

26/10/21

Dear parent/guardian,

During your child's first year at school (Reception Year), he/she would normally have been seen by a member of the School Nursing Service to carry out some screening tests.

This is part of the School Entry Review and provides an assessment of your child's health needs, promotes health and wellbeing and supports and enables your child to achieve their full potential.

The review consists of:

- your child's immunisation status
- vision screening
- measurement of growth (height and weight)
- hearing screening

Vision screening to assess your child's vision using a letter-matching test.

Due to the COVID19 pandemic, this screening programme has been disrupted. As a result, your child may not have been screened as they left Reception and entered Year 1. Due to the ongoing situation, a catch up programme for vision screening **will not** be carried out in your child's school. We are therefore recommending that you take your child to an optometrist (opticians) to have their eyes tested.

However if your child did have vision screening in school and did not pass this screening this will be repeated by the School Nursing Service over the coming months. This will be carried out in school or by invitation to the local health clinic. If you would not like this to be done, please contact your School Nursing Team within 14 days of receipt of this letter. Please use the following email address to contact the School Nursing Service:

BCU.SHAFlintshire@wales.nhs.uk

Why is it important to book a sight test?

Good vision is essential to ensure children have the opportunity to achieve their full visual, educational and social potential. Children may not realise they have a vision problem, which, in turn, may affect their development and education.

It is therefore advised that you book a sight test for your child, when it is convenient, to ensure that any issues can be picked up at the earliest opportunity.

<https://lookafteryoureyes.org/eye-care/childrens-eye-health/guide-to-childs-eyes/>

Where can I book a sight test?

NHS sight tests for children can be accessed from all optometry practices (opticians) in Wales. For more information, please visit:

<https://111.wales.nhs.uk/LocalServices/?s=Optician>
<http://www.eyecare.wales.nhs.uk/home>

Is there a cost?

All NHS sight tests are FREE of charge for children under the age of 16 and those aged 16 to 18 in full-time education.

What if I have concerns about my child's vision?

If you have any concerns about your child's vision, please contact your local optometrist (optician).

Height and Weight Measurement

As with vision screening, due to the COVID19 pandemic, your child may not have had their height and weight measured and a catch up programme for height and weight **will not** be carried out.

What if I have concerns about my child's height or weight?

If you have any concerns about your child's height or weight, please contact your GP. These could be concerns about your child being overweight or underweight or you have concerns about irregular eating habits that could affect their health (eating too much or not eating enough).

If you would like to know more about the Child Measurement Programme, please visit www.wales.nhs.uk and search Child Measurement Programme.

Hearing Screen

The hearing screening programme has also been disrupted, however if your child was not screened in Reception Year there **will be** a catch up-programme and your child's hearing will be screened by the School Nursing Service over the coming months. In addition, if your child's hearing was screened and he/she did not pass this screen, this will also be repeated. In both cases this will be carried out either in your child's school or by invitation to a local health clinic. If, for whatever reason, you would **not** like this to be done please contact your school nursing service within 14 days of receipt of this letter. Please use the following email address to contact the School Nursing Service:

BCU.SHAFflintshire@wales.nhs.uk

What if I have concerns about my child's hearing?

If you are concerned about your child's hearing, please contact your GP or School Nurse to discuss your concerns.

What if I have concerns about my child's health in general?

If you are concerned about any aspect of your child's health, please contact your GP or School Nurse.

Thank you
School Nursing Service

26/10/21

Annwyl Riant/Gwarcheidwad,

Yn ystod blwyddyn gyntaf eich plentyn yn yr ysgol (Blwyddyn Derbyn), byddai'r plentyn fel arfer wedi cael ei weld gan aelod o'r Gwasanaeth Nyrsio Ysgol i gynnal profion sgrinio.

Mae'r profion hyn yn rhan o'r Adolygiad Mynediad Ysgol ac yn rhoi asesiad o anghenion iechyd eich plentyn, hybu iechyd a lles ac yn cefnogi ac yn caniatáu eich plentyn i gyrraedd ei llawn botensial.

Mae'r adolygiad yn cynnwys:

- Adolygiad o statws imiwnedd eich plentyn
- Sgrinio golwg
- Mesur twf (taldra a phwysau)
- Sgrinio Clyw

Sgrinio golwg i asesu golwg eich plentyn drwy ddefnyddio prawf paru'r llythrennau.

Oherwydd y pandemig COVID-19, cafodd y rhaglen sgrinio hon ei tharfu arni. O ganlyniad, efallai na chafodd eich plentyn ei sgrinio ar ôl iddo adael blwyddyn derbyn a mynd i flwyddyn 1. Oherwydd y sefyllfa barhaus, **ni fydd** rhaglen dal i fyny ar gyfer sgrinio golwg yn cael ei gynnal yn ysgol eich plentyn. Felly rydym yn argymhell eich bod yn mynd â'ch plentyn at optometrydd (optegydd) i gael prawf llygaid.

