The East Sussex School Health Service is here to help your school. We work with health visitors, community paediatricians, schools, colleges and other services from your local community in a range of locations, including mainstream schools, special schools and further education colleges. Our aim is to promote and protect health and wellbeing and prevent ill health.

We are delighted to share our film, all about our service and how it can help you. Please share this with your colleagues and if possible please play the video in a team meeting. You can also find it at [www.eastsussexchildren.nhs.uk/healthy-schools-section](http://www.eastsussexchildren.nhs.uk/healthy-schools-section)

We have also included a supporting poster for parents about the School Health Service and created a different short film for parents and carers here - [www.eastsussexchildren.nhs.uk/school-health](http://www.eastsussexchildren.nhs.uk/school-health). Please display the poster on your noticeboards and share the parents/carers video in your newsletters.

**Referring into the School Health Service**

The School Health Service takes over from the Health Visiting Service when a child reaches school age, working with young people aged 4 to 19 years old. Our friendly, nurse-led team can help with:

* sleeping problems
* emotional health and wellbeing
* wetting the bed and day wetting
* healthy eating and healthy weight
* self-care, hygiene and relationships
* referrals to other services for more complex health needs.

The School Health One Point (SHOP) is our contact point for parents, carers, professionals and secondary school-aged young people. You can contact us on 0300 123 4062 to find out more or make a referral at: [www.eastsussexchildren.nhs.uk/school-health](http://www.eastsussexchildren.nhs.uk/school-health)

**Healthy Schools Programme**

* 95% of non-fee paying schools in East Sussex took part in at least one aspect of Healthy Schools Programme during the last academic year
* 89% of schools are now signed up to the school health check to achieve Healthy Schools Status
* 39% schools have now achieved healthy schools status across East Sussex (with 25 schools going further to achieve Healthy Schools Excellence Status)
* 83% primaries and 80% secondaries completed the My Health My School Survey pupil voice survey last academic year. The online pupil voice survey is free and anonymous for pupils in Years 5,6,7,8,9,10,11 and post-16. Once pupils have completed the survey, schools can download a fully analysed, 30-page report of their data within 15 minutes. The survey includes age-appropriate questions on a wide range of topics from safety and school life to physical health and social, emotional and mental health (including bullying).

For more information on any aspect of the Healthy Schools Programme please visit email kentchft.esschoolhealthservice@nhs.net or visit [**www.eastsussexchildren.nhs.uk/healthy-schools-section**](http://www.eastsussexchildren.nhs.uk/healthy-schools-section)

**NEW to East Sussex: HENRY Healthy Families Growing Up programme**

The East Sussex School Health Service is delighted to be bringing the HENRY 5-12 programme ‘ *Healthy Families: Growing Up’* to East Sussex.

The HENRY 5-12 programme is an 8 week programme for parents and carers of children aged 5 - 12 – to help develop a healthier, happier lifestyle that the whole family can enjoy. Across 8 sessions the programme covers 5 themes of: feeling more confident as a parent; physical activity for the whole family; what children and the whole family eats; family lifestyle habits and enjoying life as a family.

The programme will be delivered by East Sussex School Health Service by trained HENRY facilitators. Sessions will be for up to 12 parents/carers. You can find out more about the HENRY programme and make a referral at [HENRY | East Sussex (eastsussexchildren.nhs.uk)](https://www.eastsussexchildren.nhs.uk/henry/)

If you would like a digital poster to display at your setting please contact kentchft.esschoolhealthservice@nhs.net

**Parental opt outs of health programmes**

As we continue to roll out our NCMP programme to year 6 and NCMP and vision screening in Reception, we are contacting schools to request pupil information. We are provided with pupil details and the schools they are enrolled at, from East Sussex County Council. We request confirmation from yourselves to make sure that children have not moved schools or moved house. This helps any referrals or support that is required following our contact to be processed accurately. We appreciate the support of the school team with the letters and messages linked to our screening programmes.

Historically, East Sussex County Council admission forms had a tick-box that gave parents an option to opt out of school health contacts. This is no longer valid and we now require parents to opt out at each point of contact directly with the service if they do not want their child seen. If you have children within a year group where you feel you cannot share their personal details with us, please contact us to discuss this further. This enables us to have all children in the county allocated to correct schools, make sure no child is missed and ensures we are sharing information appropriately.

**Managing long term health conditions – online training**

The School Health Service is offering schools a range of **free** online training and resources to support you in meeting the requirements of your pupils with additional health needs. It is suitable for anyone who comes into contact with children and young people up to the age of 25. These include the important health topics such as anaphylaxis, epilepsy, asthma, diabetes and administration of medicines in schools. For further details please visit [www.eastsussexchildren.nhs.uk/training](http://www.eastsussexchildren.nhs.uk/training)

**Website and face to face events**

We now have over 75 training videos for professionals and parents/carers across our website [www.eastsussexchildren.nhs.uk](http://www.eastsussexchildren.nhs.uk)

You can find all the latest face to face training and events at [www.eastsussexchildren.nhs.uk/events](https://www.eastsussexchildren.nhs.uk/schools-and-professionals/healthy-schools-section/events/)

To help you make the most of our website we have created a 14 minute ‘walkthrough’ video, highlighting areas of the site that you may not have known about but which we hope you find useful. [East Sussex Children website demo (vimeo.com)](https://vimeo.com/1012394577)  vimeo.com/1012394577

Thank you for supporting the East Sussex School Health Service.