



The Royal Wolverhampton
NHS Trust

Building a healthy future this Autumn

An information leaflet from the
Wolverhampton 0-19 Service, September 2026

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 education establishments including Pupil Referral Units, Educated at Home and the Youth Justice Service (YJS)

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.

Our team works closely with schools, families, healthcare professionals, and other services to provide advice, support, and health promotion on a range of topics, including:

 Physical and emotional health	 Healthy lifestyles
 Mental health and wellbeing	 Growth and development
 Immunisations and health screening	 Sleep, nutrition, toileting and exercise
 Supporting children with additional health needs	 Special Educational Needs & Disability support
 Relationships, keep safe, sexual health and puberty work	 Attendance to Child Protection, Family Help and Early Support Plan meetings
 Support with care plans for medical needs	 Targeted work with Young People within the Children & Young People in Care (CYPIC) Team and YJS
 Teaching within schools	 Support for home education children

We are committed to helping every child and young person thrive, reach their full potential, and stay healthy, safe, and ready to learn.

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 14 September 2026, 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](#) ➡

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 2027.

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

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





ChatHealth Parentline

**Do you have a 5-19 year old? You can
text a School Nurse on 07312 263951.**

Monday-Friday, 9am-5pm (excluding bank holidays)

We can offer advice and support on topics like:

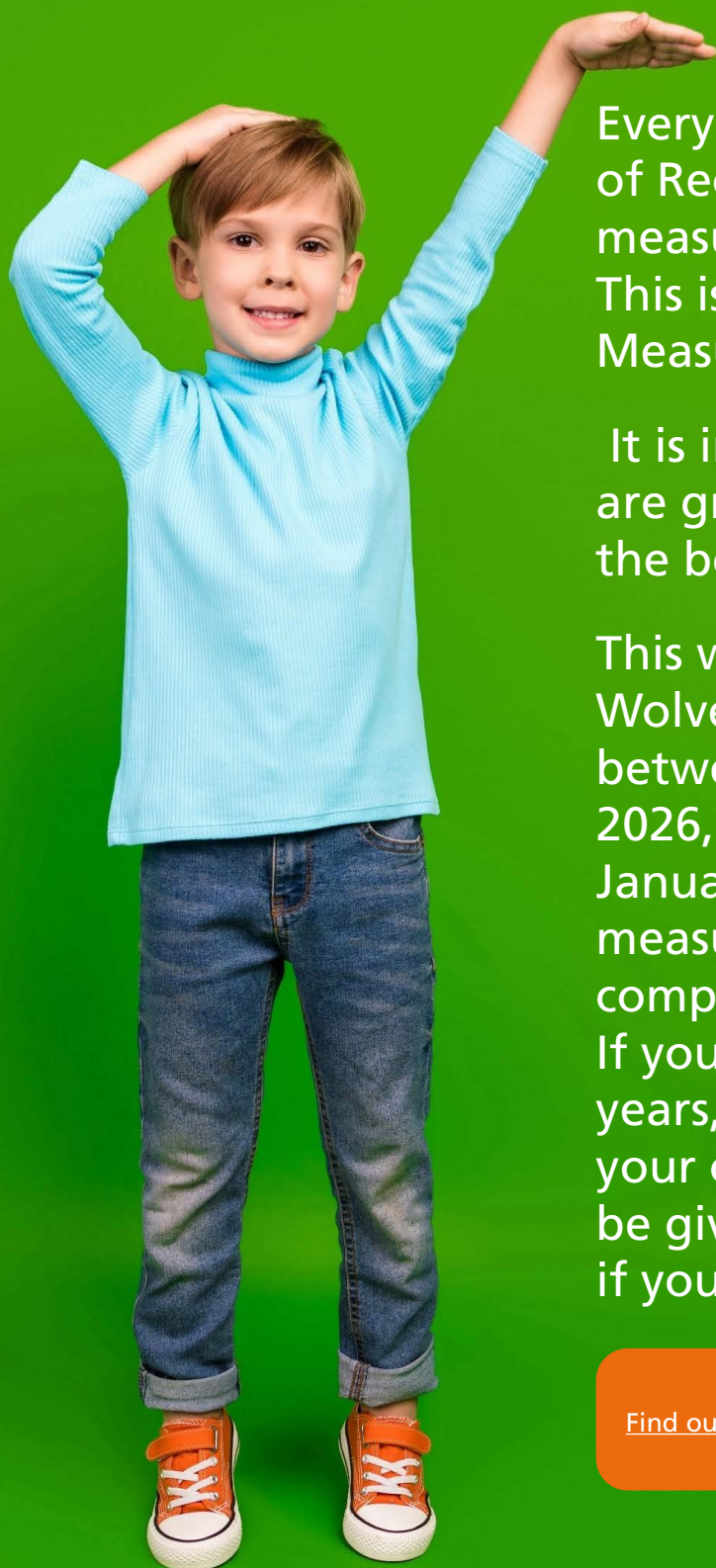
- Toileting
- Sleep
- Growing up
- Diet and healthy living
- Bullying and friendships
- Medical conditions in school
- Transition
- Exam stress
- Emotional health and wellbeing
- Oral health

If your message is urgent, please contact your GP, visit an NHS walk-in centre, or call NHS 111.
If it is an emergency, dial 999 or visit A&E.



**For privacy information, including details relating
to how we process data, please scan the QR code**

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 2026, and Reception between January to July 2027. Any missed measurements or absences will be completed from April 2027 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](#) 

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

