



## **Devon Public Health Nursing Service (School Nursing) In Secondary Schools**

Dear Young Person/Parent/Carer

We would like to take the opportunity to introduce you to the School Nursing team now that you have joined the school.

The School Nurse (SN) team works within schools and the wider community to:

- Provide health advice to help young people make the best of their education
- Provide advice and support to parent/carers and schools
- Support young people to look after their own health
- Direct young people and families to the right services.
- Identify health needs and trends at a community level to inform current and future services and allocation of resources.

This is provided via:

- Referral service so parents, carers, young people and professionals can request support from SN service
- Confidential one to one appointments for young people, either on school site or in other community settings
- Phone advice and support (PHN hub contact details below)
- Text advice and support (via ChatHealth, details below)

You can talk to us about any health concerns but the things that young people often want to talk to us about include:

- Healthy lifestyle choices including healthy eating and physical activity
- Worries about physical or mental health
- Management of a health condition
- Stress at school or at home
- Relationships and sexual health
- Friendships and bullying
- Sleep
- Body shape or size
- Body changes and puberty
- Stop smoking support
- Drugs and alcohol
- Bladder and bowel issues
- Keeping safe

Young people are always encouraged to talk to their parents. Confidentiality and information sharing are discussed and where there is a concern that they or someone else may be suffering, or is at risk of significant harm, information is shared following safeguarding procedures.

In some venues, and where appropriate to age and needs of the young person, we can also provide condoms (C-card registration), chlamydia screening, and pregnancy testing.

**YOUR SCHOOL NURSE TEAM can be contacted at:**

Northern Nursing HUB - **0333 234 1904**

If you would like advice from a School Nurse, want to make or change an appointment, or would like to make a referral for to the School Nursing Team - please contact the HUB on the number above.

We also have a text service for young people aged 13-19

**07520 631 722**