

17th June 2026

Dear Parent/Carer

**Re: School Nursing Lunchtime Drop-ins – School Nurse Chrissie Foster**

As a school, we are working closely with the School Nursing Service to ensure that students can access support from the service. As part of this, we have arranged for the school nurse to be available in school for your child to discuss any health issues they may have.

This will include:

- Advice on healthy relationships
- Vaping, anxiety, bullying, sexual health, medical conditions, allergies, body image issues, weight issues, continence issues
- Healthy eating, sleep issues
- Social media, drugs
- ...and any other health-related concerns

**Please note:** School nurses are not specialist nurses in specific health conditions but can provide guidance and recommendations and may liaise with your GP where necessary.

Any discussions with children will be confidential. However, appropriate referrals can only be made with parental/carers consent.

The service will be available to all year groups during lunchtime drop-ins. Dates will vary and students will be informed when the service is available.

School Nurse Details:

*Chrissie Foster*

School Nurse - Specialist Community Public Health Nurse (SCPHN) RGN DiPE , PGDip

School Nursing Service, Children's 0-19 Team

[Cambridgeshire Community Services NHS Trust](#)

The Poynt, units 2-3, Poynters Road, Luton, LU4 0LA

[Childrens Hub Email: ccs.bedsandlutonchildrenshealthub@nhs.net](mailto:ccs.bedsandlutonchildrenshealthub@nhs.net)

**Children's Hub: 0300 555 0606 option 1**

**Website: <https://www.cambscommunityservices.nhs.uk/luton>**