School year 2026/2027

The school health service in Kviteseid

Drop in if something is on your mind or if you have a question about your body. Here’s what pupils, parents and carers can expect in the 2026/2027 school year.

When can you drop in?

At Kviteseid skule you can drop in without an appointment on Thursdays from 09:00 to 14:00.

The youth health clinic is free for anyone aged 13 to 20. The school-year leaflet lists Tuesdays from 14:00 to 15:30, one floor above ground level at the health centre, with a doctor available in odd-numbered weeks. The municipality’s website lists different times. You can call Ingunn if you’d like to check the opening hours or find out when you can see the doctor.

Granlivegen 1A, 3850 Kviteseid
90 68 61 59

Who will you meet?

Ingunn Birkeland

Ingunn Birkeland is a nurse with further training in mental health care and cognitive therapy. She works with pupils from their first year of school through upper secondary school and at the youth health clinic.

90 68 61 59
ingunn.birkeland@kviteseid.kommune.no

Margareth Heggtveit Steinbakk

Margareth Heggtveit Steinbakk is the lead public health nurse responsible for children aged 0 to 5. She also helps the school health service when needed.

97 17 64 54
margareth.heggtveit.steinbakk@kviteseid.kommune.no

What can we help you with?

You can talk to us one to one about your body and puberty, thoughts and feelings, alcohol and drugs, relationships or sexuality. We offer health checks and vaccinations, and hold group sessions on topics such as mental health, nutrition and staying safe online. We work with the school to help pupils feel safe and well there.

School health programme for 2026/2027

All school years – information on staying healthy, vision and hearing tests when needed, and advice or conversations individually or in groups. Pupils, parents, guardians and the school can ask the school health team to give a lesson or attend a parents' meeting.

Year 1 – a school-entry health check at the child health centre with the pupil and their parents or guardians. A doctor and a physiotherapist also take part.

Year 2 (ages 7–8) – pupils are offered a vaccine against diphtheria, tetanus, whooping cough and polio (DTP-IPV).

Year 3 – height and weight measurements.

Year 5 – lessons on puberty and discussions in girls' and boys' groups.

Year 6 (ages 11–12) – pupils are offered the measles, mumps and rubella vaccine (MMR).

Year 7 (ages 12–13) – pupils are offered two doses of the HPV vaccine to help prevent cancers caused by human papillomavirus.

Year 8 – an individual health conversation and height and weight measurements.

Year 9 – lessons on relationships, sexuality and contraception.

Year 10 (ages 15–16) – pupils are offered a vaccine against diphtheria, tetanus, whooping cough and polio (dTp-IPV).

Information about the vaccine and a consent form are sent home. Signed consent is needed before vaccination.

Outside opening hours

Alarmtelefonen – helpline for children and young people	**116 111**	Send a text message **417 16 111**
Kors på halsen – talk to the Norwegian Red Cross		**800 33 321**
Out-of-hours medical care if it cannot wait		**116 117**
Emergency medical help if a life is at risk		**113**

The municipality's school health service page