

**NHS****The Royal Wolverhampton
NHS Trust**

Building a healthy future this autumn



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

Back to School – Supporting Your Child's Health and Wellbeing

Welcome back to a new school year!

We know that starting a new term can bring mixed emotions for families — especially if your child needs extra health or learning support. Our SEND school nursing team is here to work alongside you, your child, and their school to help them thrive.



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](#) ➡

Managing Medication in School

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.

If your child needs medication during the school day, make sure the school has an up-to-date care plan and a current supply of medication. Contact your School Nurse if you need help updating plans or getting the right forms.

Schools can only give medicines that have been prescribed, clearly labelled, and supplied in their original packaging. It's also important to check expiry dates regularly — especially for emergency medicines like inhalers or adrenaline auto-injectors. If your child's condition has changed over the summer, please let your school know so that their care plan reflects their current needs.



[For more information on an Individual Healthcare Plan](#) ➡

Healthy Routines for Better Learning

Consistent sleep, regular meals, and movement all support concentration and mood. Even small changes — like a set bedtime or a calm wind-down before sleep — can make a difference. We can help you adapt routines to your child's needs.

Children with SEND may need additional support with routines. Using visual timetables, countdown timers, or calming sensory activities before bedtime can help make the day feel more predictable. Regular mealtimes, snacks, and hydration also help maintain energy levels and reduce behavioural challenges. Small, manageable steps are often more effective than big changes.



[Tips on sleep for children with SEND](#) 🗣️

Emotional Wellbeing Support



Changes in school routine can cause anxiety or behaviour changes. If you're noticing signs of distress, please reach out to your School Nurse — we can signpost you to specialist support.

Look out for signs such as withdrawal, changes in eating or sleeping patterns, or increased meltdowns. Early support makes a real difference, and sometimes just talking things through with your School Nurse can ease worries.

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

