

# PRIMARY SCHOOL NURSING NEWSLETTER

*A Newsletter for Foundation Students*

## SCHOOL HEALTH PLANS :

Do you have your child's health plans ready for school?

Allergies & eczema plans available at: [www.allergy.org.au](http://www.allergy.org.au)

Asthma plans are available at: [www.asthma.org.au](http://www.asthma.org.au)

Please discuss your plans with your Family Doctor and once completed give a copy to your school.



School Nurse Manager:

**Pauline Lindsay**

**0477734387**

**[Pauline.Lindsay@education.vic.gov.au](mailto:Pauline.Lindsay@education.vic.gov.au)**



## VISION

**SEE THE SYMPTOMS, FIND THE PROBLEM**



**An eye examination with an Optometrist is recommended for all school age children. It takes approximately 25 minutes and attracts a Medicare rebate- no referral is required.**

Children who are struggling with undetected vision problems often fail to progress well in school. You can use the following checklist to look for the common symptoms that children with vision problems exhibit.

- One eye turns in or out while the other points straight ahead.
- Frequent blinking & red or watery eyes.
- Difficulty concentrating or Covering or closing one eye.
- Holding a book very close to read & squinting or sitting very close when watching TV.
- Complaints of headaches, blurred or double vision.

If your child displays any of these symptoms, we suggest that you visit or contact your local Optometrist as soon as you can for a vision check-up.

## SMILE SQUAD



Smile Squad is a Victorian Government program that will provide free dental care to all Victorian public primary school students. Smile Squad provides completely free dental check-ups for all students in government schools. There is no cost to you.

To make it easy for you, check-ups are at your child's school during school time.

If your child needs more treatment, like a filling, Smile Squad staff will call you. Those extra treatments are also completely free.

## INFORMATION FOR FOUNDATION PARENTS 2024

**The Primary School Nursing Program is a free service offered by the Department of Education and Training**

Every year the primary school nurse visits to support the health & wellbeing of students at your school.

The Primary School Nursing Program gives parents/guardians, teachers and nurses the opportunity to work together to promote health and well-being for children at school.

Your child will receive the School Entrant Health Questionnaire in their first year at school-please complete this form and return it to school as soon as possible. If you do not wish for your child to be seen please tick the 'no' box, & sign on page 5 of the questionnaire. The information in the questionnaire is confidential & helps the Primary School Nurse understand any concerns you may have about your child's health & development & the impact this may have on their learning. This information is important in providing support for you & your child. If your child needs a brief further assessment such as a vision or hearing test the nurse will see them at school.

You can contact the nurse directly if you wish to discuss the screening which may include checking your child's distance vision, hearing, speech and oral health. The nurse is also available to parents to discuss on any concerns with parenting and child health & wellbeing issues.

## ORAL HEALTH

If you have a dental emergency please contact 1800 833 039 or use the online community dental clinics search for a list of dental clinics in your area. You may also visit [www.dhsv.org.au](http://www.dhsv.org.au) if you require any further information.

Regular dental check-ups (6-12monthly) are recommended as part of your child's dental health routine. Healthy teeth and gums are vital to your school-age child's general health. Dental care for children's teeth starts with cleaning your child's teeth twice a day.

### Latrobe Community Health Dental Service

Ph 1800 242 696

Provides dental services for all children ages 0-17 years.

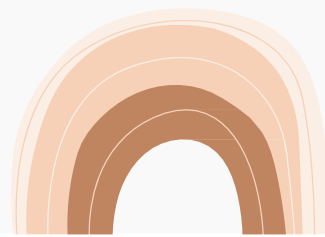
LCHS Dental Clinics are located in Morwell, Moe, Churchill & Warragul.

Eligible children can access free dental treatment up to the value of \$1,013 over two years at Latrobe Community Health Service community dental clinics. Families receiving Family Tax Benefit Part A, Disability Support Pension or other relevant Australian Government payments are eligible. The Federal Government will cover the cost.

