

# School Nursing Newsletter



Spring  
2026



## Health promotion for Spring:



This term we are focussing on having a healthy start to the New Year, looking after both our body & mind and supporting our children & young people to grow healthy and strong.



Our School Nursing teams are currently busy in schools carrying out P1 and Year 8 Health appraisals, please check your child's school bag for the consent forms and return them to school ASAP.



## P1 Health Appraisals



The P1 health appraisal is carried out by the School Nursing team, during the appraisal, the school nurse reviews your child's growth, vision and hearing, discusses general health and wellbeing, and offers parents/carers the opportunity to raise any concerns about their child's development, behaviour or emotional health. The aim is to identify any health needs early and ensure children and families are supported and signposted to appropriate services where needed.



## Year 8 Health Appraisals



The year 8 Health Appraisal gives pupils the opportunity to talk with the school nursing team about their health and wellbeing during early adolescence. The school nurse carries out routine measurements, discusses physical, emotional health and school life, identifies any concerns early, and offers advice and support where needed.



## Vaccinations Update:

During Years 9 & 10, the School Immunisation Team offer all young people the opportunity to receive the Human Papillomavirus (HPV) vaccine. This vaccine helps protect against HPV and those cancers related to the virus. The vaccine is given as a single injection into the upper arm, and is offered to both boys and girls.

Your child will have received a consent form through school and it is important that these are returned as soon as possible. The School Immunisation Team will be in schools from February administering the vaccine to all those who have consented.

For further information please see:

<https://vimeo.com/826165871/139517d316>

## Other Health Information and advice:

Children's Mental health week takes place February each year and promotes positive mental health & wellbeing for children and young people. The theme for this year is **Belonging**.

**What is belonging?** It is feeling accepted, valued, safe and connected to the people and places around you.

**How can I help my child feel a strong sense of belonging?** Let your child know they are loved and accepted for who they are, listen to your child, comment on effort, not just outcomes, take an interest in your child's friends, support their friendships, show kindness and respect to others- you are your child's biggest role model.

## Focus on Sleep:



Sleep plays a vital role in helping our children & young people grow, learn and feel well. Here are some top tips to support healthy sleep.

- ✓ If you're being kept awake by friends messaging or ringing you, you could ask them to stop. Or just switch your phone to silent or 'do not disturb' - or even turn it off.
- ✓ Some people find reading helpful. Try to stick to paper books - the light from computer screens and some e-readers can make it harder to fall asleep. It's best if you have no screen time for at least 30 mins before you plan to sleep.
- ✓ Try to avoid caffeinated drinks after mid-afternoon and cut down on sugar in the evening. These are stimulants and will stop you from getting to sleep.

If your child has problems with pee or poo...

Constipation  
Soiling

Bed-wetting  
Daytime wetting



... we are here to help you.

Scan here for further information and contact details for your local School Nursing team.



If your child is under 5 years old, please contact your health visitor

Continence issues affecting the bladder and bowel are very common in children and young people and can occur at any age. Issues can include bedwetting, daytime wetting, constipation and/or soiling. Our School Nursing teams are here to support you.

Vaping can be harmful, especially for young people.



Poster created by our pre-registration student nurses to raise awareness of vaping and its impact on health.

**Events**

**February:**

- 9 - 15 Feb - Children's Mental Health Week - [Children's Mental Health Week](#)
- 14 - 21 Feb - Sexual Health Week - [Sexual Health NI](#)
- 10 Feb - Digital Safety - Safer Internet Day - [Safer Internet Day 2026](#)
- 20 Feb - Care Experienced - Care Day - [Care Day - VOYPIC](#)

**March:**

- 1 March - Self-Injury - Self-injury Awareness Day - [www.lifesigns.org.uk/siad](http://www.lifesigns.org.uk/siad)
- 4 March - HPV Virus - HPV Virus Awareness Day - [HPV Awareness](#)
- 11 March - Smoking - No Smoking Day - [BHF Stop Smoking](#)

## Digital Safety

Keeping young people safe online matters to us. That's why digital safety will remain a regular feature in our newsletter, giving you ongoing access to helpful resources and advice.

[Online Safety Hub - Safeguarding Board for Northern Ireland](#)

[Have a conversation | Childnet](#)

[Internet-Matters-Age-Guide-6-10s-Jan23.pdf](#)

[Internet-Matters-Age-Guide-11-13-Jan23.pdf](#)

[Internet-Matters-Age-Guide-14plus-Jan23.pdf](#)

[How to talk to children about keeping safe online | Barnardo's](#)

"Thank you for your continued support in keeping our children and young people healthy happy and safe. Together, we can encourage healthy lifestyle choices improving the health and wellbeing of our children and young people."



## How to contact us:

If you have any questions about your child's health, vaccination programmes, or would like advice, please contact the School Nursing Team via the numbers in the link.

Please use the link below:

[School Nursing Service - Northern Health and Social Care Trust](#)

Or scan the QR to connect to the NHSCT website:



Please share your experiences of School Nursing in NHSCT via the link below.

[Care Opinion](#)



**#teamNORTH**