



Coventry School Nursing Newsletter

Spring 2022

Happy New Year!

The School Nursing team wish you a safe and happy 2022!

At the time of writing the government is planning for all Covid related restrictions to be lifted. Though this can be an exciting time for some, please remember, Covid is still with us and we need to do what we can to manage our life alongside Covid safely.

How can we try to protect ourselves?

- Be more mindful about sharing food and drink (and cutlery and cups/ glasses) when socialising.
- Wear a mask if you want to. You may find some people may wish to still wear masks and socially distance themselves. This could be because they may be trying to protect themselves or more vulnerable family members or friends.
- The last couple of years has reminded us of the importance of hand washing. **Remember** to wash your hands with soap, more often in the day, for at least 20 seconds. Make sure you wash your hands; before eating or handling food, after using the toilet, after blowing/wiping your nose and after coming in from outdoors.



The team is very busy this spring. You and the children may see some of us in and around schools, at clinics or on our Eventbrite sessions. Keep reading to see what is going on this term.

We have also added some information about mental health and bereavement.

We are looking forward to spring and warmer and lighter days, however, it is still pretty chilly. With that in mind we have added some information

Who We Are

When your child first enters school, health advice is transferred from the Health Visiting Service to the School Nursing Service. This service continues until your child leaves education.

The School Nursing Team provide an accessible service to children, young people, families, carers and members of the local community.

Confidentiality

Whilst we offer confidentiality, members of the School Nursing Team work in partnership with other agencies, where information may need to be shared in the best interest of your child.

Consent

The School Nurse Team will obtain consent from parents and carers before supporting children and young people. In secondary schools young people can access the School Nurse independently for advice and support without parental consent, although we would always encourage young people to speak with their parent/ carer.

about how to be safe this season.



CONTACT US



Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

Charter School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net

Coventry School Nursing Newsletter

Spring 2022



Do you need help? The NHS is here for you!

We have been through another challenging year, many of us have become seriously poorly or lost someone close to us. Many people have missed opportunities at school or work or socially with family and friends. As well as this many people have faced financial struggles, meaning their basic needs like food and heating have not been met.

Changing the way we do things on a daily basis has meant many people have struggled with their emotional and mental health. In the last 2 years so many things have had to change in a really short space of time, for all of us and I think we should all be proud of ourselves for getting through another year of uncertainty!

Whatever the concern or worry, know that you do not have to bear it alone!

The NHS offers free talking therapies, your GP can refer you or you can refer yourself. Even during Covid you can access their support in person, over the phone or online. Take a look at the link below for more info and how to refer yourself:

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/>

Take a look at the NHS' new Help! Campaign video:

<https://youtu.be/Qa4I3mr9jX4>

For expert advice and practical tips take a look at the Every Mind Matters site:

<https://www.nhs.uk/every-mind-matters/>

Some children and/or young people may not be able to access adult talking therapies. Check local children and young people's mental health services who may help, on the link below:

<https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs/>



CONTACT US

HEALTH FOR TEENS

Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

Charter School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net

Coventry School Nursing Newsletter

Spring 2022

Bereavement support

Losing a loved one can be extremely upsetting, especially during Covid as you may not have had the chance to see your loved ones much during lockdown and restrictions etc.

Bereavement can affect children and young people in different ways than it does adults. Each child is likely to grieve in their own way and at their own pace.

It can be helpful for children and young people to hear that thoughts, feelings and behaviours can change from one moment to the next and that this is normal. Like adults, it's not unusual for grief to re-surface intermittently and unexpectedly over a long period of time, e.g. they may suddenly become tearful and you may notice a change in behaviour that is unexpected. It's important for adults to remain alert to any changes and to respond to them appropriately.



Place2be works to support children and young people's emotional health in schools.

For more information and a video about ways to help support children and young people who are grieving, visit their site, see link below:

<https://parentingsmart.place2be.org.uk/article/when-someone-dies>

Link directly to the video: <https://youtu.be/E2XyHfUa3xE>

The web page provides you with advice about how to support children manage their grief, if you prefer to see this information on a leaflet then contact us on the details below and we can get that sorted for you.

Take a look at the Coventry and Warwickshire Partnership Trust's bereavement support page for information, videos and links to other sites/charities/organisations that can support you during a bereavement.

<https://www.covwarkpt.nhs.uk/bereavement-support/>

Time For You Coventry is part of Child Bereavement UK, through Relate Coventry they can offer counselling, therapeutic group work or 1 to 1 support. See link below:

<https://directory.childbereavementuk.org/organisation/time-for-you-coventry/>

Winston's Wish was the UK's first childhood bereavement charity. Take a look at their site or you can call them on their helpline:

<https://www.winstonswish.org/> 08088 020 021



CONTACT US

HEALTH FOR TEENS

Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

Charter School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net



Coventry School Nursing Newsletter

Spring 2022

Hearing Screening For Reception Children

The School Nursing team are continuing to offer Audiology screening for all Reception class pupils.

