



Whānau Information Sheet

Contact Us:

0800 MK TEAM (0800 658 326)
manakidz@nhc.maori.nz

What is Mana Kidz?

Mana Kidz is a school-based health programme, helping children in primary and intermediate schools across Counties Manukau. Our goal is to make sure every child gets a healthy start in life by making it easier to access healthcare services. One of the ways we do this is by offering a range of health checks to children at school, but we can also visit them at home if needed. We also make things easier by covering all the costs—everything we offer is completely free.

Mana Kidz is managed by NHC, which works with seven local health providers to deliver the programme in schools.

By working together, we can support more tamariki and whānau in the communities where they live and learn.

Who provides this service to my child?

Every school in the Mana Kidz programme will have a health team made up of a registered nurse and a whānau support worker. They'll be at the school Monday to Friday.

How can my child be seen by the Mana Kidz team?

By completing the consent form, you are giving permission for the Mana Kidz team to check your child's health and wellbeing as part of our programme. If your child needs any medicine or treatment, we'll always contact you first to talk about the options. All medicine and treatment from Mana Kidz is completely FREE.





There are a number of ways that your child can be seen by the Mana Kidz team:

- During the classroom visits that happen twice every school term
- Children can go to the Mana Kidz team/clinic any time they have a health concern
- Parents and caregivers can ask the Mana Kidz nurse to see their child, and they can even visit the nurse at the school clinic
- School staff may ask the Mana Kidz team to assess a child
- Parents and caregivers can contact the Mana Kidz team by calling our toll-free number (0800 658 326)

What health services does Mana Kidz provide?

- Your child can be seen for a range of child health and wellbeing conditions such as:
- Sore throat checks as part of rheumatic fever prevention
- Skin health checks
- Head lice
- Dental health
- Eye health and vision
- Ear health and hearing
- Emotional wellbeing
- Healthy weight management
- Support with long term conditions, e.g. asthma, diabetes, rheumatic fever, etc.
- Immunisation checks
- Allergies
- Day/nighttime wetting and soiling
- Health promotion and education
- Mana Kidz can also supply free medications for some conditions or help with referrals to other relevant health services. With some conditions, Mana Kidz can also support and treat all family members living in the same household.

Want to enrol your whānau?

To enrol your child[ren] to the Mana Kidz programme, you can **click here** to read our privacy policy before being redirected to our online consent form. Alternatively, you can ask your school's Mana Kidz team for printed copies of these documents.

If you have questions you would like answered before you enrol, feel free to contact us by phone or email.