Fodd bynnag, os cafodd eich plentyn sgrinio ei olwg yn yr ysgol ac na lwyddodd i basio'r prawf sgrinio hwn bydd yn cael ei wneud eto gan y Gwasanaeth Nyrsio Ysgol dros y misoedd nesaf. Bydd hyn yn cael ei wneud yn yr ysgol neu drwy wahoddiad i'r clinig iechyd lleol. Os nad ydych eisiau i ni wneud hyn, cysylltwch â'ch Tîm Nyrsio Ysgol o fewn 7 diwrnod o dderbyn y llythyr hwn. Defnyddiwch y cyfeiriad e-bost canlynol i gysylltu â'r Gwasanaeth Nyrsio Ysgol: BCU.SHAFlintshire@wales.nhs.uk

Pam mae hi'n bwysig trefnu prawf llygaid?

Mae golwg da yn hanfodol i sicrhau bod gan blant y cyfle i gyrraedd eu llawn botensial gweledol, addysgol a chymdeithasol. Efallai na fydd plentyn yn sylweddoli bod ganddo broblem golwg, a all, yn ei dro, effeithio ar ei ddatblygiad a'i addysg.

Felly rydym yn eich cynghori i drefnu prawf llygaid i'ch plentyn, pan fo'n gyfleus, i sicrhau y gellir codi unrhyw broblemau cyn gynted â phosibl.

<https://lookafteryoureyes.org/eye-care/childrens-eye-health/guide-to-childs-eyes/>

Ym mhle gallaf drefnu apwyntiad llygaid?

Gellir cael mynediad at brofion llygaid GIG i blant o bob practis optometreg (optegwyr) yng Nghymru. Am fwy o wybodaeth ewch i:

<https://111.wales.nhs.uk/LocalServices/?s=Optician>

<http://www.eyecare.wales.nhs.uk/home>

A oes tâl amdano?

Mae pob prawf llygaid GIG AM DDIM i blant dan 16 oed a'r rheiny sy'n 16 i 18 oed sydd yn dal mewn addysg llawn amser.

Beth os oes gennyf bryderon am olwg fy mhlentyn?

Os oes gennych unrhyw bryderon am olwg eich plentyn, cysylltwch â'ch optometrydd lleol (optegydd).

Mesur Taldra a Phwysau

Yn yr un modd â sgrinio golwg, oherwydd y pandemig COVID-19, efallai nad ydym wedi mesur taldra a phwysau eich plentyn ac **ni fydd** rhaglen dal i fyny ar gyfer pwysau a thaldra yn cael ei chynnal.

Beth os oes gennyf bryderon am daldra a phwysau fy mhlentyn?

Os byddwch yn pryderu am daldra neu bwysau eich plentyn, cysylltwch â'ch meddyg teulu. Gall y rhain gynnwys pryderon bod eich plentyn dros bwysau neu dan bwysau neu os oes gennych bryderon am arferion bwyta afreolaidd a all effeithio ar ei iechyd (bwyta gormod neu ddim yn bwyta digon).

Os hoffech wybod mwy am y Rhaglen Mesur Plant, ewch i www.wales.nhs.uk a chwiliwch am y Rhaglen Mesur Plant.

Sgrinio Clyw

Mae'r rhaglen sgrinio clyw hefyd wedi cael ei tharfu arni, fodd bynnag os na chafodd eich plentyn sgrin clyw ym Mlwyddyn Derbyn bydd rhaglen dal i fyny **yn cael ei gynnal** a bydd clyw eich plentyn yn cael ei sgrinio gan y Gwasanaeth Nyrsio Ysgol dros y misoedd nesaf. Yn ychwanegol, os cafodd clyw eich plentyn ei sgrinio ac na lwyddodd i basio'r prawf sgrinio hwn, bydd yn cael ei wneud eto. Yn y ddau achos, bydd y sgrinio yn cael ei wneud un ai yn ysgol eich plentyn neu drwy wahoddiad i glinig iechyd lleol. Os **na hoffech** i ni wneud hyn, am ba bynnag reswm, cysylltwch â'ch gwasanaeth nyrsio ysgol o fewn 7 diwrnod o dderbyn y llythyr hwn. Defnyddiwch y cyfeiriad e-bost canlynol i gysylltu â'r Gwasanaeth Nyrsio Ysgol: BCU.SHAFlintshire@wales.nhs.uk

Beth os oes gennyf bryderon am glyw fy mhlentyn?

Os byddwch yn pryderu am glyw eich plentyn, cysylltwch â'ch meddyg teulu neu nyrs ysgol i drafod eich pryderon.

Beth os oes gennyf bryderon am iechyd fy mhlentyn yn gyffredinol?

Os byddwch yn pryderu am unrhyw elfen o iechyd eich plentyn, cysylltwch â'ch meddyg teulu neu nyrs ysgol.

Diolch yn fawr
Gwasanaeth Nyrsio Ysgol