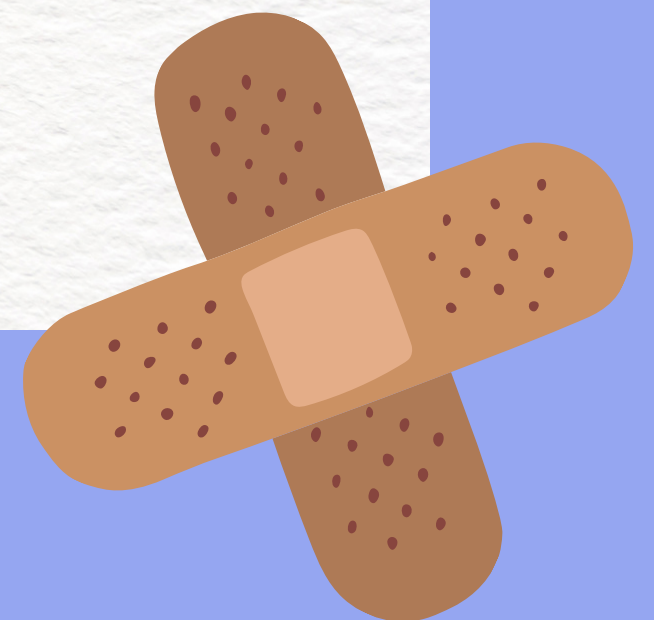


**Kindergarten Transition**

**Wellbeing Nurse**



# About Me



**Eliza Potter**

**I am a Clinical Nurse Specialist**

**I started in this job in May 2022**

**My previous background is in Paediatric  
Nursing and Nursing Education**



# Program Background

The WHIN (Wellbeing and Health In-Reach Nurse) Coordinator/Wellbeing Nurse Program is a joint program between NSW Department of Health and NSW Department of Education.

The program commenced in 2018 at 3 pilot sites and was expanded in 2020 to another 3 public schools.

As of May 2022, there is now 100 specialised Clinical Nurse Specialists in NSW public schools.

Each Wellbeing Nurse covers between 2-4 primary/high schools

# Wellbeing Nurse Role

The main aims of the role is to assist and support children and their families to bridge the gaps in service between the health and education systems.

This can include:

- Recognising and addressing health/social needs of students/families
- Addressing barriers to accessing services
- Organising appropriate early intervention, assessments and referral of students/families to services and programs
- Assisting in care coordination and case management of students/families
- Supporting access to health promotion to improve health knowledge and engagement of students/families
- Developing networks with health providers to build strong relationships and effective referral pathways

# What Can You Do as Parents?

Regular health checks help ensure your child's health and development is on track.

NSW Health has Child and Family Health Centres that offer parents and carers in NSW free access to:

- health, development and wellbeing checks for their child
- support, education and information on all topics related to parenting.

# NSW Health Schemes

## **Four-Year-Old Health Check:**

Book your child in at your local Child and Family Health Centre.

Your doctor and/or nurse will check your child's weight and height, calculate body mass index (BMI), and plot the measurements on growth charts. Your child is also due their 4 Year Old Vaccinations at this appointment.

# Child and Family Health Centres:

Name	Address	Contact	Service category
Arncliffe Child and Family Health	12 Firth Street, Arncliffe, NSW 2205	Phone: (02) 9599 2896	Child and Family Health Services
Rockdale Child and Family Health	16-18 King Street, Rockdale, NSW 2216	Phone: (02) 9087 8300	Child and Family Health Services
Brighton Child and Family Health	17 Hercules Street, Brighton, NSW 2216	Phone: (02) 9567 1240	Child and Family Health Services
Kogarah Child and Family Health	Level 1, Burt Nielson Wing St George Hospital, Kogarah, NSW 2217	Phone: (02) 9113 1360	Child and Family Health Services
Hurstville Child and Family Health	Suite 65, 23-27 MacMahon Street, Hurstville, NSW 2220	Phone: (02) 9580 2150	Child and Family Health Services
South Hurstville Child and Family Health	1 Allen Street, South Hurstville, NSW 2221	Phone: (02) 9579 4400	Child and Family Health Services

# NSW Health Schemes

## **Statewide Eyesight Preschooler Screening (StEPS) Program:**

An initiative of NSW Health and offers all 4 years old children free vision screening. NSW Health advises all children to have their vision screened before they start school and strongly recommends that all four year old children participate in the vision screening program.



# StEPS Coordinator

**SESLHD StEPS Coordinator:**

Nadya Shulgin

**Areas Covered:**

Sydney CBD, Eastern Suburbs, Hurstville,  
Sutherland Shire, Cronulla areas

**Phone:**

(02) 9382 0277

**Email:**

[SCHN-SCH-STEPS@health.nsw.gov.au](mailto:SCHN-SCH-STEPS@health.nsw.gov.au)

# How can you contact me?

## At School:

Bexley Public School: Monday

Athelstane Public School: Tuesday

Hurstville Public School: Wednesday/Thursday

Georges River College Hurstville Boys Campus: Friday

## Email:

[Eliza.Potter1@det.nsw.edu.au](mailto:Eliza.Potter1@det.nsw.edu.au)

## Phone:

0476 046 195



**Questions?**



**Thank You!**