



Coventry School Nursing Newsletter

May — June 2022

Hello sunshine!!

We hope you had a great Spring term and Easter break!

As you know Covid-19 restrictions have now been lifted but 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.



Take a look at our May—June issue for information about events we have to offer, as well as information about how you can get free, local support with your energy bills during this difficult time. We also have some information about the new food scanner app and much more. Don't forget to check out our Health

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.

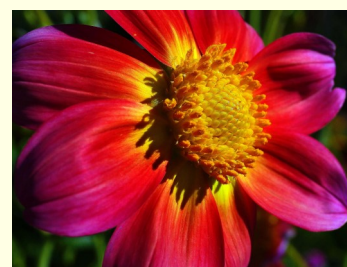
Confidentiality

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.

for Kids and Teens site for more support and information as well as our previous newsletter. Enjoy your Summer term and remember to stay safe!



CONTACT US

HEALTH FOR TEENS

Moat House School Nurse Team:

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Support with Energy Bills

Energy matters - Are you worried about your energy bills?

As the cost of living crisis increases, many of us may be struggling to keep on top of our energy bills and worried about putting on the heating or hot water.

The most recent figures on fuel poverty (from 2020) show that the West Midlands has the highest proportion of fuel poor households in England. In Coventry the figure is 20%. That figure will almost certainly have risen with the current crisis.

We all know the benefits of a warm home - particularly for physical and mental wellbeing. But many will now be worrying about how they will manage.

Act on Energy is a local charity that offers free and impartial advice about all energy matters.

They can advise on:

Fuel Vouchers to help pay energy bills

Billing issues with energy suppliers

Broken heating systems

Energy efficiency tips to reduce bills

Grants and funding for bills, repairs and insulation

Benefits check and eligibility service

The team can help you with all your energy needs over the phone or even at a home visit. The service is free for those living in Coventry.

Get in touch with Act on Energy - there's no charge!

Phone their free number on: 0800 988 2881 Or Email: advice@actonenergy.org.uk

Visit: <https://actonenergy.org.uk/>



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Parent/Carer Information Sessions

eventbrite

The School Nursing team 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 and operate far more efficiently via Google Chrome or Microsoft Edge, so if this isn't your default browser please copy the link into one of these browsers. Please also ensure you fill in the booking form fully, when registering for a session. If you don't already have an Eventbrite log in/account you will need to register on their site before attending a session with us. We can provide a step by step guide, if you need this please get in touch.

You may receive emails about your Eventbrite booking, please check your spam/junk box as these emails may automatically sit there. Please try to log on 5 mins before the session. We look forward to seeing you soon.



Name of Session:	Date and time of session:	Eventbrite link to book:
Toileting Information Session	Monday 30 th May 2022 11:00am - 12pm	https://www.eventbrite.co.uk/e/toileting-information-session-tickets-327312569707
Managing Behaviour Information Session	Friday 17 th June 2022	https://www.eventbrite.co.uk/e/managing-behaviour-information-session-tickets-313689151697
Toileting Information Session	Tuesday 21 st June 2022 1pm - 2pm	https://www.eventbrite.co.uk/e/toileting-information-session-tickets-327903567397
Sleep Information Session	Thursday 23 rd June 2022 1pm - 2pm	https://www.eventbrite.co.uk/e/sleep-information-session-tickets-327199621877
Challenges in Eating Information Session	Tuesday 28 th June 2022 11am - 12pm	https://www.eventbrite.co.uk/e/challenges-in-eating-information-session-tickets-327321807337
Managing Behaviour Information Session	Monday 04 th July 2022 11am - 12pm	https://www.eventbrite.co.uk/e/managing-behaviour-information-session-tickets-327350162147
Toileting Information Session	Tuesday 05 th July 2022 11am - 12pm	https://www.eventbrite.co.uk/e/toileting-information-session-tickets-327908371767
Sleep Information Session	Tuesday 12 th July 2022	https://www.eventbrite.co.uk/e/sleep-information-session-tickets-327380442717
Managing Behaviour Information Session	Tuesday 19 th July 2022 10am - 11am	https://www.eventbrite.co.uk/e/managing-behaviour-information-session-tickets-327402699287
Challenges in Eating Information Session	Thursday 21 st July 2022 11am - 12pm	https://www.eventbrite.co.uk/e/challenges-in-eating-information-session-tickets-327387102637



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Are your child's vaccinations up to date?



