

Dear Parents/Carers

Suffolk School Nursing Service

We are writing to introduce the Suffolk School Nursing service and the School Nurse Drop-in held at your child's secondary school. Within Suffolk, the School Nursing teams provide a range of services to help you and your family stay safe, happy, and healthy.

Young people in secondary school can access a confidential drop-in service delivered by the School Nursing team. At a School Nurse Drop-in, we can offer information, advice and guidance including:

- Emotional Health - including low mood, worries, self-harm, self-confidence, and self-esteem.
- Physical Health - including puberty, healthy lifestyle, sleep, and health conditions.
- Sexual Health - including C-Card condom scheme, pregnancy testing and emergency hormonal contraception provision.

The Drop in's at **Stowmarket High School** are held on **Thursday lunchtime**. Students do not need an appointment, and all are welcome.

If you would like to find out more about our service, please visit our website at www.suffolk.gov.uk/schoolnursing where you will find resources, videos, and useful information which we hope you find useful.

If you would like any further information, advice, or support, please do not hesitate to contact us via our Health Business Centre on 0345 6078866 or email childrenshealth@suffolk.gov.uk

Kind Regards

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