

# SCHOOL NURSING

## newsletter

**Spring/Summer 2026**

Welcome back to school  
We hope you had a great winter break! As your school nursing team, we are here to support your health and wellbeing throughout your primary school journey.

### About Us

Every school in the Belfast Trust is supported by a dedicated team of School Nurses. These nurses work both in schools and in the community to promote the health, development, and well-being of all school-aged children.

Each team is led by a Specialist Community Public Health Nurse, who helps identify health needs early and provides support to children and families when it's needed most.

**Our School Nursing Teams can support your child and family with a wide range of health and wellbeing topics, including:**

- Healthy lifestyle & eating
- Bedwetting (enuresis) and soiling
- Child protection and safeguarding
- Emotional wellbeing and self-harm
- Dental health

- Immunisations
- Behavioural concerns
- Bullying and keeping safe
- Family support
- General health and development

School Nursing and School Immunisation Team – Roe Villa, Knockbracken HCP  
02895041847

School Nursing Team- Beech Hall Health and Wellbeing Centre  
02895040309

School Nursing Team - Carlisle Wellbeing and Treatment Centre  
02835040309

<https://belfasttrust.hscni.net/service/school-health-services/>

**CONTACT  
US**



# Flu

# Vaccination!

Belfast Trust have a dedicated team of public health nurses who offer the school aged vaccination programmes within Belfast based schools. The programmes take place in primary schools, post primary schools, special needs settings and Alternative Education settings (AEPs).

Parents will receive consent forms and information via their child's school and children for whom parental consent has been obtained will be vaccinated on pre-arranged dates with their peers.

Most children receive the vaccine via a quick and painless nasal spray which has been shown to provide even greater protection for children than the flu injection.

Look out for consent forms coming home from school and sign and send back as soon as possible

Please contact your local school nurse/ vaccination team if you have not received the form or if you have

any questions



For further information, contact the school vaccination team on **02895043195**

# Allergies

Did you know that around 1 in 20 children in the UK live with an allergy? That means most classrooms will have at least one pupil at risk of an allergic reaction.

To help keep all children safe, please ensure:

- Your child has an up-to-date Allergy Action Plan on file at school.
- They have two in-date auto-injectors (e.g. EpiPen/ JEXT pen) available at school at all times.

If you need help updating your child's plan or have any concerns, please contact your School Nurse for support.



# COMING SOON

## Primary 1 Health Assessments!

The School Nursing Team will be visiting all primary schools to offer health assessments to Primary 1 age pupils.

This is a good opportunity for your child to have their height, weight, vision and hearing checked.

The school nurse will chat with your child about many aspects of health including healthy diet and exercise, oral hygiene, road safety and bike safety.

✔ Parental consent is required for this assessment to take place. Please make sure the completed consent form is returned to school as soon as possible.

📄 Parents will be notified of the outcome of the vision/hearing test via letter or phonecall.



# BONUS

Where possible, a School Nurse may be present during Primary 1 induction days to chat about the service and answer any questions you may have!



## When should I keep my child off school?

It can be very difficult as a parent or carer to know when your child should be off school.

Keep your child off school and get a test for your child if they have any of the main symptoms of common infectious diseases, including COVID-19:

- a high temperature
- a new, continuous cough
- a loss or change to their sense of smell or taste

For minor coughs, sore throats and common colds your child can go to school but if they have a fever they must stay at home until the fever goes. Make sure they wash their hands regularly and throw used tissues in the bin. A sore throat and a fever could also be a sign of tonsillitis.

Visit [Gov.uk](https://www.gov.uk) for further information managing specific infectious diseases

Use the free [HSC Symptom Checker](#) for expert advice and guidance on the most common conditions that affect children.



# Dental Health Matters!



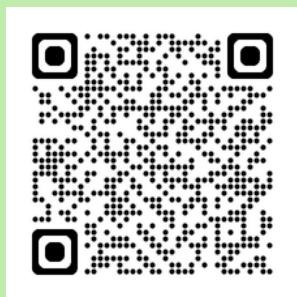
Did you know, in 2024/25 only 69% of children and 50% of adults in Northern Ireland were registered with a dentist offering NHS services.

