Did you know?

School health nurses work collaboratively with the support teams of both primary and secondary schools and the Tasmanian Health Service.

School health nurses support schools to create a physical and social environment that promotes health and wellbeing, and assists to improve the health and education outcomes for children and young people in Tasmania.

School Health Nurses

Focus for Primary Schools

- Vision and hearing checks
- Health assessments
- Providing advice and information to students, parents and school staff on children’s health, physical activity and nutrition
- Local, state and national health promotion initiatives
- Health education aligned with the Australian Curriculum including healthy relationships, body esteem, resilience and mental wellbeing, and drugs and alcohol
- Assisting schools with the management of complex medical conditions
- Addressing any medical issues that may be impacting learning

Focus for Secondary Schools

- Promotion of good health and wellbeing
- Targeted vision and hearing checks
- Local, state and national health promotion initiatives
- Health education aligned with the Australian Curriculum including sexual health and healthy relationships, addictions and risk behaviours including drug and alcohol, resilience and mental health, body esteem, physical activity and nutrition
- Positive parenting for teenagers with babies
- Assisting schools with the management of complex medical conditions
- Addressing any medical issues that may be impacting learning
- Drop in clinics for students to empower their health choices

For you and your child

School health nurses can:

- Provide support for you and your children on a wide range of health issues through regular communication, education sessions to suit parent needs, education sessions to suit student needs, health promotion and individual one on one-sessions for both student and parent
- Support our school communities and create an environment that promotes good health and wellbeing and a culture of lifelong learning
- Assist both schools and families with complex health needs
• Build strong and lasting relationships with both students and families and act as the intermediary between education and health
• Provide students with impartial, non-judgemental support when required
• Provide advocacy for students and families.

Why is it important?
• The core focus of the School Health Nurse Program is prevention, early detection and health promotion/education, these together can assist in giving your child the best possible health and educational outcome
• Providing the same information to both students and parents enables families to support one another
• Giving student “that person they can turn to” when things are not going right
• Students have increasingly complex issues and the best thing we can do for young people is provide a multi layered approach to supporting and educating students
• School Health Nurses use evidence based practice which ensures students and families get the most appropriate, up to date health information
• Providing health resources for schools and individuals as required

Where can I get more information?
• Talk to your child’s teacher or principal
• Visit the Department of Education website: www.education.tas.gov.au

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