



School Health Services

Health information for parents and carers with children starting school



Your child is starting school, so now's a good time to think about your child's health. Children learn better when they are healthy, safe and happy.

School health services

School health nurses provide a school health service through primary and secondary schools. If you have any concerns about your child's health, contact the school health nurse through your school office.

Other people who may be able to help are the school psychologist, your child's teacher, your doctor, or your local child development centre – see healthywa.wa.gov.au/childdevelopment

School Entry Health Assessment

When your child starts school, you will be asked to complete and return a health assessment form.

With your consent, the school health nurse will check your child's vision, hearing, growth and general development. You will receive a summary of the results. The nurse will contact you if they find any possible concerns.

Healthy lifestyle

- Encourage children to keep physically active, choose healthy food, and get sufficient sleep.
- Eat dinner as a family to promote good communication and connection.
- Your child should have a dental health check every year. Contact the school dental health service or a private dentist.



Colour blindness

Your school will give your child information about colour blindness in Pre-primary.

Head lice

It is important to regularly check your child's hair for head lice. Find out more at healthywa.wa.gov.au (search Head Lice).

Immunisations

Your child's next immunisations are due when they turn 4. Contact your child or school health nurse to find out where to get immunisations or go to healthywa.wa.gov.au/immunisation

Schools need a current copy of your child's Immunisation History Statement. You can get this information using your Medicare online account through my.gov.au or by phoning the Australian Immunisation Register (AIR) on 1800 653 809.

If your child was born or immunised overseas, the immunisation provider will need to enter their immunisation history onto the AIR.

If there is an outbreak of measles at the school, children who are not fully immunised may be excluded from school until the outbreak is over.

Medical conditions

It is important you tell the school if your child has a medical condition.

You need to complete a form to provide the school with information about your child's medical needs, and what to do in an emergency.

Find out more at education.wa.edu.au/student-health-care

Parenting support

The Triple P Positive Parenting Program offers free courses that support parents and carers of 3 to 8 year olds to raise happy, confident children. Find out more at healthywa.wa.gov.au/parentgroups

Toileting

Children are expected to be toilet trained and dry during the day when they start school. However, we understand that children occasionally have 'accidents' when stressed, tired or too busy to go to the toilet.



Social and emotional health

Talking to your child about their feelings is the most important way to help their social and emotional health. Find out more at raisingchildren.net.au

For more health information including child development:

- healthywa.wa.gov.au
- raisingchildren.net.au
- Ten Top Tips for a Great Start to School available from your child or school health nurse or at healthywa.wa.gov.au

This document can be made available in alternative formats on request for a person with a disability.

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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