It is recommended that all children are registered with a dentist and attend for a check up at least every 6 months.

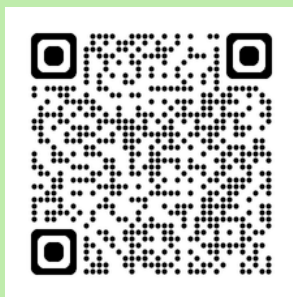
If you are struggling to get registered with a dentist, scan the QR code below to find a list of dental practices in NI or call the school nursing service for help finding an NHS dentist.



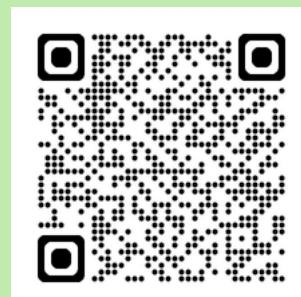
Helping you to better protect your children online.



4-7 years



8-10 years



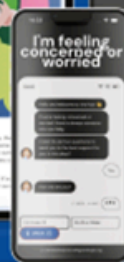
11-18 years

# Welcome to the Online Safety Hub

Education and support to  
keep children safe online



Scan this  
code to visit  
the site!



The Hub features online safety advice, resources and support from a range of organisations so that young people, families and professionals can easily access information all in one central place. From screen time, social media or knowing where to turn when something doesn't feel right, the Hub provides practical tips and tools to improve child safety online.



[OnlineSafetyHub.SafeguardingNI.org](https://OnlineSafetyHub.SafeguardingNI.org)

The Safeguarding Board for Northern Ireland (SBNI) has partnered with INEQE Safeguarding Group to create a new digital library hub for online safety information and support.





# Starting Secondary School

Transition into secondary school is a big change for children, and it is normal for you to feel nervous and/or excited about it! Below are some great resources to help ease both you and your child's nerves about the transition from Primary School to Secondary School.

**HEALTH FOR TEENS**



**MAKING THE MOVE: PRIMARY TO SECONDARY**

**YOUNGMINDS**



**RISE NI (Regional Integrated Support for Education NI) supports children in schools by working closely with parents and school staff to help children develop the foundation skills for Learning.**

**Link to Service  
Information Leaflet**



# 10 WAYS TO SUPPORT YOUR CHILD'S MENTAL HEALTH

1

Show them you love them and give them a hug if they will let you. If they don't like hugs, you could always give them a high five or make up a special handshake.

2

Try to create a home environment where they know they are safe to be themselves. Accept them as they are and don't try to force them to be something they are not.

3

Take a genuine interest in the activities and things they love. If they love dinosaurs, learn about it so you can chat to them about their interest – get them to teach you.

4

Tell them that you recognise their strengths and show them you notice when they do the right thing. Praising a child will show them that positive actions lead to positive results.

5

Make time and space for your child and give them your full attention. A little bit of undivided attention and active listening every day is great. Turn off your phone and really listen to them.

6

Show them that everyone is human and makes mistakes. By doing so you can model effective ways to deal with difficult situations. They will learn from you that it's okay to make mistakes and healthy ways to deal with it.

7

Make sure your child knows the family boundaries and what the consequences are if they cross the line. It's not the severity of the consequences that is necessarily important, but the fact they know there are clear boundaries and you will follow through.

8

Encourage your child to talk about emotions and mental health. Simply encouraging them to share their day and how things make them feel is a great way to support them.

9

Help your children to set and achieve goals. You can help them to do it and show them how to break their goal down into manageable sections. This is a really helpful life skill and very good for wellbeing.

10

Show children it's important to take care of your physical and mental health. Model good habits to them and explain to them why it's equally important to look after your mind as well as your body.



