



TRONDHEIM MUNICIPALITY

Information from the school health service

STARTING SCHOOL

Mastering and health



ABOUT THE SCHOOL HEALTH SERVICE:

The school health service is an interdisciplinary team with a school nurse, physiotherapist, school doctor and ergotherapist. We collaborate closely with the school on providing preventive care and health-promoting care. The school health service and school nurse are bound by law to maintain confidentiality. This means that the school nurse must obtain consent from parents/guardians before health information can be disclosed to anyone on the school staff.

Our aim is to promote good physical, mental and social health among children and young people.

The school health service works according to the “Regulations relating to preventive and health-promoting care in public health clinics and the school health service”.

In this brochure we present information about health that may be useful for pupils and their parents. The information is based on the “National guidelines for public health clinics and the school health service”.



CONTENTS

- **Starting school:**

- [Mastering, well-being and relationships](#)
- [The school starter – an exciting transition in life](#)
- [The parental role and everyday life](#)
- [Raising your child and children's rights](#)
- [Some questions to reflect on](#)

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- **Tips and advice about physical health**

- [Sleep and sleeping habits](#)
- [Nutrition and diet](#)
- [Dental health](#)
- [Joy of movement and sedentary lifestyle](#)

- **Think safety when starting school**



REGULAR PROGRAMME FOR THE SCHOOL HEALTH SERVICE

- Year 1:** Individual health talk/check-up with the school nurse and school doctor. All pupils will have a check-up and a talk with the school nurse during Year 1
- Year 2:** Vaccination (diphtheria, tetanus, whooping cough and polio)
- Year 3:** Health day with the school nurse, physiotherapist, ergotherapist, teachers in Year 3 and the SFO staff (school day-care). The pupils growth will be measured
- Year 5:** Teaching and talks about puberty
- Year 6:** Vaccination (mumps, measles, rubella)
- Year 7:** Vaccination (HPV – human papillomavirus)

In addition to the regular programme, the school health service collaborates with the school on measures to promote a good physical and psycho-social learning environment. These measures can be on the universal, group and individual levels.

All parents/guardians and pupils in the school can also contact the school nurse directly. Information about the regular programme for lower secondary school will be provided when the child starts there.



MASTERING, WELL-BEING AND RELATIONSHIPS

Parents/guardians, school, friends, play, neighbourhood, welfare services and the mass media affect a child's health, well-being and learning outcome. Children need to have a good life situation to be receptive to learning.

Research shows that a sense of belonging is important for children. Being a part of something larger, having meaningful tasks and being important for others will motivate children and they will feel they are achieving in their lives.



THE SCHOOL STARTER

The start of school is a milestone for both children and parents/guardians, but the transition from kindergarten can be difficult, and it is important to bear the following in mind:

- Starting school is a big transition from the active days in kindergarten
- Children have a short attention span (approximately 10-12 minutes)
- Children need frequent breaks
- Children have an inherent joy of movement that should be encouraged
- Children are curious and exploring by nature
- Children develop in interaction with others (social competence)

The parental role and everyday life

How you the parent are doing affects your child.

It is important to understand and confirm your child's emotions.

All parents make the occasional mistake. The most important thing is to talk about incidents afterwards – sometimes parents might be the ones who have to say they are sorry to their child.

Link to film: <https://www.youtube.com/watch?v=Kkz7frj6TLk>

Raising your child and children's rights

In Norway, all forms of violence in raising a child are against the law.

Examples of physical violence can be:

Scratching, pinching, pushing, hitting.

Examples of mental violence can include:

Words or statements that hurt, frighten, humiliate or condescend.

Are you as a parent struggling with frustration and anger, and do your problems affect your children?

There are other ways out of this problem than letting it affect your children.

Contact the public health nurse or Children and Family Services in your city district, they can offer individual and group guidance.

For contact information:

go to the school's or the local authority's website.



Some questions to reflect on:

- How do we adults talk to our children about the school and other children/families?
- What is required to have good collaboration between school and home?
- Why are friendships and inclusion so important?
- How can I get to know the other parents?
- How can I be a good role model for my children?
- What good day-to-day health habits can I practise?

Parents and guardians are among the most important resources in a child's life, not only in their own child's life, but also for other people's children. How can we together create good and inclusive environments for children?

We recommend that you watch the video "Voksne skaper vennskap" [Adults create friendship]: <https://www.youtube.com/watch?v=US62neLe3qM>



SLEEP AND SLEEPING HABITS

Children five or six years of age should sleep 10-12 hours a night. Plan good habits that ensure enough sleep. Sun and daylight help to create a stable daily rhythm. It helps to be outdoors, particularly in the morning. Physical activity gives better sleep.

Relax with fixed, peaceful and positive routines every evening before bedtime.

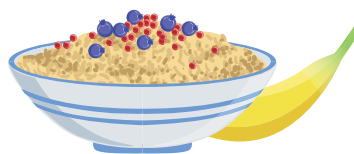
Avoid boisterous play and screen activities such as TV, video games and using your mobile phone just before going to bed. Establish fixed bedtimes. The bedroom should be a no-screen zone, it should be dark and not too warm.



