

North Somerset School Nursing Team

Telephone: 0300 125 6798

www.sirona-cic.org.uk/children-services

Date: 27/08/2024

September 2024 Intake – Year 7

Dear Parent/Guardian,

Starting secondary school is a significant milestone in your child's life, which can be both exciting and daunting for you and your child. Your child is taking a big step and starting a new chapter of their life marking a passage into adolescence.

Most children and young people thrive with the support of family, friends, and other important adults in their lives. However, the School Nursing Service is here for you and your family if, and when, you need a little more help – whether you need some information about the support available, some one-to-one help or some more specialist support.

Starting secondary school provides new opportunities for your child to access their school nurse independently should they wish to seek any advice or support about their own health and well-being. They can do this by visiting the school nurse at a Drop-in in their school, or by texting ChatHealth.

ChatHealth is a confidential text messaging service run by our School Nursing service for Children and young people aged 11-19. It enables young people to ask a school nurse confidentially about a range of issues. The ChatHealth number is **07312 263093**.

To find out more information about drop-in locations or how you can contact your school nursing team, call us on **0300 125 6798** or email: Nsomerset.schoolnurses@nhs.net

Both the School Nursing service and ChatHealth are available Monday – Friday 9am - 5pm all year round.

If you would like to find out how else your School Nursing team can support you and your child, there are a variety of useful resources available on our website. Please scan the QR code below to access our website. If you are unable to access the QR code, please access the website by typing into a search engine <https://sirona-cic.org.uk/children-services/services/school-nursing-service/>

Yours sincerely

North Somerset School Nursing Team

