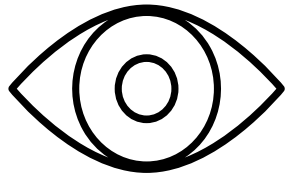




# School nurses' top tips



## Sight and hearing checks.

The school nursing team no longer check sight and hearing in reception.

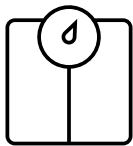
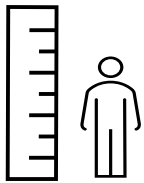
### How and when do I get my child's sight checked?

- Get your child's sight checked when they start school and then regularly at your local optician.
- Find a local optician here [Find an optician - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- The check is free under the NHS.
- They will tell you if your child needs glasses.



### How do I get my child's hearing checked?

- If you notice your child might not be hearing well, you should take them to your GP (Doctor).
- Your GP (Doctor) can ask for a hearing test if it is needed.



### Height and weight checks.

- Children have their height and weight measured in reception and year 6.
- More information and help can be found at [National Child Measurement Programme - Live Life Better Derbyshire](#)
- If you do not want your child measured, please see the Live Life Better Derbyshire website above.

Email: [dchst.derbyshireschoolnurses@nhs.net](mailto:dchst.derbyshireschoolnurses@nhs.net)

Telephone: 01246 515100

Website: [www.derbyshirefamilyhealthservice.nhs.uk](http://www.derbyshirefamilyhealthservice.nhs.uk)