



Jan/Feb/March 2026



Somerset  
Council

# Somerset School Nurse Team Newsletter

## Welcome to the new Somerset School Nurse Team newsletter!

The school nurse team is made up of Specialist Community Public Health Nurses, and Assistant Practitioners. We specialise in promoting the health and wellbeing of children and young people aged 5–19 years and cover primary and secondary schools across Somerset.

This newsletter will be delivered termly, and is intended to keep you up-to-date on all the things we are doing as a service, and will include topics and links relevant to physical and mental health.

We hope you find this newsletter helpful but please do feedback anything you would like to be added.

[Somerset children & young people : Health & Wellbeing : Phn School Nursing](#)



Feedback QR code

**SAINT**  
School Aged Immunisation Nursing Team

**NHS**  
Somerset  
NHS Foundation Trust

**School aged vaccinations**

**Did you know they will be offered these routine vaccinations at school?**

- FLU - Reception- Year 11
- MMR - Year 8
- HPV - Year 8
- Meningitis ACWY - Year 9
- Diphtheria, Tetanus, Polio (DTP)

**Did you miss us?**  
We also have community clinics across somerset for:  
Home Educated Children  
Anxious Children  
Children who missed the session at School

Call us on **0300 323 0032**

For further information scan the QR code or please speak with a member of the team

SCAN HERE

Kindness, Respect, Teamwork  
Everyone, Every day

## Children's Mental Health Week 2026

9–15 February 2026



If your child is struggling with their mental health speak with a school nurse or your GP.

Further support can be found:

[Mental Health Issues | Young Somerset](#)

**shout**  
**85258**  
here for you 24/7

[YoungMinds | Mental Health Charity For Children And Young People | Young Minds](#)

## Are you looking for support with your child's bedwetting?

If so please contact your school nurse team for advice or make contact via the Chat Health Text service.

For more information regarding this topic please visit the following website:

[ERIC](#)

Free helpline:  
**0808 801 0343**



Somerset Parent Carer Forum C.I.C

Do you have a child with additional needs/and or disabilities?

Are you looking for advice and support?

The **Somerset Parent Carer Forum** provides a range of information and support for parents and carers in Somerset. They run a range of support groups and workshops for parents/carers to attend, and also provide a phoneline where you can speak to a parent representative.

For more information click on the link below:

[Somerset Parent Carer Forum CIC Ltd \(not for profit\) company](#)



## 6 ways to help your child with their weight



**Small lifestyle changes can make a big difference – try these top tips.**

### **1. Find some support**

Speak to your child's school nurse, GP or practice nurse who will help support your family with diet and lifestyle changes if needed.

### **2. Make some healthier food swaps**

There are lots of easy ways to cut back on sugar, salt and saturated fat – get started with our top tips and simple swaps.

[Food facts - Healthier Families - NHS](#)

### **3. Eat balanced meals**

Find out what a healthy, balanced diet looks like. [The Eatwell Guide - NHS](#)

### **4. Try some new recipes**

Get inspiration to help your family eat well every day. [Recipes - Healthier Families - NHS](#)

### **5. Get moving**

Try boosting your family's activity levels in 10-minute bursts with our Disney inspired play along games.

[10 Minute Shake Up games – Healthier Families - NHS](#)



**ChatHealth**



- Parent advice & support
- Healthy lifestyles
- School transitioning
- Emotional health



**is your child  
5-19 and are you  
looking for confidential  
help and support?**

A safe and easy way to contact  
your School Nursing Team

Just send a text

**07480 635 515**



Disclaimer: This is not an emergency service; it operates Monday to Friday from 8am and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of a safeguarding issue the School Nurse has a duty of care to act on this and may escalate the concern.

### **Somerset School Nurse Team Contact Details:**

**Email:** [schoolnurseduty@somerset.gov.uk](mailto:schoolnurseduty@somerset.gov.uk)

**Tel:** 0300 790 9854

## **SLEEP**

**Is your child struggling  
with sleep?**



**For practical advice & support visit...**



[Home - The Sleep Charity](#)

**Alternatively, speak with a school nurse using our  
Chathealth text service**

**Tel: 07480 635 515**

### **National Childhood Measurement Programme (NCMP)**

**Is your child in RECEPTION or Year 6?**

If so, the school nurse team will begin visiting schools in the New Year to complete the height and weight measurements of all children in Reception and Year 6.

For more information regarding the programme please click on the link below:

[Somerset children & young people :  
Health & Wellbeing : F2f Ph Ncmp](#)

