



## Your School Nurse

### Promoting and Protecting your future health.

**Specialist Community Public Health School Nurse**  
Providing advice and support for your children's health.

**YOUR SCHOOL NURSE MARY WILL BE HERE ON 20<sup>th</sup> SEPTEMBER 2019 BETWEEN 8:30AM TO 9:30AM FOR PARENTS WHO REQUIRE SUPPORT WITH THE HEALTH QUESTIONNAIRE.**

#### Confidential

We provide a confidential service and are here to help not judge. This means you can discuss your personal information in confidence. We would only pass on your information in order to protect you or someone else from serious harm.

#### Trusted

We are trained nurses who give support based on the most recent and best evidence to support physical, emotional and mental health needs.

#### Accessible

Our services are provided in school and the community. You do not need a referral to access the service if you attend our drop-in sessions. We work throughout the year but are not an emergency service. You may be referred to one of our nurses by a member of school staff.



**C**hoose to change things

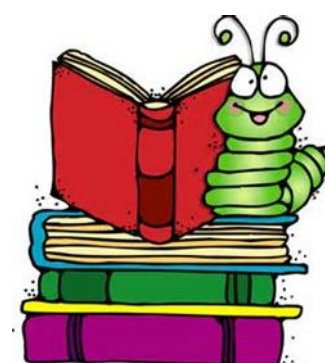
**H**ealthy lifestyles

**O**rganise, structure and routine

**I**nterests, fun and relaxation

**C**lose healthy relationships

**E**xercise regularly



MAKE A **CHOICE** FOR YOUR FUTURE  
HEALTH & WELLBEING

