NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

Hampshire
Healthy
Families
Today's Health, Tomorrow's Future

Fareham & Gosport Community Public Health Nursing Service 5-19
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Summer 2026

Dear Parent/Carer

Starting school can be an exciting time, it can also bring on mixed feelings for children and their families. School readiness/transitioning to reception is about teaching your child the skills that they will need, at their pace, for them to cope independently and feel happy, safe and relaxed within the school environment.

In preparing for your child starting school, we would like to introduce ourselves and our service as the Community Public Health Nursing Service 5-19 from Hampshire and Isle of Wight Healthcare NHS Foundation Trust.

During the first year of school your child will be offered the following as part of the Healthy Child Programme:

The School Entry Health Review

Once your child starts school a routine health review will be offered this consists of a vision screen, height, and weight measurements.

A separate letter will be sent to you via school from Hampshire County Council with information regarding the height and weight measurements as this is carried out as part of the National Child Measurement Programme [NCMP] and routine vision screening. Within the Hampshire County Council letter there are specific details should you wish to opt your child out of NCMP and/or routine vision screening.

Please be aware that your child will not require a vision screening in school if they already wear glasses, are under the Optician, Ophthalmology or eye hospital. Information regarding how to let us know or how you can opt your child out of vision screening will be provided in a letter once your child has started school.

The vision screen is specifically designed for children to help detect early vision problems; it is not a full examination. The vision screen involves your child naming and matching letters to check whether they can see from a set distance (3 meters). If your child has difficulty seeing the letters, their eyes will need

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to be checked by an Optician or Orthoptist (eye specialist) for a further assessment. The Community Public Health Nursing Service 5-19 will inform you of the results and contact you should a concern be identified. The results of your child's vision screening will be held on your child's health record.
It is recommended that your child has their vision checked for free every year by a local Optician as this helps to detect early vision problems in children who need further assessment. For further information about your child's vision health see www.nhs.uk/conditions/eye-tests-in-children/

If you have concerns about your child's hearing such as, they frequently ask you to repeat yourself, respond inappropriately to questions, turn up the volume of the TV remarkably high, please see https://www.nhs.uk/conditions/hearing-loss/symptoms/ for more information on what to look out for and when to see your GP.

If your child has any health concerns or they are taking any regular medication, and this is required during a school day you are advised to inform the school of this at your earliest opportunity.

Immunisations

There has been a recent increase in measles cases in England, most cases have been in children under the age of 10 years with many outbreaks linked to nurseries and schools. Measles spreads easily among those who are unvaccinated. MMR vaccine gives excellent lifelong protection. Your child should have received their 1st MMR at 12 months of age, and the 2nd dose with their pre-school vaccines from 3 years 4 months. If your child has not received these vaccinations, please contact your GP to book an appointment. Due to the changes introduced in January 2026 your child will be offered a single dose of the MMRV vaccine. Please ensure all your child's contact details are up to date with your GP.

The School Age Immunisation team offer year R to year 11 the nasal Flu vaccination in school as part of the national childhood immunisation programme. You will receive information about the vaccination and how to complete an electronic consent form nearer the time. A porcine free Flu vaccine is also available; this is given as an injection.

To find out what immunisation your child requires please access the link NHS vaccinations and when to have them - NHS (www.nhs.uk)

How to contact your Community Public Health Nursing Service 5-19

If you wish to contact your Community Public Health Nursing Service 5-19 for advice, you can do this using our text messaging service called ChatHealth 5-19. Parents and carers can text their query to a dedicated number, which a health professional will respond to within one working day. This text messaging service is an effortless way for parents and carers to ask for help and information with a range of issues such as hearing, sleep, behaviour, transition to school. The support that we offer may include signposting you to other services, as necessary.

For parents with school age children: Text **07507 332417**.

Text messages sent to the ChatHealth numbers will be charged at your normal call rate.
The service is available from 8.30am – 4:30pm Monday - Friday
(Including school holidays and excluding bank holidays.)

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We have a digital referral form should you wish to make a referral to the service; Digital referral for the 5-19 Hampshire Community Public Health Nursing Service



Alternatively, you can contact our Community Public Health Nursing Service 5-19 via email; hiowh.publichealthnursing@nhs.net

Parent Information Portal (PIP)

Hampshire and Isle of Wight Healthcare NHS Foundation Trust have a Parent Information Portal where you can have access to view your child's immunisation history and growth charts. The portal allows you to plot your child's growth measurements and view measurements which have been recorded by your Community Public Health Nursing Service 5-19.

If you sign up to the Parent Information Portal [PIP] you will be able to view your child's growth measurements from the NCMP year R or year 6 after these measurements are recorded on your child's health records.

There is a large resources section available, and you will also receive key public health notifications specific to your child's age.

If you wish to register for the Parent Information Portal, please e mail; Parent.portal@nhs.net

Further health information and school readiness information can also be found via our Hampshire Healthy Families website: http://www.hampshirehealthyfamilies.org.uk/ where you can also find the contact details of the local Community Public Health Nursing Service 5-19 and immunisation teams.

Yours faithfully

The Community Public Health Nursing Service 5-19

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