

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 Sybil Andrews Academy. 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, Chlamydia testing, pregnancy testing and emergency hormonal contraception provision.

The drop in at Sybil Andrews are held on Monday at 1:30 - 2:05pm. Students do not need an appointment, and all are welcome.

The drop in The Abbey is held on Monday at 2:10 – 2:55pm.

If you would like to find out more about our service, please visit our website at [www.suffolk.gov.uk/schoolnursing](http://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](mailto:childrenshealth@suffolk.gov.uk)

Kind Regards

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