

# Coventry School Nursing Newsletter

Spring 2021

## Re-establishing routines

A warm welcome.

At the time of writing this newsletter, we have just heard the news that schools are able to welcome all pupils from 8<sup>th</sup> March!



Though in March there can be strong winds (so make sure to wrap up warm!) it is lovely to see more sunshine as we are entering Spring, the days are definitely lighter and warmer and it's so much nicer to spend time outside in gardens and parks. This can help with improving mood and sleep too.

During lockdown when schools were closed to most pupils, it has been difficult to keep the routines of the children and this has resulted in some starting to struggle with sleep.

In this newsletter we will give some tips about the importance of sleep and routines.



Healthy sleep is a sleep which restores and energizes a person. It also helps with our concentration and helps us to learn new things. It also helps us to lay down memories.

Sleep is an active state, as the body actively recovers and 'spring cleans' itself, removing waste from the day and promotes growth of new cells. It helps to protect us from infection and supports our immune system too. Sleep is food for the brain, and sleep influences all the major systems of the body.

### 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.

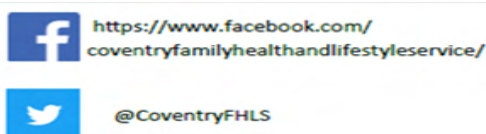
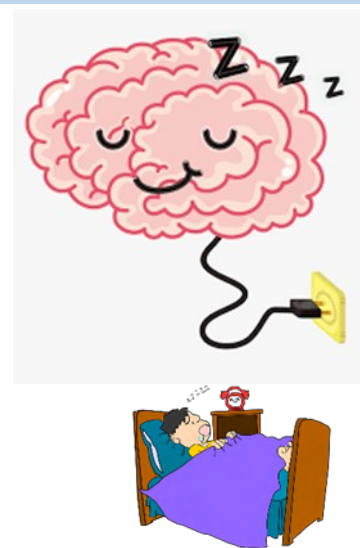
The School Nursing Team provide an accessible service to children, young people, families, carers and members of the local community.

#### 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.



## CONTACT US



HEALTH FOR TEENS

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## Useful daily routines to support sleep

TOP TIPS



### Daily exercise

Dance, play sports, follow videos online (e.g. yoga, Joe Wicks & Lucy Wyndham-Read) or simply go for a walk. Daily exercise helps to improve behaviour and sleep, plus, going outdoors in the morning is good for us! We need to see daylight for our bodies, our circadian rhythms - this is important for our body clock to understand day and night routines. For healthy sleep, try to ensure you exercise before 7pm.



### Meals and snacks

Meals and snacks should be eaten at the same time each day, as this can help with digestion. It is best not to eat too close to bedtime, preferably before 7pm, allow at least an hour or two for the body to digest the food before having a bath, then bed. Avoid caffeinated drinks such as tea, coffee, chocolate, cola etc. after lunch.



### Before bed


Regular bed times and waking times are important for good sleep and establishing routines. Here is a list of things that can be done before bed to build a good bedtime routine:

- ⇒ Reduce electronic device use - phones, tablets, TV, games consoles - should be switched off 90 minutes before bedtime (if you have to use a device, install the night time mode).
- ⇒ Have a warm bath, you can add a few drops of lavender essential oil to the bath water or a couple of drops onto your pillow.
- ⇒ Ensure the room is at the right temperature, perfect sleeping temperature is around 17°C



⇒ The room needs to be dark, eyeshades/sleeping masks or black out curtains can be helpful. This is because darkness helps promote the production of the sleep hormone, melatonin.

⇒ Remember to use the toilet before bed!

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**Health  
for Kids!**

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⇒ Listen to calm music / relaxation apps.

⇒ It can be useful to do some gentle stretching and 3, 4, 5 breathing - breathe in for a count of 3, hold for a count of 4 and breath out for a count of 5, repeat 5 or more times to settle your breathing.

⇒ Read an interesting book or listen to a story.

