

# SCHOOL NURSING NEWSLETTER



## FREE HEALTH, WELLBEING & DEVELOPMENT CHECKS FOR PREP STUDENTS

The Primary School Nursing Program is a free health and wellbeing service offered to all Victorian students in their first year of school.

The program aims to assist with the early identification of children with potential health, wellbeing or development concerns which may impact on their education and offers screening which may include:



Hearing



Vision



Speech



Dental



Motor  
Skills



Behaviour &  
social skills

The Primary School Nurse also provided advice, information & other health & support services



### 1

## FINDING THEIR VOICE: SPEECH DEVELOPMENT

Communication skills are the building blocks for success. Engage in conversations with your child and encourage them to express themselves verbally. Reading aloud together and singing songs are fun ways to boost speech development!

### 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.



### 2

## CLEAR VISION FOR BRIGHT FUTURES

Healthy eyesight is essential for your child's academic success and exploration of the world around them. As parents, we can support their vision by encouraging breaks from screen time and facilitating outdoor play, giving their eyes the rest they need to thrive. It is recommended for all children commencing school to have an eye check at the optometrist. These assessments are typically free with a Medicare card at any optometrist. To find your nearest optometrist and book an appointment, visit [www.optometry.org.au](http://www.optometry.org.au).

### VISITING SCHOOL NURSE DETAILS:



Sally Sanders



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[Sally.Sanders@education.vic.gov.au](mailto:Sally.Sanders@education.vic.gov.au)

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## SWEET DREAMS: THE POWER OF SLEEP:

Did you know that adequate sleep is essential for your child's growth and development? Here are some tips to help your child drift into restful slumber: maintain a consistent bedtime routine, create a calm and cozy sleep environment, limit screen time before bed, and ensure they get plenty of physical activity during the day. By following these simple steps, you'll help your child develop a healthy sleep pattern that will benefit them for years to come. Sweet dreams!



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## EMBRACING EMOTIONS: EMOTIONAL REGULATION:

Help your child understand and manage their feelings in a positive way. Encourage your child to express feelings through words or creative activities like drawing. Teach deep breathing exercises and model healthy emotional responses. Create a safe space for open conversations about their day. With patience and understanding, we can help our children grow into resilient, confident individuals.



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## SAY CHEESE! ORAL HEALTH MATTERS:

Healthy teeth and gums are essential for overall well-being. Make brushing and flossing a fun and interactive experience. Limit sugary snacks and beverages, and don't forget to schedule regular dental check-ups to keep those smiles sparkling bright!

### Latrobe Community Health Service Dental Clinics

are located in Morwell, Moe, Churchill & Warragul & provide dental services for all children ages 0-17 years.

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.



**National Continence Helpline** 1800 33 00 66  
**LCHS continence nurse:** 1800 242 696  
**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

**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>  
**LCHS Dental Service:** 1800 242 696

