

ISLE OF WIGHT SCHOOL NURSING SERVICE

Supporting Children, Young People & Families

Our School Nursing Team is here to help.

We work with children, young people, parents, carers and schools to promote health, wellbeing and positive outcomes.



WE CAN HELP WITH:



PHYSICAL HEALTH

Support with health concerns that may be affecting school attendance.



HEALTHY LIFESTYLES

Advice about:

- Healthy eating
- Nutrition
- Exercise and activity levels
- Maintaining a healthy weight



GROWTH CONCERNS

Support and advice regarding your child's growth and development.



SLEEP DIFFICULTIES

Practical strategies to help children and young people establish healthy sleep habits.



CONTINENCE CONCERNS

Support with:

- Bedwetting
- Daytime wetting
- Soiling
- Constipation



SMOKING & VAPING

Advice and support for young people wanting to stop smoking or vaping.



WHAT SCHOOL NURSES DO

- ✓ Promote health and wellbeing
- ✓ Support children and young people to achieve their best outcomes
- ✓ Provide confidential advice and guidance
- ✓ Offer early intervention and practical support
- ✓ Work closely with families, schools and other services
- ✓ Signpost to specialist services where needed



CONTACT OUR DUTY DESK

If you would like advice about any of the topics above, please get in touch.

0300 123 5224

We're here
to listen and
help.

Isle of Wight School Nursing Service

Our team is here to listen, support and help you find the right information and services for your child and family.



Healthy Children • Happy Families • Bright Futures

School Nurses supporting children and young people to thrive, achieve and reach their full potential.