**For children aged 12 years and below, dental treatment is free.**



"From our earliest moments, mindfulness can help minimize anxiety and increase happiness"



# HAND WASHING

## Handy Tips for hand Hygiene!.

1. Teach children to wash hands after sneezing, coughing, blowing noses, before touching food, after going to the toilet, after being out in public places and after being around sick people
2. Create a regular hand washing routine. Singing a song can help children wash for 20 seconds. It also makes handwashing fun!
3. Be a good hand-washing and hygiene role model

## How to wash your hands:.

1. Wet hands with running water & put soap on your hands
2. Rub soap on palms, back of hands, rubbing down to your wrist
3. Make sure to rub soap around fingernails, maybe sing a song. But remember you must do this for 20 SECONDS!
4. Rinse hand with running water
5. Dry hands with a paper towel or let hands air dry
6. If there is no soap & water use hand sanitiser instead & rub all over hands for 20 seconds.



# SCREEN TIME

*There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.*

### 1. Be involved

Share screen time & online activities with your child! It's a great way to gauge the appropriateness of content and a great conversation starter!

### 2. Work with your child to set boundaries

Discuss these new rules with your child. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.

### 3. Be clear about consequences if not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount.

### 4. Set device-free zones and times at home

Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- charge devices overnight in a place your child cannot access

### 5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.

### 6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long

### 7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset.

Show your child you can put down your device too.



# SLEEP

*When your child sleeps well, they'll be more settled, happy and ready for school the next day. Good-quality sleep helps your child concentrate, remember things and behave well. This helps to be a successful learner.*

### 1. Bedtime Routine

A bedroom routine is very important at this age. It helps your child wind down for the day

Example:

6:45pm: Pj's, brush teeth, go to toilet

7:15pm: quiet time in the bedroom with book, bedtime story or quiet chat

7:30pm: Goodnight & lights out.

### 2. Relaxing Before Bed

After a big day at school, your child might still be thinking about many of the day's events & worries. If your child is worried before bed, it may cause a restless night or bad dreams.

You can help your child relax by playing gentle music or reading a story.

### 3. Good Sleep Habits:

- keep regular sleep and wake times, even on weekends
- turn off computer, tablets & TV off an hour before bedtime
- have a quiet and dimly lit place to sleep
- get plenty of natural light during the day
- avoid caffeine & chocolate especially in the late afternoon

## Information and Support for Parents:

Anglicare/Parentzone parenting courses- (03) 51 359 555 or

[Parentzone.Gippsland@anglicarevic.org.au](mailto:Parentzone.Gippsland@anglicarevic.org.au)

Poisons information- 13 11 26

Parentline- 1300 30 1300

Homelessness assistance: 1800 825 955

<http://services.dhhs.vic.gov.au/getting-help>

SafeSteps Family Violence support:

1800 015 188 or [www.safesteps.org.au](http://www.safesteps.org.au)

Food Security: [www.askizzy.org.au/food](http://www.askizzy.org.au/food)

Royal Children's Hospital— 9345 5522

The Orange Door: 1800 319 354

[www.rch.org.au](http://www.rch.org.au)

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

[www.kidsmatter.edu.au](http://www.kidsmatter.edu.au) [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

[www.beyondblue.org.au](http://www.beyondblue.org.au) [www.continence.org.au](http://www.continence.org.au)

Covid Information Hotline: 1800 020 080

Health Direct: 1800 022 222

## The Triple P Positive Parenting Program

All families in Victoria can do FREE Triple P programs to help support every child's emotional wellbeing and every family's mental health.

The TripleP program helps you:

Raise happy & confident kids, manage misbehaviour, set rules and routines, encourage behaviour you like, take care

of you as a parent & helps you to feel confident in your parenting ability

<https://www.triplep-parenting.net.au/vic>



checkout your free online parenting resource at

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

