

# In our School Medical Practices we are pleased to take time for your concerns

Our offers are available to all children and adolescents of the City of Zurich primary schools, as well as their parents and teaching staff, and are usually free of charge. The employees are subject to professional secrecy. Please find more information at: [www.stadt-zuerich.ch/schularzt](http://www.stadt-zuerich.ch/schularzt)

Where do I find my School Medical Practice?

**1 Schulkreis Uto**

Seestr. 346, 8038 Zürich  
Tel. 044 413 41 30

**2 Schulkreis Letzi**

Lindenplatz 4, 8048 Zürich  
Tel. 044 413 46 10

**3 Schulkreis Limmattal**

Langstr. 21, 8004 Zürich  
Tel. 044 413 46 41

**4 Schulkreis Waidberg**

Rotbuchstr. 42, 8037 Zürich  
Tel. 044 413 46 00

**5 Schulkreis Zürichberg**

Wildbachstr. 70, 8008 Zürich  
Tel. 044 413 46 90

**6 Schulkreis Glattal**

Oberwiesenstr. 66, 8050 Zürich  
Tel. 044 413 46 83

**7 Schulkreis Schwamendingen**

Dübendorfstr. 5, 8051 Zürich  
Tel. 044 413 46 75



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Schulgesundheitsdienste  
Schulärztlicher Dienst  
Parking 4, Postfach  
8027 Zürich  
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[www.stadt-zuerich.ch/schularzt](http://www.stadt-zuerich.ch/schularzt)



**Stadt Zürich**  
Schulgesundheitsdienste

Schulärztlicher Dienst

Offers of the School Medical Service of the City of Zurich

## Healthy during the time at school



# Because health is a precious gift ...

The support of health forms part of the fundamental rights of children. The basis for optimum health has its roots in childhood. In addition to the parents, the school is also committed to strengthening the health awareness and the health behaviour of children. This includes, among other things, the offers of the School Medical Service. For the purposes of providing equal health opportunities, the School Medical Service supports the optimum health development of all school children from nursery school to secondary school level. The following offers are provided to parents, school children and schools:

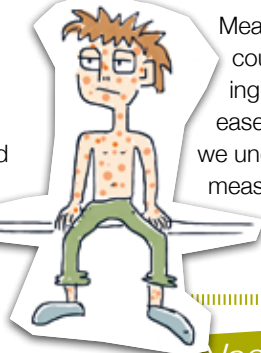
## Three School Medical Check-ups

For every child, the best possible conditions for a good time at school should be created. For this reason, three statutory school medical check-ups are prescribed for all school children in primary school. They take place in the 1<sup>st</sup> year of nursery school, in the 5<sup>th</sup> class and in the 2<sup>nd</sup> level of secondary school. In the 1<sup>st</sup> year of nursery school, the check-up is usually carried out by the family's paediatrician. It is the aim of the check-up to gain early knowledge of risks to the health and development of children, in order – if required – to initiate appropriate measures in good time.



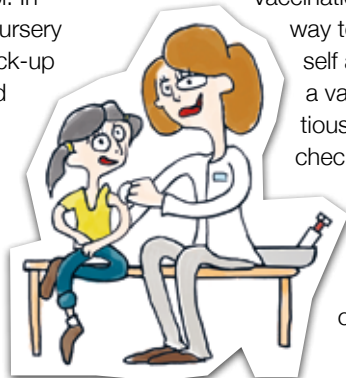
## Protection against infectious Diseases

Measles, whooping cough, purulent meningitis, etc.: If such diseases occur at a school, we undertake specific measures in order to prevent any further spread.



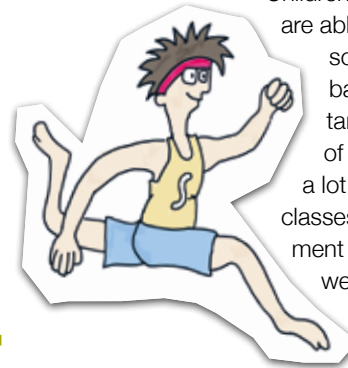
## Vaccination

Vaccination is the best way to protect yourself and others from a variety of infectious diseases. We check the vaccination protection of all children and offer free vaccinations on request.



## Special Movement Classes

Children who move a lot, sleep better, are able to concentrate better at school and are more mentally balanced. In general, it is important for the healthy development of children that they move around a lot. We offer special movement classes for children with little movement experience and who are overweight. It is the aim of these free classes to promote the joy and fun of moving around. Please find more information at: [www.stadt-zuerich.ch/schularzt](http://www.stadt-zuerich.ch/schularzt)



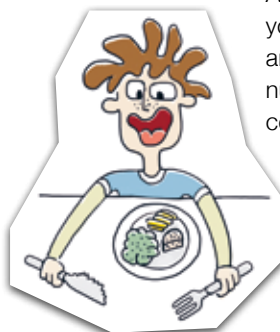
## School medical consultation

If you have any questions relating to the health and development of your child in connection with the school, parents may consult the School Medical Service.



## Individual Nutrition Counselling

Are you concerned about the weight of your child? Do you have any questions around the family table and about the nutrition of your child? The nutrition counselling of the School Medical Service offers individual counselling for parents and children. Please find more information at: [www.stadt-zuerich.ch/schularzt](http://www.stadt-zuerich.ch/schularzt)



## Safe and sound through the time at school despite chronic disease

We advise and support schools as well as parents about children with a chronic disease. In particular, if measures are necessary at school or nursery school (for example delivery of medicines).

## Child protection

We are committed to child protection, so that children and adolescents are able to grow up physically and mentally in a safe manner.



## Providing information

The School Medical Service offers information sheets on various topics. For example: "Healthy and fit thanks to regular exercise", "Measles", "Treatment of head lice", "Is my child ready to go to nursery school? Criteria from a school medical perspective", "Tips for media use for nursery school children", "The suitable satchel", "Information and tips on breakfast and snacks" and many more. You can find the information sheets at: [www.stadt-zuerich.ch/schularzt](http://www.stadt-zuerich.ch/schularzt)