

April 2023

Tena koutou parents/caregivers of Southland Girls High School Students

RE: Year 9 Health Assessments

As the Public Health Nurse for Southland Girls High School, my role includes provision of comprehensive, strength-based health assessments to all Year 9 Students. This is a free health service, which aims to provide support to students with a focus on overall health and wellbeing.

Students will have the opportunity to be seen individually by a nurse and discuss aspects of health and wellbeing including:

- General health history e.g. health conditions, medications, mental health, height, weight, and immunisation status.
- Other factors related to wellbeing; including home and school environment, friendships, nutrition, exercise, sleep and interests outside of school.
- Education and advice as required on - drugs, alcohol, safety, relationships and sexual health.
- Opportunity for a vision assessment and blood pressure reading.

Follow up and referrals to other support services are completed as required. We endeavour to contact all parents of students who require follow up to discuss the health plan however student consent must be gained in respect of confidentiality.

All information from the assessment is confidential and is managed in the same way as your GP/hospital records. Part of the assessment involves the Public Health Nurse accessing the student's immunisation record on the National Immunisation Register.

As a service, we promote autonomy, diversity, inclusiveness and choice. Each student has the right to decline participating in the health assessment and has an opportunity to be seen by a different nurse if required.

NOTE: if you do not wish your child to engage in the Year 9 Health Assessment or if you have any questions, please contact me as per contact details provided above.

Nga mihi nui

Carla Anderson
Public Health Nurse