

Howard Court  
14 Tewin Road  
Welwyn Garden City  
Herts  
AL7 1BW

September 2025

## **Public health Nursing 5-19 Service Delivery to Primary School Aged Children**

Dear Head Teacher,

As one of our closest partners we know first-hand how hard you work and how challenging your roles have become. We know that schools are doing an incredible job at supporting children and young people with their social, emotional, and mental wellbeing. Schools also provide our service with invaluable support. Without your assistance and flexibility, we would not be able to deliver the Healthy Child Programme to the children of Hertfordshire. Please accept our warmest thanks for all you do to help the School Nursing Service.

Below, you will find an update about the School Nursing services which Hertfordshire Community NHS Trust will be delivering from September 2025. HCT School Nursing is part of the Public Health Nursing service and is commissioned by Hertfordshire County Council to deliver the Healthy Child Programme.

### **Health Screening**

In the Autumn/Winter term our Healthy Child Young Person Assistants (HCYPA's) will visit schools to complete the NCMP measurements for children in year 6. Parents can choose to opt out of this programme and their children will not be measured.

In the Spring/Summer term our Healthy Child and Young Peoples Assistants (HCYPA's) will be visiting schools to complete Reception health screening. This includes height and weight measurements as part of the National Childhood Measurement Programme and vision and hearing screening. The height and weight data for NCMP will only be included for reception children with parent consent.

If you are concerned about the weight of any child, you can contact the duty school nurse or you can complete an online school nurse referral, with parent/carer consent. You can also signpost families to contact Beezee Families, a free local service to support children and young people – [Award Winning Weight Loss Programs | Behaviour change for good \(beezebodies.com\)](#)

## **Online Health Needs Assessment**

The School Nursing Service use an online health needs assessment for Year 6 children. A separate email will be sent to all schools and parents with information about the online health assessment. All year 6 teachers will be offered the opportunity to discuss the online health assessment process and any individual children with our team prior to the visit. After the online health assessment has been completed, short light bite public health sessions will be offered to the year 6 children based on healthy lifestyles and after looking at common themes coming out of the completed online questionnaires. Your school will be offered a meeting to discuss the anonymised results and to complete the school health profile. The school health profile is a mandated part of the healthy child programme and forms part of the public health assessment of population health. This is also an opportunity for you to discuss any emerging health and wellbeing concerns you may have with a school nurse.

## **Health Conditions Training**

Please see the below links to training from recommended organisations. Some providers charge a fee.

Anaphylaxis: [Education | Anaphylaxis UK](#)

Asthma: <https://sch.educationforhealth.org/wp/>

Epilepsy: [Advanced epilepsy for schools | Epilepsy Action Learning](#)

Diabetes: [Diabetes management in school | Diabetes UK](#)

Auto injector trainer pens can be obtained direct from the manufacturer. If you hold training devices on school premises, they must be stored in a clearly marked box in a locked location. This is to avoid the training devices being mistaken for live devices containing medication. [EpiPen®: For Healthcare Professionals | EpiPen® Welcome to Jext](#)

The service accepts referrals for children and young people requiring support for mild mental health, emotional and wellbeing concerns including anxiety, low mood, behaviour, self-esteem, stress, and sleep issues. The service will also accept referrals for a range of other health issues such as healthy eating, substance misuse, sexual health and toileting issues. Referrals can be made by professionals, families or by young people themselves.

Referrals can be made online through the following link:  
<https://www.hct.nhs.uk/our-services/school-nursing>

### **ChatHealth Texting Service**

This service is available for young people aged 11 to 19. Texts are responded to by a School Nurse between 9am and 5pm Monday to Friday.

This service is available for young people aged 11 to 19. Children and young people can use this service to text a school nurse directly to ask questions about their health and wellbeing or to request school nurse support – **07480 635050**.

### **ChatHealth Parent-line Service - 07312 263002**

These services can be used to request advice and support from the school nurse. Texts are responded to by a School Nurse between 9am and 5pm Monday to Friday for both the young person's service and the parent/carer line service.

### **Duty School Nurse**

There is a School Nurse on duty every weekday. The duty school nurse can answer urgent queries or concerns about a child's health or wellbeing. They can be contacted on:  
**0300 123 7572 from 9am to 5pm Monday to Friday**

You can also access further information from our websites:

- Hertfordshire Family Centre Service – [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

- Health for Kids (Primary) – [www.healthforkids.co.uk/hertfordshire](http://www.healthforkids.co.uk/hertfordshire)
- Health for Teens (Secondary) - <https://www.healthforteens.co.uk/hertfordshire>

We look forward to working with you to support the health and wellbeing of the children of Hertfordshire.

Yours sincerely



Rosie Franklin Smith  
Operational Manager 5-19 PHN



Asha Dabee  
Head of Public Health Nursing ( School Nursing and Health Visiting)