These are now carried out at as monthly clinics. To book on, get in touch with us on our contact number/email below.

Our upcoming clinic dates are:

- Thursday 10th February 2022 - Mosaic Hub **OR** Monday 21st February 2022 - Moat House Leisure Centre
- Tuesday 15th March 2022 - Woodside Hub **OR** Tuesday 29th March 2022 - Moat House Leisure Centre
- Thursday 14th April 2022 - Mosaic Hub **OR** Tuesday 19th April 2022 - Moat House Leisure Centre
- Tuesday 10th May 2022 - Woodside Hub **OR** Tuesday 31st May 2022 - Moat House Leisure Centre
- Monday 20th June 2022 - Moat House Leisure Centre **OR** Tuesday 21st June Mosaic Hub
- Tuesday 12th July 2022 - Woodside Hub **OR** Wednesday 13th July 2022 - Moat House Leisure Centre
- Tuesday 02nd August 2022 - Moat House Leisure Centre **OR** Tuesday 16th August 2022 - Mosaic Hub

Below are just a few of the signs that your child may be struggling with their hearing:

- ⇒ They do not reply when you call them
- ⇒ They talk very loudly
- ⇒ They ask you to repeat yourself a lot or respond differently/inappropriately to what you have asked
- ⇒ They increase the volume on TV/devices etc.
- ⇒ Appear to daydream a lot
- ⇒ Are slow to learn to talk/unclear when talking
- ⇒ Gets frustrated/aggressive frequently

If you have concerns about your older child/ren's hearing, you can call the Audiology department direct on 0300 200 0011, where you can book an appointment for them.



CONTACT US

HEALTH FOR TEENS

Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

Charter School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net





Coventry School Nursing Newsletter

Spring 2022

Reminder about safety in cooler weather



It has been pretty chilly the last few weeks, we even had a little snow! We just wanted to remind you about things you can do to keep yourself well and safe during the cooler temperatures - check out our Top 8 tips!

1. Wrap up - dress children in warm, water-resistant layers and don't forget about hats, scarves and gloves! If clothing gets wet whilst playing outside or walking to and from school etc. make sure that they change their clothing. 
2. Be visible - evenings are still dark, so make sure children are wearing or carrying something reflective (i.e. high vis vests) so they can be seen. In the day they should be wearing something bright or fluorescent (fluorescent colours can not be seen in the dark). 
3. Beware of icy and frosty areas - when the temperature drops, especially first thing in the morning and later in the evenings, some streets, roads and parks can become slippery with ice or frost. Make sure you are wearing appropriate footwear, so that you don't slip or fall. Ensure children don't walk too close to traffic - it may be useful to look for a different, safer route if you can. When travelling by car on icy roads, traffic will probably be moving more slowly and cautiously so try to plan your journey time in advance, you may have to leave your house a little earlier to get to your destination on time.
4. Frozen ponds or lakes - when the weather is particularly cold, the water in lakes, ponds and near canals may freeze over. **DO NOT** step or play on frozen lakes, ponds and canals! Aside from slipping hazards, the frozen area, can crack causing you to fall into the water which can be life threatening. 
5. Antifreeze and Screenwash - these are often brightly coloured and appealing to children but you must store these away from them, as they are highly toxic! Cases of accidental poisoning are common and could be fatal.
6. Check the Carbon Monoxide alarm - during the colder months we are a lot more likely to have our heating on for longer. Appliances that are burning fuels can release carbon monoxide, which is an odourless gas, so can't be detected without an alarm. Make sure you check yours or if you don't have one, look into getting one, as they can save lives. 

For more info check out the links on the resources page 8 and our previous newsletters on the Health for Kids website. .



CONTACT US

HEALTH FOR TEENS

Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

Charter School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net



Coventry School Nursing Newsletter

Spring 2022

- Radiators, electric heaters and fire places - children burning themselves on radiators, fires in the fire place, electric, halogen or fan heaters are unfortunately, common household accidents during the cooler months. **You** can buy radiator and fire guards to protect children and **you** can place plug in heaters away from areas that children play or sit near. **You** can ensure cables and leads are not causing tripping hazards and place them somewhere that will discourage younger children to pull at them. Also **you** can talk to your children about safety in around the home, explaining that taking precautions are necessary to keep them from harm.
- Fire safety - some people may want to warm up with cosy outdoor fires. Remember to follow safety precautions whilst doing this. For more in depth information about fire safety, how to treat a burn and what to do if you catch fire, take a look at our last newsletter following this link:



<https://www.healthforkids.co.uk/coventry/school-nursing-winter-2021-newsletter/>

DON'T FORGET TO TAKE A LOOK AT THE RESOURCES PAGE FOR MORE LINKS TO SITES SUPPORTING CHILDRENS SAFETY!

