

Adolescent students

School health services are an easy way for secondary students to access health care and health information for issues such as:

- healthy eating and nutrition
- healthy weight and body image
- coping with illness
- feeling anxious, stressed or unhappy
- mental health and wellbeing
- loss and grief
- relationships
- sexual health
- smoking, alcohol and drug use
- other adolescent health concerns.

School health nurses can help young people to access medical and other health services if needed.

Young people are always encouraged and supported to talk to their parents or guardian about significant health issues.



Are you concerned about your child's health or development?

Your school health service may be able to help.

Contact details:

For more health information, visit

- www.healthywa.wa.gov.au
- raisingchildren.net.au

This document can be made available in alternative formats on request for a person with a disability.

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

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Produced by Child and Adolescent Community Health 2011

Revised December 2017

CAH-010450



Government of **Western Australia**
Child and Adolescent Health Service
WA Country Health Service

all about

school health services



better health · better care · better value

The school health service

The school health service promotes healthy development and wellbeing, helping students reach their full potential.

School health nurses provide the service in partnership with schools.

The school health service is free and confidential.

Students learn better when they are healthy, safe and happy.

What services are available?

- Information and support to students (and their families) to help them make informed decisions about their health, wellbeing and development.
- School immunisation programs.
- Providing a first point of contact for health care for students.
- Referral to other health professionals if required.
- Working with teachers to support health education sessions.
- Student health and wellbeing programs.
- Health assessments for vision, hearing and development, if required.
- Helping school staff and parents develop health care plans for students with special needs (such as chronic disease, physical disability or other complex health conditions).
- Parenting advice.

Emergency situations requiring an ambulance

If required, the school will call an ambulance in an emergency. The school health service does not provide emergency care.

How to access the school health service

If you have any concerns about your child's health or development, please contact the school health nurse through your child's teacher or the school office.

In secondary schools, students can make their own appointment or just drop in when the health centre is open.

Primary schools

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, and the nurse will talk with you if any possible problems are found.

The nurse can conduct an assessment at any time throughout primary school if you or your child's teachers have any concerns.

