

HAMMERSMITH & FULHAM SCHOOL HEALTH TEAM ISSUE 01 | Autumn Newsletter | FOR PRIMARY SCHOOLS

Registered nurses with additional registered specialist training in public health

Supported by skilled, mixed teams of health workers and work alongside other members of the wider children's workforce.

Promote the health, wellbeing and protection of all children and young people in all settings throughout their school aged years

School Nurses role



School nurses are crucial to child health and wellbeing, ensuring young people reach adulthood ready and resilient both physically and psychologically.

Helping children with both their physical and mental health in a safe and supportive environment.

Championing healthy eating and providing immunisation and health protection services.

THE SCHOOL NURSING TEAM DELIVERS:



Hearing & Vision testing, Reception Class - Jan - July 2026

Height and Weight, (NCMP) Reception & year 6
Sept - Nov 2025

Health Questionnaires

School will email parents with a school screener link to log onto your child's screening portal



DUTY DESK

Telephone 020 8102 4005

Duty desk from Mon - Fri 9am - 5pm

Parents may email/phone the duty desk to speak to a school nurse, for advice & support

clcht.dutyhfschoolhealth@nhs.net

PARENT FLU WEBINARS

17th September, 8:00-9:00 PM FREE PARENT WEBINAR:

The flu vaccine in children and young people

[Vukschools](https://www.vukschools.com)

18th September, 6:00-7:00 PM FREE PARENT WEBINAR:

The flu vaccine in children and young people

[Vukschools](https://www.vukschools.com)

Topics: During the webinars, the nurse will also be raising awareness around natural immunity & helping to address common concerns and misconceptions.

Measles is still common in many countries worldwide

Make sure you and your loved ones are up to date with MMR vaccinations.

Contact your GP practice if you need to catch up before.

Check pre-school jobs are up to date.

Pre-school jobs include

2nd dose of MMR

4 IN 1 PRE SCHOOL BOOSTER



Oral Health

To ensure proper teeth brushing for children, follow these NHS guidelines:

Brush Twice Daily: Children should brush their teeth twice a day, in the morning and before bed.

Use Appropriate Toothpaste: For ages three to six, use a pea-sized amount of toothpaste with more than 1,000ppm fluoride.

Establish a Routine: Set specific times for brushing to make it a part of their daily routine.

Supervise Brushing: Parents should supervise their children's brushing until they are at least seven years old to ensure proper technique.

ENUERESIS

Call 020 8102 4005

Email: clcht.enuresisclinicpg@nhs.net

Our clinic provides free, confidential, and specialist support for children and young people aged 5 - 19 experiencing bedwetting (enuresis).

Healthy eating

The 5 main groups

The Eatwell Guide divides the foods and drinks we consume into 5 main groups:

fruit and vegetables

potatoes, bread, rice, pasta and other starchy

carbohydrates


beans, pulses, fish, eggs, meat and other proteins

dairy and alternatives

oils and spreads


You should try to choose a variety of foods from each group to help you get the nutrients you need to stay healthy.

