

# COVENTRY

## SCHOOL NURSING NEWSLETTER

Spring

Welcome to the spring 2024 term!

We hope you have had a restful and healthy Christmas break and are back feeling refreshed for 2024.

This is a reminder that the school nursing service works during school holidays too! We work Monday to Friday, excluding public and bank holidays, and you can contact us on the details below;

**Moat House School Nurse Team:**

**01926 495321 Ext 7494**

**Charter School Nurse Team:**

**01926 495321 Ext 7417**



Alternatively, you can message us on our **ChatHealth text service: 07507 329 114** (Parent Line).



We are not an emergency service. If your concern is urgent, please call **999** or **111**



### GET WINTER STRONG!

The spring term has started, but it is still winter, and the temperature has been dropping!

Flu and COVID-19 spread more easily in winter and can cause serious harm to those more vulnerable.

Get winter strong – check if you're eligible and book your vaccination now. More info: <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

### RISE IN MEASLES CASES

People in the West Midlands are being urged to check that they and all family members are up to date with their MMR vaccine following confirmation that measles is circulating in the region.

For more information, please see the link below:

<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>



Supporting children, young people & families

## Primary Schools

# WHO WE ARE

Here's a reminder of what the School Nursing team can support you with:

- Toileting
- Sleep
- Challenges with eating and diet
- Delivering the NCMP for Reception and Year 6 pupils
- Puberty
- Emotional health and how to relax
- Managing behaviour
- Hygiene

### Confidentiality

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

### 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. However, we always encourage young people to speak with their parent/carer.



Check out our Health for Kids website for health advice to help your children grow and flourish.

[www.healthforkids.co.uk/coventry/](http://www.healthforkids.co.uk/coventry/)

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### Primary Schools

## NHS VACCINES

Please look at the link below to remind yourself when you/your child are due NHS vaccines. Remember, vaccines help protect people from illnesses. It is best to have them on time, but if you/your child has missed a vaccine, contact your GP to catch up.

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>



Remember to wash your hands after blowing your nose, sneezing, and/or coughing to help stop the spread of germs!

To watch a video reminding you of good handwashing techniques, follow the link below:

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>

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## Children's Mental Health Week 5th – 11th February 2024

The theme for this year's Children's Mental Health Week is "my voice matters", and it's about empowering children and young people to express themselves by giving them the tools they need to do so.

Place2Be (the mental health charity that launched Children's Mental Health Week in 2015), who worked alongside children and families, have shared some tips that parents can use to help their children feel their voice is heard and valued.



### Talk to each other

This doesn't have to be a formal chat about mental health; just talking to each other on the way home from school or at bedtime, for example, can be enough.



### Listen to your child

When your child is speaking, listen to them without interrupting them so they feel comfortable talking to you about their feelings/concerns. Bear in mind that, at times, your child may just want you to listen without a reply/comment.



### Be open about your feelings too

Doing this can help your child be open about their feelings too.



### Don't compare

Comparisons between yourself and your child do not help them feel heard.



### Accept your child may speak to someone else

Sometimes a child/young person may want to talk to a sibling, cousin or friend instead of their parents, as they feel someone their own age may understand them better. Accept this and remind your child that you are still there for them if and when they are ready to talk to you about their feelings.

**For more information and to see how you can support your child with their mental health, visit:**

**Place2Be - search families**

<https://www.childrensmentalhealthweek.org.uk/families/>

**NHS**

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

**BBC**

<https://www.bbc.co.uk/cbbc/curations/cbbc-mental-health-awareness>

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### Upcoming Awareness Days:

**Eating Disorders Awareness Week –  
Wednesday 28th February 2024 –  
Tuesday 5th March 2024**

**For information and support about  
eating disorders, visit:**

**NHS**

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>

**Health for Kids (NHS) – go to grown ups  
section and search eating disorder**

<https://www.healthforkids.co.uk/coventry/>

**Self-Injury/Harm Awareness Day – 1st  
March 2024**

**For information and support about self-  
injury/harm, visit the NHS websites  
below:**

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/>

<https://www.covwarkpt.nhs.uk/self-harm/>

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/>

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The NHS recommends we clean our teeth twice a day with fluoride toothpaste.

