



# school health services

Health information for parents of upper primary children



**Y**our child will soon be a teenager, so now's a good time to think about some important health issues.

## Healthy lifestyle

- Encourage children to keep physically active, choose healthy food, and get sufficient sleep.
- Eat dinner as a family to promote good communication and connection.
- Your child should have a dental health check every year. Contact the school dental health service or a private dentist.

## Immunisations

With your consent, your child will be offered immunisation against diphtheria, tetanus, pertussis and human papillomavirus (HPV) in Year 7 or 8, and meningococcal (types A, C, W and Y) in Year 10. Find out more at [healthywa.wa.gov.au/immunisation](http://healthywa.wa.gov.au/immunisation)

## Scoliosis

This is an abnormal, sideways curvature of the spine. It can develop during early adolescence, usually between 10 and 13 years. Your school will give your child a leaflet about checking for scoliosis in Year 6. If you have any concerns, talk to your doctor or community school health nurse. Find out more at [raisingchildren.net.au](http://raisingchildren.net.au)

## Puberty

Now is a good time to discuss physical and emotional changes with your child. We recommend **Talk soon. Talk often. A guide for parents talking to their kids about sex**, available from [healthywa.wa.gov.au/Talk-soon-Talk-often](http://healthywa.wa.gov.au/Talk-soon-Talk-often)

Schools usually teach students about growth and development during Years 5 and 6. Your child's teacher can give you more information about these classes.

## Good mental health

Good communication with your child is always the best way to promote mental and emotional health. If you have any concerns about your child, talk to your doctor, community school health nurse or school psychologist. Find out more at [raisingchildren.net.au](http://raisingchildren.net.au)

## Vision

Your school will give your child a leaflet about colour vision in Year 6.

Take your child to your doctor or an Optometrist\* if your child:

- covers or closes one eye when reading
- holds books very close
- complains about eyestrain or headache
- complains about double vision or blurred vision with reading or blackboard viewing
- complains that words move on a page
- loses place with reading, or skips words and lines
- has a short attention span when reading
- rubs their eyes a lot.

\*Check with your Optometrist about bulk billing.

**Contact the community school health nurse through your school to discuss these or any other health concerns.**

This document can be made available in alternative formats on request for a person with a disability.

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