

School Readiness

Preparing you, your child and your
family for starting school



Rushmoor and Hart School Nursing Team

What to expect from your School Nursing Team

Delivery of the Healthy Child programme

Supporting the school with children who have additional health needs

Supporting parents to promote good behavioural, emotional and physical health of their child

Advice for parents about healthy lifestyles, toileting, sleep and emotional wellbeing.

Implementing the National Child Measurement Programme (NCMP) for Reception and Year 6 children

The School Entry Health review

What can you do to prepare your child for school?



Being 'school ready' isn't just about having the right shoe on the right foot, eating breakfast, and arriving on time. A huge part of school readiness is about a child's physical, social, emotional, and cognitive skills.



What Parents can do

- Physical Play
- Speaking
- Listening
- Personal, Social and Emotional Development
- Sleep

What Parents Can Do?

Ensure your child has received their pre-school vaccination and their 2nd MMR from the GP before starting school

Expect an NCMP letter with information

Complete the Health Questionnaire so your child can have their vision screened

Inform the school if your child has a health need before they start school

Medicines, inhalers and medical equipment should be clearly labelled and in date.

If your child has a Care Plan for a health condition, please provide the school with an up-to-date plan at the beginning of the term

Workshops available

Hampshire Healthy Families offer a variety of sessions to help you feel better prepared and ready for when your child starts school, through informative workshops, courses, and a pre-recorded webinar.

Who are these sessions for?

Parents and carers of children aged 3-5 years old. (You are welcome to bring them along!)

Can't make it to a workshop or course?

We also have our pre-recorded Workshop to watch in your own time on our website, [School Readiness: Hampshire Healthy Families](#)

What do these sessions cover?

1.5-hour workshop – Essential information, based on the Five to Thrive approach, with the opportunity to ask questions.

Book your free workshop through Eventbrite.

4x 1.5-hour course (over 4 weeks) – Expands on the workshop, covering the learning journey and forming an effective partnership with your child's school.

Book your free course through Eventbrite.

Useful Websites and Contacts

School Nursing Health Information: Portal : Hampshire Healthy Families

Health 4 Kids: A fun way to learn about health

BBC: School readiness: How to prepare your child for school - BBC Tiny Happy People

Healthier Together - <https://healthiertogether.nhs.uk/>

ERIC Children's Bowel and Bladder: <https://www.eric.org.uk/>

Sleep Charity: Children - The Sleep Charity

Better Health: Healthier Families - Home - NHS

NEXT STEPS

Set yourself one goal.

When you begin to see changes think about new goals.

Remember to celebrate successes and don't give up, change can be challenging and takes time but it will be worth it in the end.

Set yourself some small goals to support change, use this QR code to access the goal setting card.



Thrive Framework.

The thrive Framework diagram below helps us to think about the wellbeing needs of ourselves and our families through five different groupings:



Useful websites if you feel you need extra support.

[Family Information and Services Hub \(hants.gov.uk\)](https://hants.gov.uk/family-information-services)



[Hampshire Healthy Families Portal](https://hants.gov.uk/healthy-families-portal)

[Healthier Together \(what0-18.nhs.uk\)](https://what0-18.nhs.uk)



Mental Wellbeing Hampshire | Health and social care | Hampshire County Council (hants.gov.uk)

<https://www.youngminds.org.uk/>



Back to Basics

"Empowering Parents/Carers to support their children's wellbeing"



Using the 5 ways of wellbeing

[Five ways to Wellbeing | Health and social care | Hampshire County Council \(hants.gov.uk\)](https://hants.gov.uk/health-and-social-care)



Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

Contacting your School Nursing Team

Rushmoor and Hart School Nursing Team – 02382 311550

Your child's school can also make a Request for Support to our service if you have any health or well-being concerns.



Parents of 0-5-year-olds

Text 07520 615720

Monday – Friday 9.00am – 4.00pm (exc. bank holidays)
Example provided



Parents of 5-19-year-olds

Text 07507 332417

Monday – Friday 8.30am – 4.30pm (exc. bank holidays)



11-19-year-olds

Text 07507 332160

Monday – Friday 8.30am – 4.30pm (exc. bank holidays)

Thank you for listening

Any questions?

hiowhealthcare.nhs.uk



We CARE through:



Compassion



Accountability



Respect



Excellence