

Your School Health Team consists of;
Leanda Ponsonby – School Nurse
Catherine Winters – Staff Nurse
And a Community Support Worker

They can be contacted on 01695 684187

Address: Birleywood Health Centre,
Digmoor, Skelmersdale WN8 9BW



The school nursing team visit school to:

Undertake sight tests in Reception and height and weight measurements in Reception and Y6.

An audiometrician also visits school to undertake hearing examinations in Y1

In recent years pupils in Y1 and Y2 have also received the nasal flu vaccine in school.

Letters informing you of the visits together with consent forms are always sent home prior to the visits.

They can also work with families to help with a variety of health related matters.

Did you know that children perform better and have better concentration if they have a healthy diet and drink plenty of water? Children should be encouraged to eat at least five portions of fruit and vegetables a day. Breakfast is a particularly important meal as it boosts the metabolism and sets you up for the day ahead. Please ensure that your child eats breakfast before school.



A Healthy diet also helps to ensure good oral health. All children should be registered with and have regular appointments with a dentist. If you are having trouble finding an NHS dentist please call 01772 420150. This service will help to find an NHS dentist.

Children and young people are entitled to free optical appointments and free glasses. Children as well as adults should ensure that they look after their optical health and get their eyes checked regularly.



Immunisations aim to protect children and the community against the spread of infection and disease. Please ensure your child is up to date with their immunisations.

If you require any services from the school Health team please contact the team on the above number.