

Coventry School Nursing Newsletter

May 2020

Mental Health Awareness Week “Kindness Matters”

School nursing have been working as normal supporting children and families at home and at school. We are thinking of you all and would like to remind you that our team are still here to support you.

Mental Health Awareness Week commences 18th – 24th May 2020 with the theme of “Kindness Matters”.

We know parents are struggling to balance work, childcare and self-care while keeping worries – both your children’s and your own – under control. You do not have to do it alone.


Looking after your mental health helps us to relax more, achieve more and enjoy our lives more. Take a look at the resources on the next page for expert advice and practice tips to help you to look after your mental health and wellbeing. Check out all the below resources for parents, children, young people and families.



Be like the Sunflower Poem

Be like the sunflower
Brave, bright, bold, cheery
Be golden and shine
Keep your roots strong
Your head held high
Your face to the sun
And the shadows will fall behind
you.



 [https://www.facebook.com/
coventryfamilyhealthandlifestyleservice/](https://www.facebook.com/coventryfamilyhealthandlifestyleservice/)

 @CoventryFHLS

HEALTH FOR TEENS



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.

Text your School Nurse:

#Parentline

Parents/carers of 5 -19 year olds can text a school nurse for any advice. Just text us on 07507329114 and we will reply back.

#ChatHealthNHS

For Young people aged 11- 19 can text our ChatHealthNHS on 07507331949 for any advice and we will reply back to you.

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.CharterHouseSchoolNursing@nhs.net

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RESOURCES

Check out a few of the great resources which may be of help to your School, families, primary and secondary school children:

<https://cwise.com/resources-for-children-and-young-people-covid-19>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

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

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/#>

<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-1/>

The Royal College of paediatrics and child health understand that this is a very worrying time for children and their families. Click on the link for The Royal college of paediatrics and child health: <https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers>

Some great activities for children:

<https://www.monkeywellbeing.com/resources/posters-leaflets/>

Parent pack from child accident prevention trust:

https://www.capt.org.uk/Handlers/Download.ashx?IDMF=063f132e-7d4d-46cd-b861-d97cc06fd9ad&mc_cid=173b45a144&mc_eid=5fef57df74



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RESOURCES

Health for kids website for local information for adults and lots of learning activities and games for children: www.healthforkids.co.uk

Health for Teens website for Teenagers/young people, lots of information on health and wellbeing: www.healthforteens.co.uk

GP Practices, Accident & Emergency Department in Coventry are also still open for you to access. Check out www.healthforkids.co.uk website on the do's and don'ts on contacting your GP.

Also remember to enter our School Nurse "What Makes You Happy"? competition on Health for Kids and Health for Teens website.



South Warwickshire 
NHS Foundation Trust



To all Coventry school aged children... Coventry School Nursing would love to know "What makes you happy"?

Please draw a picture or write a poem to enter our competition.



Let's share our happy thoughts to each other in Coventry



To enter the competition, send your drawing or poem with your name, age and address to:




Post: Coventry School Nursing
Moat House Leisure and Neighbourhood Centre
Winston Avenue, Coventry, CV2 1EA.



Post: Coventry School Nursing
312 Charter Avenue
Coventry, CV4 8DA



Email:  gillian.gillies@nhs.net

Competition closes end of August 2020

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