Cleaning our teeth is essential for good dental health, and children can visit NHS dentists for free.

Adults on benefits may also qualify for free NHS dental treatment.

Visit the below links for more information about dental health:

**Visit the below links for more information about dental health:**

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/how-to-keep-your-teeth-clean/>

**Visit the below link to find your local NHS dentist:**

<https://www.nhs.uk/service-search/find-a-dentist>



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### Primary Schools

#### Ice Safety

Remember to stay off ice! Teaching children the importance of staying off ice as early as possible is vital. When waterways, lakes and ponds freeze over, we don't know how thick the surface ice is; it could break and plunge you to the depths of the water beneath it.

Under no circumstances should you risk treading on ice!

If someone (including a pet) has fallen through ice, call for help and contact 999 or 112 – do not walk on the ice to attempt to rescue them yourself. For more information about what to do if someone has fallen through ice and about water safety visit:

<https://www.riss.org.uk/pages/category/winter-water-safety>

#### WHAT TO DO IF YOU FALL THROUGH FROZEN WATER

1. Keep calm and shout for help.
2. Spread your arms across the surface of the ice before you.
3. If the ice is strong enough, kick your legs to slide onto the ice.
4. Lie flat and pull yourself towards the bank.
5. If the ice breaks, try and work your way to the bank.
6. If you cannot climb out, wait for help and keep as still as possible. Preserve heat by pressing your arms by your side and keeping your legs together. Keep your head clear of the water
7. Once safe, go to hospital immediately for a check-up.

Remember to Float to Live! For more information visit RNLI –

<https://rnli.org/safety/float>



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### LET'S GET MOVING

When the weather is chilly, it can put us off doing outdoor activities, but it is important for our physical and mental health to keep active.

Take a look at some fun ideas, linked below, for indoor activities you can do with your child/children as a family:

<https://www.nhs.uk/healthier-families/activities/indoor-activities-for-kids/>



### Coventry Holiday Activities and Food Programme

Have you heard about the Coventry Holiday Activities and Food (HAF) programme run by Coventry City Council? HAF provides free activities, experiences, and food for eligible children and young people during the school holidays. To find out more, visit:

[www.coventry.gov.uk/haf](http://www.coventry.gov.uk/haf)



### Candle Safety

Whether you are lighting candles for relaxation, lighting or religious/spiritual purposes, remember to follow the safety guidance below:

- Candles should be placed on a heat resistant surface as they can get hot enough to melt plastic. This includes tea lights and night lights.
- Candles should be placed upright in a stable candle holder.
- Don't place candles near curtains, furniture or other fabric.
- Keep candles away from draughts - fires can start with flames being blown onto objects.
- Don't place candles on shelves - heat rises.
- Keep children and pets away from candles.
- Never leave a candle burning - always put them out before leaving them, and make sure they are out. If they smoulder, they can still start a fire.
- Snuff candles out with a spoon or snuffer. If you blow candles out, hot wax and/or sparks can fly out, causing burns/fires.
- Never go to sleep with a candle still burning.
- Never leave a burning candle/oil burner in a child's room.
- Don't move candles while they are burning.

For more information visit:

<https://www.fireservice.co.uk/safety/candles/>



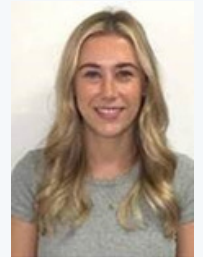
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HELLO  
Meet the team

### Zoe Flanagan School Nurse



My name is Zoe. I trained as a children and young people's nurse 6 years ago and began my nursing carer on a children's assessment unit.

I joined the Coventry School Nursing team four years ago as a Staff Nurse. Two years after that, I completed my Specialist Community Public Health Nursing, becoming a School Nurse.

I love how varied the role is, how no day is the same and that I'm always learning.



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