

Slough Child and Family Wellbeing
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05 September 2025

Dear Sir/Madam

RE: School Health Service

Slough Child and Family Wellbeing provides your School Nursing Service which aims to promote a healthy lifestyle for school aged children between the ages of 5-19 following the [Healthy Child Programme](#).

The School Health Team consists of specialist community public health nurses (named school nurses), school health staff nurses, nursery nurses and healthcare assistants. You may work with or be contacted by one or all of these professionals as part of our service.

Every school has a named school nurse who works closely with schools to provide signposting, advice or support on a range of health issues, that can affect a child or young person in school and support families at times when extra help is needed, including areas such as:

- General health and growth
- Dental hygiene and oral care
- Additional health needs and disabilities
- Exercise
- Smoking and drugs education
- Bullying
- Long term health conditions
- Eating and nutrition
- Bedwetting and soiling
- Puberty
- Healthy Relationships
- Emotional Wellbeing
- School absence/poor attendance.
- Being a Young Carer

Referrals

Public Health Nurses work as part of the Slough Early Help strategy and as such request that referrals are made at the earliest presentation of need. This will allow us to provide early intervention support designed to improve lifelong health outcomes and prevent needs from escalating.

If you, as a professional working with children and families, have any concerns about a child having their health needs met either through poor parental health literacy, parent or self-neglect or poor child health literacy and wish to refer them to our service, please see the attached guidance.

All referrals can be sent using our secure portal [School Nurse referrals](#).

Referrals will be triaged and responded to within 10 working days.

The school nurse may then provide;

- advice for the parents, professional or school.
- signposting to an appropriate local service.
- a school nurse health assessment for children who meet the referral criteria.
- a short piece of work with the child or young person to support the identified health need.

All professionals who make a referral into the service will receive an outcome letter to identify the actions taken and recommendations for professionals. Please note, not all referrals will be appropriate for school nursing support. Any referrals that are assessed as not appropriate for the school health team will be discussed with the referrer and advice or signposting given.

Please visit our website for further information about the role of the Specialist Community Public Health Nurse and how Slough Child and Family wellbeing can support health needs in the community.

Yours Sincerely,



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Referral Guidance

Our aim is to provide a service which meets the **early intervention** needs of children and young people following the [Healthy Child Programme schedule of interventions](#) in conjunction with recommendations made by children and young people themselves. Early intervention support should be sought when there are **initial signs** of difficulty in a child's or young person's health needs being met. Professionals can make referrals for support based on our 6 high impact areas:

Supporting resilience and emotional wellbeing – all Slough schools now have access to an [early intervention mental health service](#). Slough school nurses work alongside this service and can also provide support for children experiencing **early onset**; anxiety, low mood, anger, low self-esteem, poor coping strategies or bullying concerns where there is an associated impact on basic health needs i.e. sleep, diet, being active.

Improving health behaviours and reducing risk taking – for children and young people **first experiencing or at risk** of; unhealthy relationships, criminal or sexual exploitation, smoking or vaping, alcohol or substance misuse and poor personal safety. Where there are more complex needs the school nurse would not be the appropriate professional and we encourage you to access [specialist services](#).

Supporting healthy lifestyles – for children and young people who are recognised as having a concern with their **weight or dietary intake**, find it difficult to be **active**, appear to have **poor sleep** routines or need general health promotion advice. Also, please consider a referral to our team for children who have signs of **general neglect** i.e. poor hygiene, poor oral health or are not having their routine health appointments maintained.

Supporting vulnerable young people and improving health inequalities – for all children and young people who are recognised as vulnerable. Please refer any children who has been identified as a **young carer** and those with **poor school attendance** of 85% or less and where poor attendance is related to miscellaneous and recurrent illness including emotional concerns.

Supporting complex and additional health and wellbeing needs – for children and young people with an identified additional health need, this may include those diagnosed with; acute or chronic medical needs, special educational needs, disabilities or other health conditions. The school nurse will discuss any immediate concerns and may provide support based on public health skills and expertise, they will then signpost you to the primary healthcare provider for advice.

Promoting self-care and improving health literacy – all children and young people receive health education during their universal contacts at year six, nine and twelve to establish healthy routines and improve health literacy including; self-care of physical and emotional wellbeing such as hygiene, personal health development, emotions and resilience, healthy relationships, health behaviours and accessing health services. Schools can also make a referral for individual support, small group workshops or whole year sessions for health education, where a trend in poor health literacy or poor self-care has been observed.

Please ensure the referral form is completed in full, referrals that are incomplete will be returned.