

Kia ora koutou, welcome to the September edition of the B4SC newsletter. An electronic version of this newsletter with hyperlinked resources can be found at www.pinnacle.co.nz/b4school/updates.

Tips for reaching all 4 year olds

HOW we approach and do B4 School Checks is just as important as WHAT we do in the checks.

I have been gathering ideas from the workshops, updates and three-day training sessions, and will share these ideas in these newsletters. If you have tips that help in the HOW of approaching whānau and conducting the checks, please email them into Michelle (Michelle.morley@pinnacle.health.nz). Here are a couple of tips for this month.

- **Not all B4 School Checks are created equally!** You will find some families will chase you for their B4 School Check, it will be a quick check and require no referrals. Others will require more follow up from you due to the stresses and pressures in their lives, will take longer to do the check, and may require more referrals and follow up. These children are the children that need us the most. I would not suggest every child needs more time allocated to them, but rather consider allocating time based on need rather than per check. How we allocate our time and resources will result in more equitable outcomes for our 4 year olds and their families with higher needs.
- **Struggling to engage?** If you are struggling to engage with the family of your 4 year olds, or have had the family make an appointment and not attend, consider referring them to our B4 School providers who can follow the family up in the community. Once you have referred them on, you will need to return these children to us on the database with the returning comment of “referred to PHN/K’aute Pasifika/SWPICs/ Independent B4 School Nurse”. Please refer to our B4 Schools page for details on eligibility and how to refer to these services: www.pinnacle.co.nz/b4school/information-services-and-referrals-

Waikato B4SC achievements and planning

As at 1 September 2019

	All	High Dep	Maori	Pasifika
	%	%	%	%
05/09/19	706/868	65/258	78/318	16/34
Financial Year to target	-162	-193	-240	-18

As you can see in the table above, unfortunately we are already behind on the number of children we are checking for the year.

We are particularly behind for our Māori children. As discussed above, consider reallocating your time and resources to focus on our target children – Māori and Pasifika children, and those living in deprivation index 5 – and referring eligible children to our outreach services to engage them in the community.

B4SC training

Our next three-day training and update sessions are the last ones for 2019.



The three-day training for new B4 School nurses runs Wednesday 18 September – Friday 20 September, and the update is on Wednesday 16 October. Further details and registration forms can be found on our B4 School webpage: www.pinnacle.co.nz/uploads/2019-b4sc-training-dates.pdf. Please send registrations to mhnadminteam@pinnacle.health.nz.

Raising healthy kids claiming processes

Back in March, contracts were sent out to Pinnacle practices to support claiming for repeat visits for monitoring and education around the raising healthy kids targets. The process was to set an automated recall for six months after the B4 School Check to revisit goals set at the initial check, reweigh and measure, potentially set new goals, and offer referral to external providers if they have not been accessed already.

The first of these recalls will begin to be activated this month. If you require more BESMARTER resources, contact Sport Waikato via their website (www.pinnacle.co.nz/b4school/raising-healthy-kids). You will also find full details on the claiming process, other resources, and referral pathways on this link too.

B4SC contacts and resources

- **Waikato B4SC nurse coordinator** - Michelle Morley: 027 665 5515, michelle.morley@pinnacle.health.nz
- **B4 School programme support** – Brooklyn Alves-Culley: 027 201 8240, B4SC@pinnacle.health.nz (please also use this email to update us on referral outcomes)
- **B4SC webpage:** www.pinnacle.co.nz/b4school
- **B4SC information, services and referrals webpage:** www.pinnacle.co.nz/b4school/information-services-and-referrals-