

**NHS**

The Royal Wolverhampton
NHS Trust

Building a healthy future this autumn

An information leaflet from the
Wolverhampton 0-19 Service, October 2025

Finding out more about your child's School Nurse

The new school term is a fresh start for everyone, especially when it's also a new school year! Our School Nursing team is here to support your child's physical and emotional health so they can get the best out of their school experience.

Who are School Nurses?

School Nurses are registered nurses with additional qualifications / specialist training in public health.
Public Health Associates (PHA's) and Sexual Health Workers also support the school nurse teams.

Where do School Nurses deliver their services?

School Nurses offer a service to pupils who attend the schools in Wolverhampton that are State Funded, Academies, Free Schools, Special Schools and other educational establishments including Pupil Referral Units, Educated at Home and the Youth Offending Team (YOT)

What do School Nurses do?

Promote the health, wellbeing and protection of children and young people in the city, identify health needs and early support for those who need it and work with other services / agencies to address local need and national health priorities.



BOOST your immunity this winter

Protect your child against flu this winter.

Having the vaccine will help protect your child from what can be a very nasty illness in children.

It will reduce the chance of others in your family, who could be at greater risk from flu, such as grandparents or those with long term health conditions, getting flu from your child. It's quick and painless!

From Monday 15 September 2025, Vaccination UK will be visiting your child's school this winter to offer all children the quick and painless nasal spray flu vaccine. There is a pork gelatine free alternative available as an injection.

The vaccination is totally free and recommended for all school aged children.



[Read more about the nasal flu vaccine for school children](#) ➡

All parents are asked to please complete a consent form with Vaccination UK, even if you do not wish your child to receive the vaccination or if they have received it elsewhere.

[Flu Immunisation 2025/26 consent form](#) ➡

I Spy

Approximately 10% of the population have eye problems which may go undetected without routine screening.

The National Child Health Screening Committee recommends that all children should be screened for visual impairment at 4-5 years of age.

Our School Nursing Service will be running vision screening for all reception children in Wolverhampton Schools from January 2026.

This is a quick and simple eye test to identify any sight defects which may require treatment and affect a child's education.

Children under 16 and those aged 16-18 in full-time education are also eligible to free NHS sight tests at most community opticians.

If you have any queries about this, please contact our Single Point of Access Hub on 01902 441057.



Coming soon... height and weight checks for children in Reception and Year 6

Every year the height and weight of Reception and Year 6 children is measured in all schools in England. This is called the National Child Measurement Programme (NCMP).

It is important to know how children are growing so that we can provide the best support.

This will take place in Wolverhampton schools in Year 6 between September to December 2025, and Reception between January to July 2026. Any missed measurements or absences will be completed from April 2026 onwards. If you have a child in either of these years, we will write to you before your child is measured where you will be given the opportunity to opt out if you wish.

[Find out more about the NCMP](#) ➡



What is an Individual Healthcare Plan (IHCP)?

An individual healthcare plan (also known as an IHCP) is a care plan given to your child's school if they have a medical condition that requires support or medication from school staff.

It'll usually be written by a medical professional, such as a nurse, and will include specifics about the medical condition, should your child need help, support or medication. If applicable, it should also include information about what to do in the event of an emergency.

For example, an IHCP may be given to your child's school if they have:

- **Diabetes:** This might include information on what to do if they have low or high blood sugar levels
- **Asthma:** This might include details of any triggers, or how and when to use their inhaler in the event of an asthma attack
- **Epilepsy:** This could include information about triggers and what to do in the event of a seizure
- **Eczema:** This might include details of medication such as creams or ointments

Most schools will have an IHCP for any person that has a recognised/diagnosed medical condition that needs support or adjustments during a school day. IHCP's are reviewed every year for any changes, or as soon as any significant changes such as medication dosage are made to your care plan.

If your child has a food allergy, you may have concerns about their care when they are at school.

A few practical steps can go a long way when preparing your child for managing their allergies at school. Here's a quick checklist of things to label, pack, and double check.



If you would like to discuss your child's health with a school nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on 01902 441057.

We would love to hear your thoughts on topics you'd like to be included in future bulletins.

Please email rwh-tr.0-19marketing@nhs.net