Keep up with your child's vaccinations schedule to help protect them from serious preventable illnesses.

Having vaccines at the right time gives your child the best protection. To check you're up-to-date, please contact your GP practice.

Is your child starting school in September? A pre-school booster helps protect them before they start primary school and mix with lots of other children. It's never been more important to protect them and their school community from preventable diseases.

Find out more: <https://www.coventry.gov.uk/health-protection/vaccines>

GET VACCINATED

PROTECT YOURSELF, YOUR FAMILY, AND YOUR COMMUNITY

Vaccines save millions of lives worldwide every year

Vaccines offered to babies under 1 year old
Get your baby vaccinated to help protect them from serious illnesses.

8 weeks	6-in-1 (diphtheria, hepatitis B, Hib, polio, tetanus, whooping cough) Rotavirus Meningitis B
12 weeks	6-in-1 (2nd dose) Pneumococcal (PCV) (2nd dose) Rotavirus (2nd dose)
16 weeks	6-in-1 (3rd dose) Meningitis B (2nd dose)

Vaccines offered to children aged 1 to 16 years
Children must receive their pre-school boosters before entering school. Protect our schools from preventable diseases.

1 year	Hib/Meningitis C Measles, Mumps and Rubella (MMR) Pneumococcal (PCV) (2nd dose) Meningitis B (3rd dose)	2-10 years	Flu (plus children with chronic health conditions aged 6 months to 17 years)
3 years 4 months	MMR (2nd dose) 4-in-1 pre-school booster (diphtheria, whooping cough, tetanus, and polio)	12-13 years	HPV (human papillomavirus)
14 years	3-in-1 teenage booster (tetanus, diphtheria and polio) Meningococcal A, C, W and Y		

Vaccines offered to adults
Don't delay your vaccinations

Pregnant women	Whooping cough Flu	Over 65+ years	Flu (offered yearly after 65 years)
Over 65 years	Pneumococcal (PPV)	70-79 years	Shingles

If you have a chronic health condition such as Diabetes, ask your GP if you can have other protective vaccines such as the flu or pneumococcal vaccine

Missed a vaccination?
Ask your GP practice how you can catch up with your family's vaccination

Contact your GP surgery to book a vaccination

For information about immunisations in a range of languages go to our website and click onto the translating icon
www.coventry.gov.uk/health-wellbeing/immunisations

Coventry City Council

NHS



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Hearing Screening For Reception Children



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



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

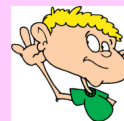
The dates for the remaining clinics are as follows:

May 2022	
Tuesday 31st May 2022	Moat House Leisure Centre
June 2022	
Monday 20th June 2022	Moat House Leisure Centre
Tuesday 21st June 2022	Mosaic Hub
July 2022	
Tuesday 12th July 2022	Woodside Hub
Wednesday 13th July 2022	Moat House Leisure Centre
August 2022	
Tuesday 02nd August 2022	Moat House Leisure Centre
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.



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Free NHS Food Scanner App



Lots of us struggle to find the balance when trying to eat and drink more healthily. Many of our favourite foods have hidden sugars that we don't expect to find or more salt and saturated fats than we need.

Excess sugar, salt and saturated fats in our diet can increase the risk of health conditions such as; raised cholesterol, blood pressure, heart disease and a higher risk of having a stroke, getting diabetes and tooth decay.