⇒ Re tell a favourite story or film to yourself with your eyes closed - think about the names of the characters, and which one is your favourite character. This is especially useful if you are worrying about something, as it will take your mind off it and then you can think about something safe. Make sure the story or film is not scary.



## Let's Remember Road Safety!



Lockdown is easing and children are back at school, which means more traffic and activity will be noticed on streets and roads.

Here is a reminder of how you can be safe on the roads:

- Show young children that you are serious about them holding your hand near roads and try to have younger children walking on the side nearest the pavement.
- Set a good example to children and young people by stepping off the pavement by following the Stop, Look, Listen and Think sequence. (<https://www.think.gov.uk/resource/lesson-1-do-you-stop-look-listen-think/>)
- Remember to wear helmets when cycling, even if you are going for a quick ride.
- When driving near schools, built up areas or where you see children are playing, slow down, children can't judge speed of cars and may dart out, it only takes a minute to take a life.
- Make sure everyone is wearing a seat belt or is using the correct child seat or booster for their height and weight.



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- Sadly since 2001, approximately 39 children have been killed on or near their home driveway, 25 of these were caused by a reversing vehicle where some were killed by the accidental release of the handbrake. Visibility is reduced when reversing, be mindful that children have not followed you out, where possible, reverse park into drives so you can improve your view as you leave your drive and don't allow children to play in the car, where they may accidentally release the handbrake.
- Are you visible? When out on bikes or walks when it is darker out, it helps other road users if you can be seen. Wearing bright or high visibility clothing or accessories (like helmets, arm bands, trainers, socks etc.) will help you stand out.
- Remember— do not use your phone whilst driving or cycling!



## 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.

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

If you are age 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](http://www.healthforkids.co.uk)

## REMEMBER TO PROTECT YOURSELF AND OTHERS—WASH YOUR HANDS!

Wash your hands more often for 20 seconds. Use soap and water (or hand sanitizer) when you:

- ⇒ Get home or into school
- ⇒ After going to the toilet
- ⇒ Before eating or handling food
- ⇒ Blow your nose into a tissue, try to sneeze or cough into your elbow
- ⇒ After playing outside



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

### Sleep

<https://thesleepcharity.org.uk/> - formerly known as The Children's Sleep Charity

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

### Returning to school after COVID-19 Lockdown

[https://youngminds.org.uk/blog/coping-with-anxiety-about-going-back-to-school/?gclid=EAlaIQobChMI3snO6oqP7wIVFuvCh3iWAd0EAAYASAAEgJy3vD\\_BwE](https://youngminds.org.uk/blog/coping-with-anxiety-about-going-back-to-school/?gclid=EAlaIQobChMI3snO6oqP7wIVFuvCh3iWAd0EAAYASAAEgJy3vD_BwE)

<https://youngminds.org.uk/blog/what-to-do-if-your-child-is-anxious-about-going-back-to-school/> - **Support for parents/carers**

<https://beaconschoolsupport.co.uk/newsletters/the-new-normal-returning-to-school-after-COVID-19>

<https://www.autismhampshire.org.uk/index/covid-19-resources/transition-back-to-school-after-lockdown-resources> - **Autism support**

**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.nhs.uk/oneyou/every-mind-matters>

<https://cwrise.com/>

[Ben.org.uk](http://Ben.org.uk)

[youngminds.org.uk/](http://youngminds.org.uk/)

[www.rethink.org/](http://www.rethink.org/)

[www.mind.org.uk/cwrise.com/](http://www.mind.org.uk/cwrise.com/)

The Mental Health Foundation has some helpful tips and ideas about coping with the COVID-19 outbreak and isolating: [www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak](http://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak)

### Road Safety

<https://www.rospa.com/media/documents/road-safety/teaching-road-safety-a-guide-for-parents.pdf>

<https://www.think.gov.uk/resource/lesson-1-do-you-stop-look-listen-think/>

<https://www.roadwise.co.uk/schools/using-the-road/green-cross-code/>

<https://www.capt.org.uk/contact>— Child Accident Prevention Trust Advice for Parents on Road Safety plus much more.

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>



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