

## Buckinghamshire NHS School Readiness Team

# School Readiness Checklist

The NHS Bucks School Readiness team includes **specialist school nurses and other health professionals**. Our aim is to help you identify, and then address, any issues **before** your child starts school so that they can look forward to a healthy, happy school life.

We hope this **checklist** will help you prepare your child for school in September. It is focused on your child's overall **health** and **emotional wellbeing** at this important time in their life.

		Yes	No
1	Are your child's immunisations up-to-date? <b>If no, or you are unsure, please contact your GP</b>		
2	Does your child have any long-term health conditions that may affect their school attendance? If <b>YES</b> , have you informed the school?		
3	Does your child suffer with any allergies that may impact on their schooling, e.g. eczema, asthma, severe food allergy? If <b>YES</b> , have you informed the school?		
4	Does your child take any regular medication? If <b>YES</b> , have you informed the school?		
5	Do you have any concerns with your child's growth or development? If <b>YES</b> , have you shared your concerns with the GP?		
6	Is your child registered with a dentist? <b>If NO, you can find a local dentist by accessing <a href="http://www.nhs.uk">www.nhs.uk</a> . This is a free service.</b>		
7	Is your child under the care of an optician/orthoptist/eye clinic and/or wears glasses? <b>You will be offered a vision screening for your child during the Reception year. It is recommended that children should get their eyes tested at least every 2 years. This is a free service.</b>		
8	Do you have any concerns with your child's hearing or is your child under the care of the audiology department and/or wears hearing aids? If <b>YES</b> , have you informed the school?		
9	Does your child have a health care plan at their current pre-school/nursery/child minder? If <b>YES</b> , has this been shared with the school?		
<b>The next section is about your child's development in relation to readiness for school</b>			
10	Toileting - does your child experience any of the following: <ul style="list-style-type: none"> <li>day time wetting</li> </ul>		

		Yes	No
	<ul style="list-style-type: none"> <li>• night time wetting</li> <li>• constipation</li> <li>• soiling</li> </ul>		
11	Is your child independent with getting dressed/ undressed/ washing hands/ wiping their nose?		
12	Does your child eat a healthy balanced diet?		
13	Can your child use cutlery when eating?		
14	Does your child sleep well?		
15	Do you have concerns about how clearly your child speaks?		
16	Can your child take turns and share when playing with others?		
17	Is your child often worried or anxious?		
18	Is your child looking forward to starting school?		
19	Do you have concerns about your child's behaviour?		
20	Does anyone in your household have a long-term health condition that may affect your child's school attendance?		
21	Do you feel confident about keeping your child safe online?		
22	Does your child have an awareness of consent and personal boundaries in order to keep themselves safe? <a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/</a>		

## Help is available

On our website you will find information and advice, as well as useful links, for many of the topics raised in the checklist, e.g. nutrition and diet, feeding, toileting, anxiety, behaviour, local parenting support, child carers, local dentists, local GPs. Go to:

[https://www.buckshealthcare.nhs.uk/School-nursing/Getting\\_Ready\\_for\\_School.htm](https://www.buckshealthcare.nhs.uk/School-nursing/Getting_Ready_for_School.htm)

If you would like some further support and you have tried a range of self help advice, then it is possible to make a referral to the School Nursing Service. Please be aware that due to our response to Covid-19 referrals will be triage according to priority. Go to:

<https://www.buckshealthcare.nhs.uk/School-nursing/referrals.htm> where you will also find contact details.