



My name is Annette Owusu Bringaker and

I am the School Nurse/helsesykepleier at BISS Sentrum Stavanger.

I am at school on Wednesdays, Thursdays and Fridays from 8-3:30.

My office is on the second floor,

Mail:

Annette.o.bringaker@stavanger.kommune.no

Phone: 94008103



STAVANGER KOMMUNE

Information from School Nurse/helsesykepleier at Biss Sentrum



We are here for you

School nurses should be easily accessible to students, parents/guardians and school personnel.

We try to help children and young people take care of their own health and to tackle the challenges that may meet them in everyday life. We hope to be able to provide help to children when something is bothering them, and to provide support to children and their families during vulnerable times.

Feel free to come and talk about anything!

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|--|-----------------------------|
| Friendships | Bullying |
| Worries | Health and nutrition |
| Development | Feeling different |
| Sight/Hearing | Exercise |
| Wellbeing | Sleep |
| Fears | Puberty |
| Marriage/family breakdown | Promoting healthy living |
| Sadness | Vaccinations |
| Digital/social media | Not wanting to go to school |
| Accessing support systems within the Norwegian health system | |

We work together with others

We are a part of the school's resource team and take part in other multi-disciplinary meetings at the school. We can help you get in contact with other service providers if necessary.

We have a duty of confidentiality

The school nurse is a part of the school's collaboration team but does not provide information about students to the school without the consent of the student/parents.

If we receive information about conditions that may be detrimental to the child, we must still pass this on. This is usually done with the consent of the child or parents/guardians.



School Nurse duties

PYP1

Students up until the age of five are seen by the health nurse at the health center (helsestasjon) in the residing municipality.

- Introduce myself to the class.
- Presentation/lesson about feelings and emotions.
- Lesson about violence and child abuse prevention.
- Consultation with school nurse
- Height and weight measurement, sight and hearing testing
- School starters health check

PYP2

The DTP-IPV (Diphtheria, Tetanus, Whooping cough and Polio) is offered.

PYP3

Lesson about healthy living, good and bad secrets, violence and sexual abuse.

Height and weight measurement.

PYP5/6

The MMR vaccine is offered in Gr6 (Measles, Mumps and Rubella).

Health information in the classroom and smaller groups about puberty, our body, thoughts, feelings and boundaries

MYP1

2 doses of the HPV (Human papillomavirus) vaccine are offered.

MYP3

Height and weight measurements.

I visit the class and discuss topics such as:

- What Influences Our Health
- What Influences the Physical and Psychosocial Class Environment?
- Healthy Living and Achieving Balance in Everyday Life
- Sexuality and Violence and the Consequences They Have on People's Lives

Students are then asked to fill in a questionnaire about their well-being and will be called into an individual consultation to discuss their health and well-being.

MYP4/5

The DTP-polio booster vaccine is offered.

The Meningitis A, C, W, Y vaccine is offered.

Useful website about Vaccination guidance (Childhood immunization program in Norway) and other public health issues: www.fhi.no/en (Norwegian Institute of Public Health)

Please do not hesitate to contact me if you have any questions about the school health program or if you have any concerns about your child's health or development.