

BIRMINGHAM SCHOOL HEALTH SUPPORT SERVICE:
INFORMATION FOR
SCHOOL READINESS

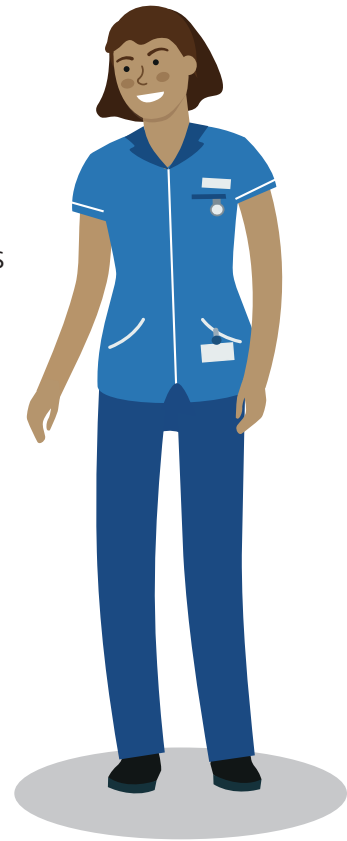


INTRODUCTION

It is both an exciting and worrying time as your child prepares to start school. As School Nurses we are here to help make the transition to school life easier and to ensure that your child is "school ready"

Birmingham School Health Support Service have a team of School Nurses, Community Staff Nurses and School Health Assistants who are all here to help support you so that your child can "Attend, Achieve and Attain" whilst in school.

To find out how to contact the School Nurse Team for your child's school please visit <https://www.bhamcommunity.nhs.uk> and access the A-Z of services which can be found in the Quick links at the bottom of the page, on the left hand side. Once you have clicked on this press letter S and look for School Health Support Service. Information on accessing our teams and finding out which team covers your child's school can be found in the Contact Us Section.



WHAT IS SCHOOL READINESS

School readiness means that your child has a range of knowledge and skills that will enable them to make progress through school and life. We know that every child is different and will require varying levels of support to ensure they are physically and emotionally ready for school. Your child being school ready is very important. Children who do not achieve a good level of development at age five are more likely to struggle with social skills, reading, maths and physical skills.

SO WHAT DOES A SCHOOL READY CHILD LOOK LIKE?

A school ready child can communicate their needs to an adult. This is because if your child is sad or hurt or unwell during the school day we want them to be able to tell someone.

School ready children will enjoy playing and making friends. Social education is just as important as academic attainment so we want children to be able to develop their social skills by playing with their peers.

School ready children will be able to dress themselves independently including putting on their own shoes. Please ensure your child is wearing shoes they can do up themselves eg velcro fastening if they cannot do laces.

School ready children should be able to drink from a cup, and be able to brush their teeth independently. Dental Health is very important whilst children are growing and it is important to ensure they are in healthy habits for adulthood. Children should also not be using a dummy or bottle which will help their teeth to stay straight and strong.

School ready children will know when they need to use the toilet and how to use the toilet independently and be able to clean themselves after using the toilet. Children should also know how to wash their hands effectively.

School ready children should be up to date with their childhood immunisations. Now is a good time to check that your children have had their pre school boosters.

School ready children will have a good bedtime routine. This will allow them to be awake and ready to learn during the day. A good bedtime routine is a habit which can take a long time to build so it is a good idea to start this early.





RESOURCES

There are lots of resources available to help you ensure your child is school ready such as the ones below:

Pacey is a professional association for Childcare and Early Years. They have a toolkit for parents to support school readiness which you can access online.

[*https://www.pacey.org.uk/*](https://www.pacey.org.uk/)

ERIC is the bladder and bowel charity for children. They have an information section for parents with information on potty training and help in school.

[*www.eric.org.uk/*](http://www.eric.org.uk/)

Sleep Charity is one of the leading charities on sleep issues in the UK. They have lots of advice from sleep environments to bedtime routines.

[*https://thesleepcharity.org.uk/*](https://thesleepcharity.org.uk/)

Don't forget, we are here to help. If you have any worries about your child's health once they start school please get in touch with your School Nurse Team.

If you need any help or support with your child's health throughout their school career please feel free to contact the Birmingham School Health Support Service. You can find more information including our contact details on [*https://www.bhamcommunity.nhs.uk/patients-public/children-and-young-people/services-parent-portal/birmingham-school-health-support-service/*](https://www.bhamcommunity.nhs.uk/patients-public/children-and-young-people/services-parent-portal/birmingham-school-health-support-service/) or contact your child's school.