



Leicestershire Partnership
NHS Trust

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Date: June 2026

Dear Parent / Carer,

Re: Reception year digital health and wellbeing contact

Now that your child is attending school full time, you can access your public health nursing team for help and support for any health needs that may be affecting their development and wellbeing or ability to learn. As part of the revised Healthy Child Programme, we have introduced a review for all children in the reception year of school. This review will help to make sure your child is healthy – and that any needs or issues are identified early so support can be provided to avoid potential problems in the future.

To complete this review, we are asking you to access an online health form. The form will help you to identify any emerging concerns about your child's health and wellbeing. The public health nursing team will use the information to assess and review your child's health and wellbeing, offering support on the needs identified through a mixture of digital resources, group contacts or a face-to-face appointment.

Your child's school will not have any access to the answers that you provide. This is an opportunity for you to discuss any health concerns you may have for your child and obtain advice and support.

The following topics will be covered within the contact:

- Toileting
- Nutrition and healthy eating
- Behaviour
- Sleep
- Emotional health and wellbeing support

We have also created a short video guide to the health form with more information about the importance of completing it, the types of questions covered and the support that you will receive. You can watch this video through the following link: bit.ly/IntroducingReceptionDHC

Please access the health form by scanning the QR code below or by typing the link into your browser:

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|--|---|--|--|
|   <p>Text a public health (school) nurse for confidential advice and support 07520 615 382</p> |  <p>SCAN ME bit.ly/receptionDHC3</p> |  <p>Your local public health nursing team are on hand to support you at various points throughout your child's life, including:</p> <ul style="list-style-type: none">• development reviews• immunisations• infant feeding support• health visiting support• school nursing support• plus much more |  <p>Call and speak to a health professional to get advice, support and information on a range of issues 0300 300 3001 Lines answered 9am-4:30pm, Monday to Friday, excluding bank holidays</p> |
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Once completed, a personalised plan will be provided on the final page of the health form, which will give you helpful information to support your child's health and wellbeing. The personalised plan can be printed or sent to an email address.

A member of the public health nursing team (a school nurse) may be in contact if you share any concerns about your child's health and wellbeing.

If you have any concerns your public health nursing team can be contacted for confidential advice through the Healthy Together Helpline by calling 0300 300 3001 or via ChatHealth by texting 07520 615 382. You can also go to www.healthforkids.co.uk to access health information on all of the topics discussed in the contact.

Kind Regards

Public Health Nurse (School Nurse) – Healthy Together