Internet safety

In this day and age who doesn't use the internet? Whether we use it for information, entertainment or communication, there is no doubt that we have come to depend on it. We need the internet for our jobs, children and students need it as schools and colleges use it to teach them, we use it to get around when we are lost and we use it to unwind when gaming or catching up with T.V shows and movies etc. as well as catching up with family and friends.

As useful and fun as it can be, we need to be aware that there are risks online too, and that we have a responsibility to put things in place to make using the internet as safe and secure as possible.

In the same way we try not to expose children to inappropriate adult content on T.V, movies, and in books and magazines and have conversations that are for adult ears, away from children in order to protect them; you can set up parental controls on your internet connection and devices. You can speak with your internet providers and take a look at the links below for tips and info that may be helpful.

<https://www.internetmatters.org/>

continued page 7...



CONTACT US



Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

Charter School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net

Coventry School Nursing Newsletter

Spring 2022

Another big risk on the internet is not always knowing who you are communicating with or receiving communication from. Many adults experience internet scams and fraud, these scammers are skilled at making you believe that they are someone you can trust so it is really important that we reinforce what we teach children about safety. Just like we ask children not to talk to and accept things from strangers, we need to ask children to be cautious about new friends online. Again take a look at the link on the previous page for more info.

The National Online Safety site, provides a massive amount of content to support online safety for the school community - take a look at the link to see information and training videos especially for parents/carers. This includes what you need to know; about age appropriate content, setting up devices for children and safety around apps and games.

<https://nationalonlinesafety.com/training/search?search=parents&sort=new&cat=>

Parent/Carer Information Sessions

School Nursing are continuing to offer FREE virtual health information sessions via Eventbrite especially for parents/carers. As we mentioned in our last Newsletter, these will run throughout the academic year & will include sessions around managing toileting, behaviour, challenges in eating & sleep.

These links open & operate far more efficiently via Google Chrome, so if this isn't your default browser please copy the link into a Google Chrome browser. Please also ensure you fill in the booking form fully, when registering for a session. You may receive emails about your Eventbrite booking, please check your spam/junk box as these emails may automatically sit there.



Name of Session	Date and time of session	Eventbrite link that is for parent/carers access to book:
Managing Behaviour Information Session	Tuesday 15 th February 2022	https://www.eventbrite.co.uk/e/195900191747 https://www.eventbrite.co.uk/e/195900191747
Toileting Information Session	Wednesday 16 th March 2022 1:00pm - 2:00pm	https://www.eventbrite.co.uk/e/195909770397 https://www.eventbrite.co.uk/e/195909770397
Sleep Information Session	Tuesday 22 nd March 2022 10:00am-11:00am	https://www.eventbrite.co.uk/e/195918737217
Challenges in Eating Information Session	Tuesday 29 th March 2022 10:00am-11:00am	https://www.eventbrite.co.uk/e/195924664947
Managing Behaviour Information Session	Thursday 07 th April 2022 10:00am-11:00am	https://www.eventbrite.co.uk/e/195934815307



CONTACT US

HEALTH FOR TEENS

Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

Charter School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net

Coventry School Nursing Newsletter

Spring 2022

Useful Resources! *Check out some resources which may be of help to your School, families, primary and secondary school children:*

See links throughout the newsletter regarding; mental health, bereavement, safety in winter and online safety. See below for more links that may be of some support:

Children's safety this winter:

<https://www.capt.org.uk/news/focus-on-winter-safety>

<https://www.safekids.co.uk/safety-issues-with-home-heating-appliances.html>

<https://www.capt.org.uk/fire-safety>

<https://www.rospa.com/home-safety/advice/carbon-monoxide-safety>

Internet safety:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

https://www.parentsprotect.co.uk/internet-safety.htm?utm_source=bing&utm_medium=ad&utm_campaign=pp-online-safety

Other support:

Autism support — For Coventry based support service: <https://cwmind.org.uk/autism-support-service/>

<https://www.daisychainproject.co.uk/>

<https://www.autism.org.uk/>

For support on your mental health and wellbeing:

<https://www.nhs.uk/every-mind-matters/>

<https://www.kooth.com/>

<https://cwrise.com/>

<https://cwmind.org.uk/>

<https://www.youngminds.org.uk/>

<https://www.rethink.org/>

Health for sites: www.healthforkids.co.uk - local information for parents with lots of learning activities and games for children! www.healthforteens.co.uk - lots of information on health and wellbeing for teenagers and young people!

Parents can apply for a sunshine lanyard for children with a hidden disability. This means they do not have to wait in queues and can go straight in. Click here/visit site to order one:

<https://hiddendisabilitiesstore.com/?SID=5ebe5860eca442d46ed981c2a4d6e0d2>



Getting in touch:

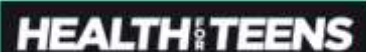
You can call or email us on the details below but did you know you can text us too?

If you are a parent - Text us on 07507 329 114

If you are age 11-18 - Text us on 07507 331 949



CONTACT US



Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

Charter School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net