



# School Health Services

Health information for parents and carers with children starting school



**Your child is starting school, so now's a good time to think about your child's health. Children learn better when they are healthy, safe and happy.**

## School health services

School health nurses provide a school health service through primary and secondary schools. If you have any concerns about your child's health, contact the school health nurse through your school office.

Other people who may be able to help are the school psychologist, your child's teacher, your doctor, or your local child development centre – see [cahs.health.wa.gov.au/childdevelopment](http://cahs.health.wa.gov.au/childdevelopment)

## School Entry Health Assessment

When your child starts school, you will be asked to complete and return a health assessment form.

With your consent, the school health nurse will check your child's vision, hearing, growth and general development. You will receive a summary of the results. The nurse will contact you if they find any possible concerns.

## Healthy lifestyle

- Encourage children to keep physically active, choose healthy food, and get sufficient sleep.
- Eat dinner as a family to promote good communication and connection.
- Your child should have a dental health check every year. Contact the school dental health service ([dental.wa.gov.au](http://dental.wa.gov.au)) or a private dentist.

## Colour blindness

Your school may give your child information about colour blindness in Pre-primary. Find out more at [raisingchildren.net.au](https://raisingchildren.net.au) (search Colour Blindness).

## Head lice

It is important to regularly check your child's hair for head lice. Find out more at [healthywa.wa.gov.au](https://healthywa.wa.gov.au) (search Head Lice).

## Immunisations

Your child's next immunisations are due when they turn 4. Contact your child or school health nurse to find out where to get immunisations or go to [cahs.health.wa.gov.au/communityhealth](https://cahs.health.wa.gov.au/communityhealth)

Schools need a current copy of your child's Immunisation History Statement. You can get this from the Department of Health ([health.gov.au/immunisation](https://health.gov.au/immunisation)) or by phoning the Australian Immunisation Register (AIR) on [1800 653 809](https://1800653809).

If your child was born or immunised overseas, the immunisation provider will need to enter their immunisation history onto the AIR.

## Medical conditions

It is important you tell the school if your child has a medical condition.

You need to complete a form to provide the school with information about your child's medical needs, and what to do in an emergency.

Find out more at [education.wa.edu.au/student-health-care](https://education.wa.edu.au/student-health-care)

## Parenting support

The Triple P Positive Parenting Program offers free courses that support parents and carers of 3 to 8 year olds to raise happy, confident children. Find out more at [education.wa.edu.au/triple-p](https://education.wa.edu.au/triple-p)

## Toileting

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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Children are expected to be toilet trained and dry during the day when they start school. However, we understand that children occasionally have 'accidents' when stressed, tired or too busy to go to the toilet.

## Social and emotional health

Talking to your child about their feelings is the most important way to help their social and emotional health. Find out more at [raisingchildren.net.au](https://raisingchildren.net.au)

**10 Top Tips for a Great Start to School** ([cahs.health.wa.gov.au/childhealthresources](https://cahs.health.wa.gov.au/childhealthresources))

has more ideas to help your child prepare for school.