NUTRITION AND DIET

Both children and adults should have a varied diet balancing between energy intake and consumption.

- You are advised to eat much fruit, vegetables and berries.
Eat fish, both for dinner and as sandwich spreads.
- Eat regularly and plan fixed meals every day.
- Regular meals give better digestion, and you will avoid feeling tired and having too large fluctuations in your blood sugar level.



Here you can read more about dietary advice from the Directorate of Health:

<https://helsenorge.no/kosthold-og-ernaring/kostrad/helsedirektoratets-kostrad>

School children should eat a good breakfast and bring a packed lunch to school (including fruit and vegetables).

Here are some good tips for packed lunches:

<https://helsenorge.no/kosthold-og-ernaring/mat-for-barn/matpakketips>



DENTAL HEALTH

Brush your teeth once in the morning and once in the evening. Toothpaste with fluoride is recommended. Parents should help with brushing children's teeth or monitor this until the child has the motor skills to brush on his or her own – approximately until the age of ten.

Avoid snacks between meals with food and drink containing added sugar. Also avoid frequent intake of acidic food and beverages (such as juice, sour candies and soda pop). Drink water when thirsty.

Here you can read more about dental care for children aged six to twelve:
<https://helsenorge.no/tannhelse/tannstell-hos-barn>



JOY OF MOVEMENT AND SEDENTARY LIFESTYLE

Children should be involved in activities they like and have fun doing. They should be encouraged to take part in physical activity like sports and working out because they will experience fun and achievement.

The Directorate of Health advises that a person should have 60 minutes of activity every day, activity that raises the pulse and makes you warm and sweaty.

Children need frequent breaks from sedentary activities. The time spent sitting and looking at screens (PC, pad, TV, mobile phone) should be limited.

Here you can read more about the advice from the Directorate of Health.

<https://www.helsedirektoratet.no/faglige-rad/fysisk-aktivitet-for-barn-unge-voksne-eldre-og-gravidet>.



THINK SAFETY WHEN STARTING SCHOOL



“Barns miljø og sikkerhet” [Children’s environment and safety]

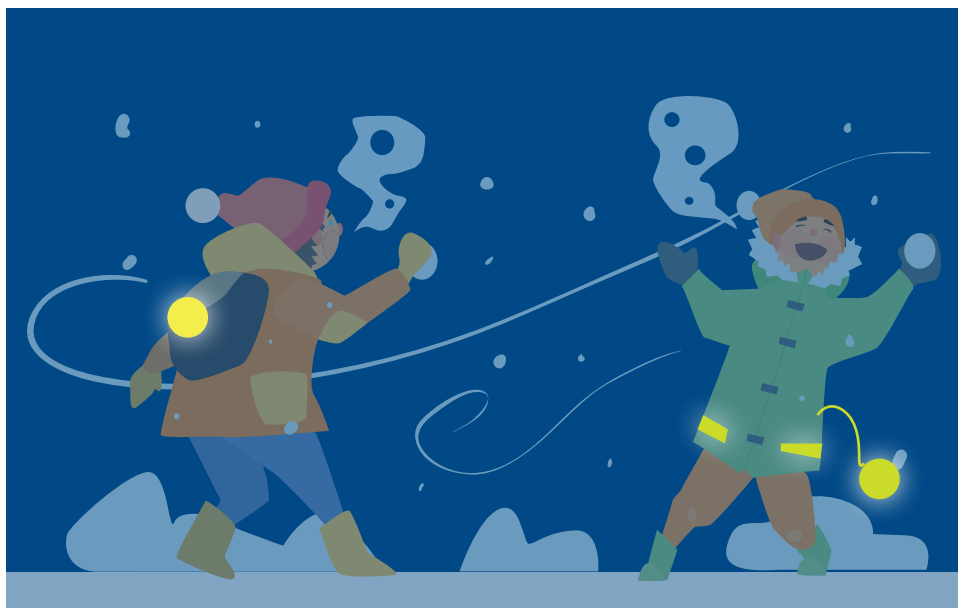
www.helsedirektoratet.no/brosjyrer/miljo

and “Når barnet skader seg” [When a child is hurt]

www.helsedirektoratet.no/brosjyrer/skade

are two helpful brochures about safety for children.

We would like to remind you that it is important that children wear a helmet when biking, and use reflectors when it is dark outside.



“Children do not choose their parents, siblings, kindergarten, school or neighbourhood. The early development of children and young people, however, is not a game; it is our shared responsibility.”

(Stein, saks, papir- en strategi for å bygge sterke Barnefelleskap, 2018)

[Rock, scissors, paper – a strategy for building strong environments for children]



Contact information for the public health nurse

Go to the school's website for more information about the school health service for your child. Contact the public health nurse at your child's school if there is anything more you are wondering about.