As well as being mindful of health conditions, a healthy body = a healthy mind. Our emotional and mental wellbeing is also impacted by our gut health.

Have you heard the saying "gut instinct"? Felt "butterflies" when you are nervous? Or lost your appetite when feeling stressed? This is because the gut is our second brain, they both have separate nervous systems that talk to each other.

It's pretty complicated to understand, so take a look at the video below to help you understand it better:

<https://youtu.be/H3WujFRJr1k>

You can also search for gut-brain axis (because that is what this is called) on the internet for more information.

The NHS have launched a new free Food Scanner app. By simply scanning and swiping barcodes, the app shows how much saturated fat, salt and sugar is in everyday foods and drinks and gives suggestions for healthier alternatives. A fun augmented reality feature helps you celebrate your good choices.

By making a few easy swaps, you can make a real difference to your child's health. Download the Food Scanner app on the Apple app store or Google Play store.

The app can be used by teachers and children during the school day and if as a family, you are looking for easy ways to build healthier habits at home you could try the app too.

Take a look at this quick video about the app: <https://youtu.be/et3HrM36pHM>



Health
for Kids!

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Reminder about summer time safety

Now that the weather is getting warmer and we will be spending more time outside we just wanted to remind you about being safe outdoors.

Take a look at the link below, which will take you to our previous newsletter, on our Health for Kids site reminding you of our top tips for sun safety and safety from poisoning :

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

On the subject of safety, check out the FREE family event taking place on Wednesday 01st June 2022 — details on the last page of the newsletter!



Barbecue Safety



According to ROSPA (The Royal Society for the Prevention of Accidents) in 2002 it was estimated that 1,800 people visited A&E in the UK due to a barbecue related accident.

This involved burns and scalds and cuts due to sharp equipment.

Follow the below safety tips to ensure you and your family can enjoy your barbecues safely:

- ⇒ Check your barbecue is in working order before you light it — check for loose or damaged parts that may need repairing or replacing before use.
- ⇒ Check the location — make sure the barbecue is on level ground, away from fences or hanging trees/plants and washing lines and never light a barbecue in an enclosed space like a shed.
- ⇒ Never leave children unsupervised near barbecues — even unlit barbecues may have sharp and dangerous edges.
- ⇒ Do not pour petrol, meths or other accelerants on a barbecue — this is the biggest cause of explosions.
- ⇒ Do not leave a barbecue until it is fully extinguished. Remember the barbecue itself will get hot, so only move it once it has cooled down.
- ⇒ Use long handled tools — to prevent burning.

For more information follow this link:

<https://www.rospace.com/home-safety/advice/general/barbecue-safety>



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Useful Resources:

Take a look at these links which may be of help to you, your School, families, primary and secondary school children:

See links throughout the newsletter regarding; support with energy bills, vaccinations, healthy eating and the food scanner app and barbecue safety.

Additional support:

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

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

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

For advice and support during these uncertain times you can visit some of the following websites for more information and support on your mental health and wellbeing:

<https://www.healthforteens.co.uk/coventry/looking-for-support-for-your-emotional-wellbeing/>

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

<https://cwrise.com/>

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

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

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

www.mind.org.uk/

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>



We are here for you!

We understand that coming to meet children, young people and their families in school can be a challenge at the moment but you can still get in touch with us using our chat services. The School Nursing team work in the school holidays too!

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

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

Remember parents/carers and children can visit the Health for Kids! website for health advice, resources and games! www.healthforkids.co.uk



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FREE Event

Children & Families Event

1 June • 10am - 2pm • Broadgate

Brought to you by the Early Help Partnership

There will be Health Visitors, Family Hub Workers, Police and West Midlands Fire Service all offering free advice on keeping children safe in the home ahead of National Child Safety Week 2022

- Freebies
- Lots of activities
- Fire Engine on the day!




WEST MIDLANDS FIRE SERVICE



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