

Wellbeing and Health In-reach Nurse Coordinator program



The Wellbeing and Health In-reach Nurse Coordinator program is a partnership between NSW Health and the NSW Department of Education

What is a wellbeing nurse?

Wellbeing nurses are experienced nurses employed by NSW Health who work in schools to help support the health and wellbeing of students and their families. Wellbeing nurses work closely with:

- school learning and support and wellbeing teams
- local health and community services, including mental health, social and behavioural support, physical health, and peer or family relationship support services.

How does the wellbeing nurse help students and their families?

Wellbeing nurses help students and their families to:

- identify their health and wellbeing needs
- connect to appropriate health services
- understand information about their health care and how they can use the information to make decisions and act on it.

The wellbeing nurse does not administer medications, provide first aid or help students who require healthcare support that a child may need at school, for example tube feeding or diabetes management.

Who can get help from a wellbeing nurse?

Any student at the school and their family can contact the wellbeing nurse to talk about their health and wellbeing concerns.

How to get help from a wellbeing nurses?

- Parents/carers/guardians can contact the school and ask to speak to the wellbeing nurse if they have concerns about their child's health and wellbeing and need information or support.
- The school's learning and support team and school staff can also refer students and their family to the wellbeing nurse.
- High school students can approach the wellbeing nurse directly to talk confidentially about their health and wellbeing concerns.

For more information contact the Wellbeing Nurse for Matraville Sports High :

Nicole Simpson
0459 911 137
nicole.simpson@health.nsw.gov.au

Nicole is also available onsite every Monday

Does my child need my permission to see the wellbeing nurse?

All students who contact the wellbeing nurse are always encouraged and supported to talk to their parents or carers about their health and wellbeing concerns.

Primary school students

- The wellbeing nurse will seek permission from parents/carers/guardians if their child is referred or comes to them with health and wellbeing concerns.
- Parents/carers/guardians can give their permission either by completing and signing a consent form given to them by the wellbeing nurse or school or via a phone call from the wellbeing nurse.

High school students

- High school students can speak to the wellbeing nurse confidentially if the wellbeing nurse assesses a student mature enough to fully understand their health problems being discussed, and the support being offered.
- If the wellbeing nurse assesses the student as not mature enough to understand their health problems and needs, the wellbeing nurse will seek consent from the student's parent/carer/guardian.

Does the wellbeing nurse keep my child's health information confidential?

At most times, the wellbeing nurse will get the permission from the student's parent/guardian/carer or the student before passing on the student's information to others involved in the care of the student.

If a wellbeing nurse is concerned about the safety of a student, welfare or wellbeing, they may need to share the student's information with other services and organisations without first seeking permission. This is required by law. The wellbeing nurse may also tell the school principal about their concerns about a student's safety.

Contacting the wellbeing nurse

The wellbeing nurse is not at school every day. Students, parents or carers may need to make an appointment. Contact the school to make an appointment.