

Hello,

My name is Julie Parker and I am your School's Healthy Child Programme Nurse (previously known as School Nurse).

If you require any support or advice around your child's health needs then please come along and see me at my School drop in clinic which will be held **8.50am – 9.30am on Wednesday 19th September** at Fleckney C of E Primary School. There is no need to book an appointment, please just come to the school office, once you have dropped your child off at school.

Many concerns can be discussed at the clinic, see below for some examples:

- Toileting
- Diet and Nutrition
- Behaviour
- Sleep
- Emotional health and well-being support

You can also access the Health for Under 5's Website www.healthforunder5's.co.uk and our Health for Kids website www.healthforkids.co.uk where your children can learn about their physical and emotional health in a fun interactive way.

We have a text messaging service available for parents and carers who have concerns about their child's health. This is called ChatHealth. You can text into this service at any time but the messages are only manned Monday – Friday 9-5pm excluding bank holidays.

Please contact your Public Health Nurse through ChatHealth on the following number;

07520615382

I look forward to meeting you in School soon.

Julie Parker
Healthy Child Programme Nurse