# HEALTHY EATING



From the time your child starts school, they should be eating the same type of food as the rest of the family but in smaller amounts. Choosing a wide variety of food from the different food groups is the best way to make sure your family is getting all the nutrients they need to stay healthy.

The Eatwell Guide makes healthy eating easier to understand by providing a visual representation for the types and proportions of foods we need for a healthy and well balanced diet.



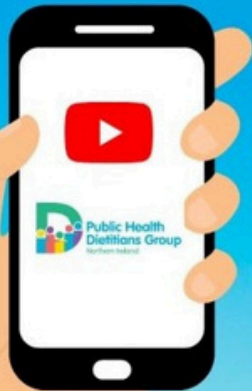
At HENRY, we believe that every baby and child deserves the best start in life. For over a decade, we've been working hand-in-hand with parents, carers, and practitioners to transform family life and create healthier, happier futures for children. Our holistic approach supports families to make sustainable changes that benefit physical health, emotional well-being, and strong family relationships.

 **Subscribe on YouTube**

# Public Health Dietitians



**Healthy Recipe Videos**



**Free Nutrition Webinars**

 **Health and Social Care**

 **Public Health Dietitians Group**

 **Public Health Agency**  
Project supported by the PHA

**SCAN ME!**



**Scan the QR code to find out more on the Public Health Dietitians YouTube page!**

 **Public Health Dietitians Group**  
Healthcare Ireland

 **Public Health Agency**  
Project supported by the PHA

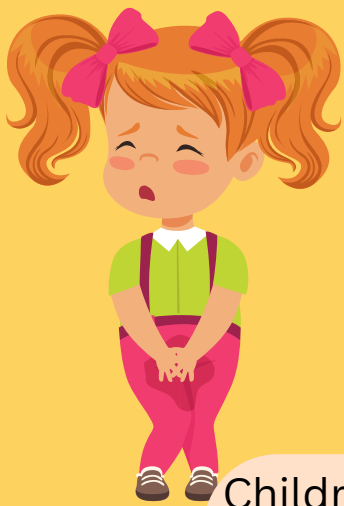
 **Health and Social Care**

## Lunchbox & Snack Ideas

Inspiration for healthy packed lunches & snacks for school aged children

 **WATCH NOW**





Children spend a significant proportion of their day at school, so we need to ensure we continue promoting good bowel and bladder health at school as well as home.

Bowel and bladder difficulties are common but support is available! ERIC, The Children's Bowel & Bladder Charity aims to help get as many children trained and ready for school as possible by offering support via email, our website and our helpline.

## ERIC's 5 top toilet training tips for school

**Prepare:** think about what you might need to take with you, e.g. spare pants, trousers, wipes, just in case!

**Practice:** use toilets away from home and try different types of flushes and hand dryers

**Pants:** practice wearing your big kid pants and get used to pulling them up and down when you go to the toilet!

**Plan:** try and get into a good toilet routine before you go to school

**Praise:** give yourself a big clap whenever you try and use the toilet by yourself. You deserve it!



# Useful Websites



For over 150 years, Barnardo's has been here for children and young people who need us most – bringing love, care and hope into their lives and giving them a place where they feel they belong



Parentkind runs free webinars on a range of topics such as ASD, transition into secondary school, supporting an anxious child, managing your child's smartphone life and many more.



Issues affecting the bladder and bowel are very common in children and young people. Here you can find specialist advice to help.



A FREE confidential helpline for parents and carers throughout NI. Advice, Guidance, Resources, Workshops and Podcasts covering a wide range of issues faced by parents.

**We wish all pupils, staff and parents a positive school year ahead! The school nursing team are available all year round- please contact us with any concerns.**

**We will hopefully see you in school soon!**

School Nursing and School Immunisation Team – Roe Villa, Knockbracken HCP  
02895041847

School Nursing Team- Beech Hall Health and Wellbeing Centre  
02895040309

School Nursing Team - Carlisle Welbeing and Treatment Centre  
028 9504 2499

<https://belfasttrust.hscni.net/service/school-health-services/>