



Leicestershire Partnership NHS Trust

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Leicestershire
LE3 8RA

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Dear Parent / Carer,

Re: Supporting your child's health needs when they start school and beyond

Now that your child is about to start school full time, you can continue to access your public health nursing team for help and support in relation to any health needs that may be affecting their development and wellbeing or ability to learn. Public health nurses (health visitors and school nurses) are part of Healthy Together – Leicestershire Partnership NHS Trust's public health programme for children and young people aged 0-11 and their families. Our website, www.healthforkids.co.uk, has lots of useful health information, advice and learning activities aimed at the primary school years, so please take a look.

There are a number of ways that you will receive support from Healthy Together when your child starts school. All children will be invited to take part in the [National Childhood Measurement Programme](#) during their Reception year. The results will be shared with you by letter. Later in the year you will also be sent a link to a digital questionnaire about your child's health and wellbeing. This information will allow Healthy Together to offer any advice and support required.

Once your child has started school, your public health nurse is available for advice and support. You can contact your Healthy Together team at any time if you have concerns about any aspect of your child's health and wellbeing, for example:

- Toileting
- Diet, nutrition and healthy eating
- Behaviour
- Sleep
- Emotional health and well-being support

Please see reverse

Your school will have their contact details, which are also available on the Health for Kids website:
<https://www.healthforkids.co.uk/leicestershire/school-nurses/>

You can contact the Healthy Together helpline for advice and support by calling **0300 300 3001**. Calls are answered from 9am – 4.30pm on weekdays throughout the year, excluding bank holidays. Healthy Together also runs a confidential text messaging service for parents/carers of children aged 0-11 years. This enables you to seek health support and advice from a public health nurse Monday – Friday, 9am - 5pm. Messages are responded to within 24 hours. To use the service, please text your message to:

- 07520 615382

Kind Regards

Lyn Quinnell
Public Health Nursing Lead