

## Your experience

Your views are important to us. If you need advice or have feedback on a community hospital in Gloucestershire, or on our community health and adult social care services, you can contact one of the advisers from our service experience team. All enquiries are completely confidential.

You can contact us between 9.00am and 5.00pm, Monday to Friday.

This leaflet can also be supplied in braille, audio format, PDF, large print, easy read and other languages on request.

**Telephone:** 0300 421 8313  
(answerphone available outside office hours)

**Email:** [yourexperience@glos-care.nhs.uk](mailto:yourexperience@glos-care.nhs.uk)

**Write to:** Service Experience Team  
Gloucestershire Care Services NHS Trust,  
Edward Jenner Court  
1010 Pioneer Avenue  
Gloucester Business Park  
Brockworth  
Gloucester  
GL3 4AW



## Your school nurse team and you

Information for parents and carers, teachers and children about the school nursing service for secondary school aged children

## The role of the school nurse

Our team of school nurses provide a public health nursing service for school-aged children and young people in community settings. We work in teams providing support for all children and their families in secondary schools and local communities.

Our school nurses are qualified nurses and come from a wide range of backgrounds and experience in different areas of nursing. School nurses have a broad range of knowledge, skills and experience in order to help support your child or young person.

Some school nurses have additional specialist training in public health.

This means these school nurses are skilled to help you and your family lead as healthy a life as possible, both physically and mentally.

We use the model of care provided by the Healthy Child Programme (Department of Health 2009) and our framework is from the Vision and Call to Action for School Nursing (Department of Health 2012).

## Childhood immunisations

The teenage years are an important time for vaccinations and we help carry out immunisations for young people in secondary schools across Gloucestershire.

## Diphtheria, Tetanus and Polio (DTP) Booster

The DTP 3 in 1 teenage vaccination boosts your child's protection against three separate diseases: tetanus, diphtheria and polio. As part of the immunisations schedule, your child should have previously received four DTP immunisations. This booster will give your child long-term protection.

## Who should have the DTP Booster?

DTP boosters are available to all young people aged between 13 and 18 who have completed the routine primary course of 3 DTP immunisations, as per the immunisations schedule. This vaccine is usually given in Year 9 when your child is 13-14 years old.

If you are unsure whether your child has received their primary course, you may wish to contact your GP and arrange for your child to receive any outstanding vaccinations.

## Meningitis C Booster

The Meningitis C vaccine - better known as Men C - protects against infection by meningococcal group C bacteria which can cause 2 two very serious illnesses, meningitis and septicaemia.

Meningococcal disease can affect all age groups, but rates of the disease are highest in children under 5 years of age, with a peak in babies under one year of age. There's also a second peak in cases in young people aged between 15 and 19 years of age.

To be fully protected against Men C, you need 3 separate doses of the Men C vaccine. 2 doses of Men C vaccine are given to make sure your baby develops a good enough immune response to protect them against Men C in early childhood. The Men C teenage booster can be given at the same time as the DTP booster in Year 9 and will extend your child's protection against Men C into adulthood.

## Human Papilloma Virus (HPV) cervical cancer vaccine

All girls aged 12-14 are offered HPV vaccination as part of the NHS childhood vaccination programme. The vaccine is usually given in Years 8 and 9 at schools in England.

Some types of HPV can cause cervical cancer. The HPV vaccine helps to protect girls from getting cervical cancer in the future. It is also known as the cervical cancer vaccination.

## What is HPV?

HPV is the name given to a family of viruses. There are more than 100 types of human papillomavirus (HPV), and infection with some types can cause abnormal tissue growth and other changes to cells within your cervix, which can lead to cervical cancer.

## How does the HPV vaccine help?

The vaccine reduces your risk of getting the virus which is known to cause cervical cancer. In the national NHS cervical cancer vaccination programme, Gardasil vaccine is used. Gardasil protects against the two types of HPV responsible for more than 70% of cervical cancers in the UK. Gardasil also prevents genital warts. To be fully protected the full course of 2 injections is required and we therefore deliver one in year 8 and another in year 9.

