



School Health Services

Health information for parents and carers of upper primary children



Your child will soon be a teenager, so now's a good time to think about some important health issues.

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

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) or a private dentist.

Good mental health

Good communication with your child is always the best way to promote mental and emotional health. If you have any concerns about your child, talk to your doctor, community school health nurse or school psychologist. Find out more at raisingchildren.net.au

Immunisations

With your consent, your child will be offered immunisation against diphtheria, tetanus, pertussis and human papillomavirus (HPV) in Year 7, and meningococcal (types A, C, W and Y) in Year 10. Find out more about the School Based Immunisation Program (cahs.health.wa.gov.au/CommunityHealth).

Puberty

Now is a good time to discuss physical and emotional changes with your child. We recommend **Talk soon. Talk often. A guide for parents talking to their kids about sex** (tsto.gdhr.wa.gov.au).

Schools usually teach students about growth and development during Years 5 and 6. Your child's teacher can give you more information about these classes.

Scoliosis

This is an abnormal, sideways curvature of the spine. It can develop during early adolescence, usually between 10 and 13 years. Find out more at raisingchildren.net.au (search Scoliosis).

Your school may give you information about checking for scoliosis in Year 6. If you have any concerns, talk to your doctor or school health nurse.



Vision

Take your child to your doctor* or an optometrist* if your child:

- covers or closes one eye when reading
- holds books very close
- complains about eyestrain or headache
- complains about double vision or blurred vision with reading or blackboard viewing
- complains that words move on a page
- loses place with reading, or skips words and lines
- has a short attention span when reading
- rubs their eyes a lot.

*Check with your doctor/optometrist about bulk billing.

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

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