may need extra support through the school years.

In **Year 6**, prior to moving to secondary school, parents/carers will receive a questionnaire to review any health needs and identify any support they may require for their high school years.

In **Year 10**, all young people will be invited for a health interview and given the opportunity to complete a questionnaire. This is to empower young people to take responsibility for their health in readiness for adulthood.

Health screening such as height, weight and hearing is also provided when identified as needed.

## Confidential drop in sessions

These are offered in all high schools and alternative school provisions for young people to access health advice and support and onward signposting to other services.

## Our Health 5-19

- Provide advice to all school-aged children and their families within the community of Stoke-on-Trent through family support and the development of community and voluntary resources.
- Work in partnership with children, young people and families to lead and deliver the healthy child programme (5-19); working with health visitors to programme a seamless transition upon school entry.
- Identify vulnerable children, young people and families; provide and co-ordinate tailored packages of support, including emotional health and wellbeing; safeguarding; children and young people with additional or complex health needs.
- Work with local partners to provide intensive and targeted care and support where additional health needs are identified.

## Contact Us

5-19 Central Referral Hub  
**0300 124 0362**

Email

**ourhealth5-19@nhs.net**



Staffordshire and Stoke on Trent Partnership   
NHS Trust



## A Guide to Our Health 5-19



Public Health Advisory Service and Children and Young People's Targeted Intervention Service



Led by Specialist Community Public Health School Nurses

## Health promotion and public health campaigns

Our team of specialist community public health school nurses will deliver lessons in primary school on:



- Healthy eating, oral health and growing up

And in high school:

- **Year 7** Changing bodies, body image and self esteem
- **Year 8** Contraception, an introduction to sexually transmitted infections

The team will also deliver health campaigns in the community throughout the year.

## Support for children with medical needs

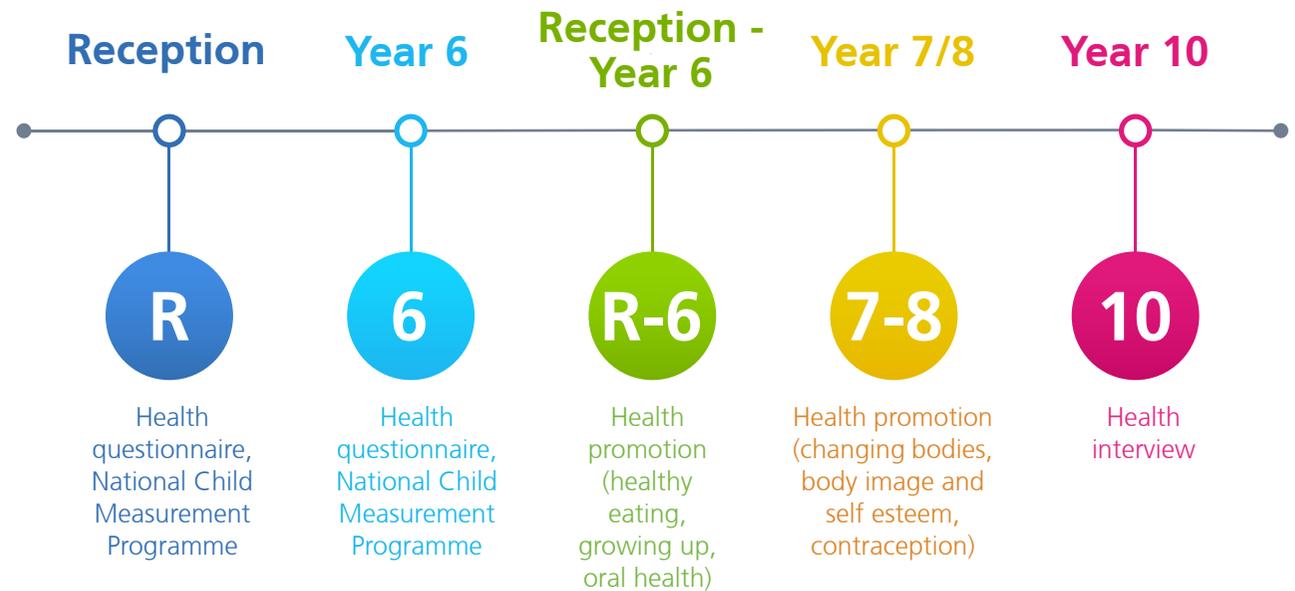
Our nurses will support pupils at school with medical conditions, including assisting with care planning and co-ordinating services. We will provide additional training for school and college staff so that children and young people are safe and their needs are met.

We will lead on applications for Continuing Care Funding and contribute to Special Educational Needs and Disability (SEND) Assessments.

We also provide clinics throughout the city for enuresis (bedwetting).



## Our Health 5-19 Child Programme



### Review Health Assessments for Looked After Children

All children in the care of the local authority will be offered an annual health assessment to ensure that all their health needs are being met. From 16 years of age a health passport will be given to the young person for their information.

### Training for professionals to support children in schools

All schools and colleges will be offered training to their key staff regarding asthma, epilepsy and anaphylaxis to enable them to support children and young people in their care.

### Partnership Working

We work with other professionals to support families through Early Help Intervention, Child in Need and Child Protection.



**Working in partnership to keep our children healthy, happy and safe.**