YOUR LOCAL FOOD BANK INFORMATION



HAMMERSMITH & FULHAM FOODBANK
THE HUB @75 TIMETABLE

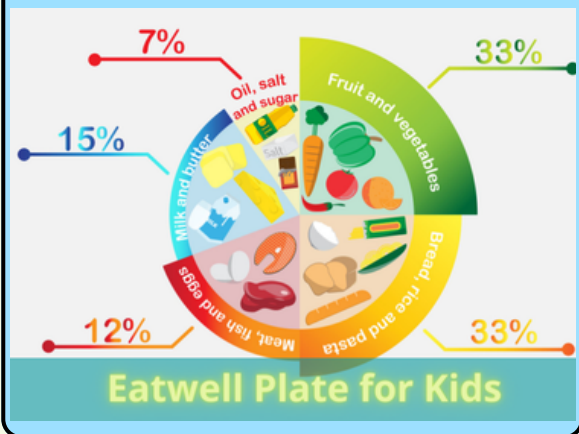
The Hub @75, 75 Bloemfontein Road, W12 7DA
T:0208 746 7718 | Hub@hammersmithfulham.foodbank.org.uk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED	<p>COMMUNITY CLOTHES RACK 1PM TO 4PM</p> <p>Opportunity to browse our clothes donation</p> <p>Access to Hub facilities: Bookshelf Toybox</p>	<p>COFFEE MORNING 10AM TO 12PM</p> <p>Tea, Coffee, Snacks & Seated Activities</p> <p>Access to Hub facilities: Computer facilities</p>	<p>OPEN DROP-IN 10AM TO 4PM</p> <p>Local Signposting</p> <p>Access to Hub facilities: Computer facilities</p>	<p>TEA & SIGNPOSTING 11AM TO 1PM*</p> <p>Tea, Coffee, Snacks & Local Signposting</p> <p>*Closed on the first Friday of the month</p> <p>ALEXANDRA ROSE 12-30PM TO 2-30PM</p> <p>Prebooked Appointments on the first Friday of the month</p>

020 7731 3693 | info@hammersmithfulham.foodbank.org.uk | hammersmithfulham.foodbank.org.uk
Hammersmith & Fulham Foodbank, c/o St Matthew's Church, Wandsworth Bridge Road, London, SW6 2TX
Registered Charity No: 1148358 (England & Wales)

Visit the Hub
The Hub @ 75
75 Bloemfontein Road
White City
W12 7DA
020 8746 7718



Family Hubs:

Tudor Road Community Centre
Old Oak Community Centre
Stephen Wiltshire Centre



Benedict's Law calls for greater safeguards and protection for children with allergies, specifically for there to be an allergy policy in every school, allergy training for all school staff and spare allergy pens in every school.

School nurses play a vital role in supporting students with allergies by providing training and guidance on the safe use of EpiPens. They educate staff on recognizing the signs of allergic reactions, responding quickly in emergencies, and following individualized health plans for at risk students. Nurses also run awareness sessions for teachers, confidence in managing allergies within the school environment.

The School Nurse's support the schools in achieving asthma friendly status.

They follow the local authority's asthma guidelines

Have a named staff champion who leads on asthma care.

Keep an up-to-date list of children with asthma.

All staff are trained, with regular refresher sessions each year, so we can support every child with asthma.



SEND Nurse

A registered nurse with a postgraduate qualification in Specialist Public Health Nursing.

Expert in supporting children and young people (CYP) with Specialist Educational Needs and Disabilities (SEND) and those involved with the Youth Justice Service (YJS).

Supports the School Nursing Team, YJS, and SEND agenda within the school health service.

Works collaboratively to improve equity and quality of health service delivery for children and families.

Youth Zone school health drop-in



What we offer:

- **One-on-one** support to young people in a safe and approachable environment.
- Health promotion sessions which give children the **opportunity to ask questions**, receive guidance on health and well-being, and access the support they need in a way that feels natural and comfortable.
- Raise **awareness of the school nursing service** and sign-post children to contact their named school beyond our sessions
- We make health resources more **accessible**, we **empower** young people to take charge of their well-being with confidence.

School Nurses attend all schools one day a week, covering the following:

SENCO Meetings

Follow up health concerns

Contact parent's on request

Offer meeting in school for health and educational issues



Support for parents

Training

Safeguarding

Health Assessments



NHS

Use the right service.



Self Care
Care for yourself at home

Minor cuts & grazes
Minor bruises
Minor sprains
Coughs and colds



Pharmacy
Local expert advice

Minor illnesses
Headaches
Stomach upsets
Bites & stings



NHS 111
Non-emergency help

Feeling unwell?
Unsure?
Anxious?
Need help?



GP Advice
Out of hours: Call 111

Persistent symptoms
Chronic pain
Long term conditions
New prescriptions



UTCS
Urgent Treatment Centres

Breaks & sprains
X-rays
Cuts & grazes
Fever & rashes



A&E or 999
For emergencies only

Choking
Chest pain
Bleeding out
Serious blood loss