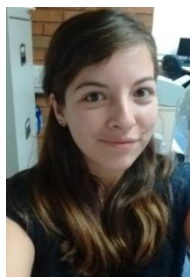


Hello,

My name is Helen Ball and I am your School's Healthy Child Programme Nurse (previously known as a 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 are held monthly at your School. School will send out a reminder nearer the time, there is no need to book an appointment.

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.healthforunder5s.co.uk](http://www.healthforunder5s.co.uk) and our Health for Kids website [www.healthforkids.co.uk](http://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.