



HEALTH CHECK

During the health check, the school nurse monitors and assesses each student's:

- growth and development;
- blood pressure and posture;
- sexual development;
- visual and auditory acuity;
- skin condition and mucus membranes;
- emotional and social well-being;
- behavioral related protection and risk factors.

The school nurse will provide necessary recommendations to the student and parent based on the collected data.



DISEASE PREVENTION

VACCINATION

Vaccinations are performed by the school nurse on the basis of the national immunisation schedule.

A typical student vaccination calendar:

- Children aged 6-7 years — poliomyelitis-diphtheria-tetanus-pertussis (with the fifth dose offered by family doctor before attending school);
- 12-year-old girls — HPV;
- 13-year-old students — measles-mumps-rubella, second dose;
- 15-17 year old students — diphtheria-tetanus-pertussis, sixth dose.

Additional information: vaksineeri.ee/en

The health checks and vaccination of students are carried out only after parental permission. All health information collected by the school nurse is entered into the general health information system, which can only be accessed by healthcare professionals. This information is also available to the legal representative of a minor student through the patient portal (www.digilugu.ee).

HEALTH PROMOTION

The school nurse cares about the health of the children and wants to cooperate fully with parents. We would like to remind you that:





- lifelong habits emerge from the values developed at school age;
- adults serve as role models for a child with their attitudes and behavior;
- children need to be noticed, listened to, and supported each day;
- a healthy balance between work and leisure is important for students;
- a healthy and balanced diet, combined with regular physical activity, supports the ability to learn, as well as aiding overall development;
- in case any signs of illness occur, a student must stay at home and the family physician should be contacted, if necessary;
- the students of the V and IX grades undergo preventive health checks carried out by the family physician;
- the students of the I, III, VII and X grades undergo preventive health checks carried out by the school nurse;
- chronically ill students must carry all the necessary medications with them, since the school nurse only has first aid equipment.



DEAR PARENT,

All students between the ages of 7 and 19 years of age are offered school healthcare services regardless of the type of school. The intention is to support the overall development of your child.

THE MAIN RESPONSIBILITIES OF SCHOOL HEALTHCARE:

-  develop health-enhancing behavior;
-  support a healthy school environment;
-  enable the prevention and early detection of diseases;
-  provide first aid.

All schools in Tallinn have school nurses whose aim is to support student well-being.



THE MAIN RESPONSIBILITIES OF A SCHOOL NURSE ARE:

- developing a healthy lifestyle;
- supporting a safe school environment;
- performing immunization procedures;
- providing first aid in the event of illness and accidents;
- health counseling for the whole school family.

THE TALLINN SCHOOL HEALTH FOUNDATION

The Tallinn School Health Foundation offers school healthcare services in almost 90 municipal, state and private schools in Tallinn and Harju County.

The nurses work in school health offices according to fixed working hours based on the number of pupils at the school (600 pupils = one full-time nurse).

-  More information about school health care services and employees: www.kooliode.ee
-  Facebook: Koolilapse tervis facebook.com/TallinnaKoolitervishoid




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BROCHURE FOR PARENTS