The schedule for the HPV vaccine (Gardasil) is as follows:

- 1st dose is given in Year 8
- 2nd dose is given after 12 months in Year 9

More information about the immunisation schedule for children can be found at [www.nhs.uk/conditions/vaccinations](http://www.nhs.uk/conditions/vaccinations).

## Confidential drop-in service

We offer a confidential drop-in service for young people in secondary school and always encourage students to talk to their Parents/Carers about their visit to the drop-in.

School nurse support and advice can include subjects such as healthy lifestyles, emotional health and well-being and friendship issues.

In a number of secondary schools your school nurse can offer contraceptive and sexual health advice with specific reference to Fraser Guidelines, which enables the nurse to assess the level of understanding and appropriateness for intervention.

We also accept requests for school nursing support from secondary schools where they have concerns about a student.

## Community

School nurses accept requests for school nurse support direct from parents/carers, as well as allied health professionals such as GPs and Child and Young People Service.

## Allied health services

If we feel a child may benefit from a more specialist service, we will either signpost to the service required or request a service for the child ourselves.

## Information sharing

For the protection and the welfare of your child, health professionals will, on occasions, share information with other agencies. It is a key part of the Every Child Matters programme to improve outcomes for children. It is linked to the Healthy Child Programme, which places a strong emphasis on early intervention and prevention.

## Asthma and allergies

It is important to have regular asthma checks at your GP. If your child's asthma or allergies worsen, please let your GP and your child's school know.

Your school needs to know if your child has an allergy, asthma or any other medical condition.

This is so that the school knows how to care for them. Please make sure your child's inhaler(s) or allergy medication is in school and that the school is informed of any change in your child's asthma.

If you have any concerns that you wish to discuss with your school nurse, please telephone **0300 421 8225** to find out contact details for your local school nursing team.

## Emotional health and wellbeing

Homework, tests, fall outs with friends and bullying can all make your child feel stressed and anxious. Anxiety and stress are all normal healthy reactions to everyday life and happen to everyone at times.

Where it becomes a problem is when anxiety and worry interferes with your child's everyday life. Children who experience worry may be irritable, not sleep well, lose interest in their food and appear depressed or negative. Headaches and stomach aches can also be stress-related.

If you are concerned about your child's emotional health and wellbeing make sure you talk to your child's teacher so they can help support your child in school or contact your GP or school nurse service for further advice.



## Useful websites and contacts



Online guide to services, organisations and activities  
[www.glosfamiliesdirectory.org.uk](http://www.glosfamiliesdirectory.org.uk)



Children and Young People (Mental Health) Service  
[www.2gether.nhs.uk](http://www.2gether.nhs.uk)



Help and support for parents and carers  
[www.familylives.org.uk](http://www.familylives.org.uk)



Support for families with a child with a disability  
[www.cafamily.org.uk](http://www.cafamily.org.uk)



Teenage health information  
[www.teenagehealthfreak.org.uk](http://www.teenagehealthfreak.org.uk)



Frank  
[www.talktofrank.com](http://www.talktofrank.com)



Sex and young people  
[www.nhs.uk/livewell/sexandyoungpeople](http://www.nhs.uk/livewell/sexandyoungpeople)



School Nurse Service  
[www.glos-care.nhs.uk](http://www.glos-care.nhs.uk)

To find out the contact details of your local school nursing team, please telephone **0300 421 8225**.

For more information about allergies, asthma or vaccinations, please visit:



[www.nhs.uk](http://www.nhs.uk)



[www.asthma.org.uk](http://www.asthma.org.uk)



[www.allergyuk.org](http://www.allergyuk.org)



[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

For more information about emotional health and wellbeing, please visit:



Young Minds  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



Mindfull  
[www.mindfull.org](http://www.mindfull.org)



Beat Bullying  
[www.beatbullying.org](http://www.beatbullying.org)



Childline  
[www.childline.org.uk](http://www.childline.org.uk)

