

**My name is Melanie Eigestad and I am the school nurse/health visitor at BISS.**

I am at the school every Tuesday, Wednesday and Friday from 8:30-14:45.

My office is next to the library in the upper building.

Mail: [Melanie.nicolle.wilson.eigestad@stavanger.kommune.no](mailto:Melanie.nicolle.wilson.eigestad@stavanger.kommune.no)

Phone: 51 50 70 69

## We are here for you

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

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!

Friendships

Worries

Development

Sight/Hearing

Wellbeing

Fears

Marriage/family breakdown

Sadness

Digital/Social media

Accessing support systems within the Norwegian health system

Bullying

Health and nutrition

Feeling different

Exercise

Sleep

Puberty

Promoting healthy living

Vaccinations

Not wanting to go to school

## 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 come 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

### PYP 1

Students up until the age of five are seen by the health nurse at the health center in the residing municipality. Students from age 6 will be offered testing of hearing, height and weight measurement and a health and living standards survey for the parents/guardian to fill in about the student

### PYP2

Please contact the school nurse if you will not be here for PYP 3 and need the DTP- Polio vaccination in PYP 2.

### PYP 3

I visit the class and talk about healthy living, good and bad secrets, fighting, violence and sexual abuse.

All the pupils get individual appointments for height and weight measurements. The DTP-IPV (Diphtheria, Tetanus, Pertussis (whooping cough) and Polio) is also offered.

**Please accompany your child to this appointment.**

## **PYP 6**

The MMR vaccine is offered (Measles, Mumps and Rubella). If your child has already had 2 doses of the MMR vaccine, he/she will not need this offer.

Puberty education is delivered in cooperation with the class teachers.

## **MYP 1**

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

## **MYP 2**

Height and weight measurements.

I visit the class and discuss on 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.

## **MYP 4 and MYP 5**

The DTP-polio booster vaccine is offered

Useful website about Vaccinations guidance (Childhood immunisation programme in Norway) and other public health issues: [www.fhi.no/en](http://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 have any concerns about your child's health or development.**



STAVANGER KOMMUNE

# Information from the school nurse/health visitor at The British International School of Stavanger (BISS)

