



TALLINNA
KOOLITERVISHOID

BROCHURE FOR PARENTS

kooliode.ee



Health Check



Health checks are conducted at school for students in grades I, III, VII and X according to the Child Health Monitoring Guidelines.

See more: ravijuhend.ee

The school nurse monitors and assesses:

- growth and development;
- blood pressure and posture;
- visual and auditory acuity;
- the condition of the skin and mucous membranes;
- emotional and social well-being.

Disease Prevention



Vaccination

Vaccination is performed by the school nurse on the basis of the national immunisation schedule:

- 12-14 year old students - against human papillomavirus (HPV);
- 13-year-old students - measles-mumps-rubella;
- 15-17 year old students - against diphtheria-tetanus-pertussis;

See more: vaksineeri.ee

Health checks are carried out with parental and/or the child's permission.

Read more!

All health data collected by the school nurses is available to the legal representative of a minor student through the patient portal.

terviseportaal.ee





Health Promotion



The school nurse cares about your child's health and development and is ready to fully cooperate with you. Therefore, we ask you to:

- be a **role model** in attitudes and behavior towards health;
- help maintain a **balance** between the student's work and leisure;
- ensure that your child's **diet** is nutritious and balanced;
- cultivate a **habit** of having breakfast for the student;
- encourage regular **physical activity** for the student;
- set clear rules for the use of **digital devices**;
- if **signs of illness** appear, keep the student home to recover or, if necessary, consult a family physician;
- remember that **preventive health checks** are scheduled with the family physician for students in grades V and IX;
- take your child to the **dentist** once a year.

Dear Parent!



There is a school nurse in every school whose purpose is to:

- foster health-enhancing behavior among students;
- support a safe school environment;
- detect disease risk factors as early as possible;
- prevent the progression of diseases;
- provide first aid in the event of accidents or illness at school.

In addition to school nurses, Tallinn School Health Foundation provides mental health nurses and a diabetes nurse to support school children. If you need advice from them, ask your school nurse for information!





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90

municipal, state, and private schools in Tallinn and Harju County receive school health care services from the Tallinn School Health Foundation.

More information about school health care services and employees

kooliode.ee

600

students are served by one full-time nurse. School nurses work in educational institutions according to fixed working hours.

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