

Health promotion

The school nurse cares about your child and wishes that the parties would cooperate in every way. We would like to remind you that:

- The health values obtained during the school years form habits for life
- Adults serve as role models for a child with their attitudes and behaviour
- Children need to be listened to, noticed, and supported every day
- Balance between work and leisure is important for pupils
- A healthy and balanced diet combined with regular physical activity support the ability to learn and overall development
- In case any signs of illness occur, the pupil must stay home and family physician should be contacted, if necessary
- The pupils of the II, V, and IX grade undergo preventive health checks carried out by the family physician
- Chronically ill pupils must carry all the necessary medications with them, since the school nurse has only first aid equipment

Foundation for School Health Care in Tallinn

The school health care services are provided by the
Foundation for School Health Care in Tallinn
in the city, state, and private schools in Tallinn

The nurses work in the school health offices according to fixed working hours based on the number of pupils at school (600 pupils/one full-time nurse)

More information about the foundation,
school health care services and staff is available
on the foundation website at

www.kth.ee



Brochure for parents



**FOUNDATION FOR SCHOOL
HEALTH CARE IN TALLINN**

Parent

Dear parent,

All pupils between the ages of 7 and 19 are offered school health care services regardless of the school type in order to support the overall development of your child.

School health care is responsible for the following:

- preventing and detecting diseases at an early stage
- shaping healthy behaviour
- establishing a healthy school environment
- providing first aid

There are school nurses working in all schools in Tallinn, making the school day more joyful for many children through their activities. The main responsibilities of the school nurse are:

- carrying out health education activities
- performing immunization procedures
- carrying out regular health checks (I, III, VII, XI grade)
- monitoring the compliance with the health care requirements of the school environment
- providing first aid in case of illness, traumas, and injuries
- providing consultation to pupils, parents, and school staff

School nurse

Health check

The school nurse examines and evaluates:

- the growth and development of children
- blood pressure and posture
- sexual development
- visual and hearing acuity
- the condition of the skin and mucous membranes
- health behaviour

The nurse provides recommendations on the basis of the health check.



Disease prevention

Vaccination

Vaccination is performed by the nurse on the basis of the national immunisation schedule (www.terviseamet.ee) against the following communicable diseases:

- hepatitis B
- diphtheria, tetanus
- poliomyelitis
- measles
- rubella
- mumps
- whooping cough

The health checks and vaccination of pupils are carried out with your consent. All health information collected by the school nurse is entered in the general health information system, which can be accessed only by health care professionals. This information is also available to the legal representative of a minor pupil through the patient portal.