

Welcome to the Kent School Health Service

Dear Parent/Carer,

As your child is starting school this year, we wanted to let you know about the free support available through the School Health and Immunisation Service. The service is led by specialist nurses and supports all school age children, including those who are fit and well.

Starting school is an exciting time for children and their parents but it can be a little daunting. With some preparation and encouragement, most children will settle in easily at school, ready to learn and have fun. We've put together some hints and tips in our Getting Ready for School Leaflet.

[Getting ready for school \(kentcht.nhs.uk\)](https://kentcht.nhs.uk)

What to expect from us during your child's first school year

- We are offering all parents of children starting school in September the opportunity to complete a health questionnaire online (available from 23 July 2024). These help to identify any health needs; for example, a long-term medical condition such as diabetes or asthma, or emotional or developmental issues that may be worrying you. This means that action plans and support can be put in place early and ensure children have the best possible support in place as they start school. We can offer advice and information or suggest that a referral into service for some support may be helpful. You will find details of how to complete the online questionnaire for your child included as Appendix one of this letter.

- Between September and December, your child will be offered a **free flu vaccination**. This will be given in school and is completely painless - just a gentle squirt up the nose. You'll be contacted by your child's school in the Autumn with details about how to give consent online.



- Are your child's immunisations up to date? There is an alternative way for booking your child's missed immunisations. The Kent and Medway Immunisation service offer appointments to Children and Young People (CYP) to catch up with any missed vaccinations including MMR (Measles, Mumps, Rubella). [Measles](#) is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it.

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- Through us, you can refer your child [here](#). You will then receive a personal call from one of our highly qualified registered nurses to discuss and book your child's appointment. Healthy Growth
- The [National Childhood Measurement Programme](#) measures the height and weight of children in Reception and Year 6 and is carried out by our service. You'll receive further information from your school nearer the time of our visit.
- If you are concerned about your child's weight or would like further information about healthy eating behaviours, please contact us.

Checking eyesight and hearing

- We check each child's eyesight in Reception to see if it requires further testing by specialists. You can opt out of this programme if you want to.
- We will also offer to check each child's **hearing** to see if it needs further testing by a specialist. You can opt out of this programme if you want to.
- We encourage you to take up this offer, particularly if your child was not born in the UK or their ethnicity is Bangladeshi, Pakistani or Gypsy Roma Traveller.



You will receive further information about this from your school nearer the time.

Supporting your child's health

We also provide **advice and support with a range of health worries** including daytime and night-time wetting and soiling, behaviour management, healthy eating, emotional health and wellbeing, sleep and complex health needs.

If you plan to defer your child's start date and would like to receive the School Health service offer, please [contact us](#).

When you completed the school admissions form for your child, you gave consent for your information to be shared for health purposes. To read our Privacy Notice please visit: <https://www.kent.gov.uk/about-the-council/information-and-data/access-to-information/gdpr-privacy-notices/education/admissions> and <https://www.kentcht.nhs.uk/legal/>

Contact us

More information on the School Health team can be found [here](#), or you can contact us any time (even during the school holidays) on **0300 123 5205 Option 2** (Mon – Fri 8am – 6pm) or email kentchft.kentschoolhealth@nhs.net

We wish you and your child all the best for this exciting new chapter in your lives.

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Appendix 1

Dear Parent/Carer,

We are delighted to be able to share the Year R online health questionnaire before the start of the summer. By sharing this early, we anticipate that we may be able to offer some advice, support or information with you if needed before your child starts school, rather than waiting until September.

Starting school is a big step and our service is here to help you. We would like to know a little more about your child to see if there are any areas in which we could support them. Please follow the link below (or copy into your web browser) to complete our short survey. It should take no more than 15 minutes.

Link: <https://kent.hapi-system.com/school-entry>

You will need to enter the password **where your child's school is located**. If your child is home-schooled please select the area in which you live:

School Location	Password (case sensitive)
Ashford	Ashford2025
Canterbury	Canterbury2025
Dartford	Dartford2025
Dover	Dover2025
Folkestone and Hythe (Shepway)	Shepway2025
Gravesend	Gravesend2025
Maidstone	Maidstone2025
Sevenoaks	Sevenoaks2025
Special Schools	SpecialSchool2025
Swale	Swale2025
Thanet	Thanet2025
Tonbridge & Malling	Tonbridge2025
Tunbridge Wells	Tunbridge2025

Once you have completed the survey you will get a link to additional advice and guidance. A qualified School Nurse will read and review your responses to identify if further support may be needed. We will try to contact you if you have asked for support, but if we have not managed to get hold of and you would like to talk to us about your child's questionnaire, please use the contact details above to get in touch.

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Visit our new Kent Family website for more information on a range of health topics to support children aged 0-19.

