



Coventry School Nursing Newsletter

Summer 2021

A warm welcome to the Summer Term

At the time of writing, lockdown restrictions are easing and your children will be seeing more of the School Nursing team at schools, hubs, clinics and in the community. We have missed seeing you all in person and want to remind you, we follow all safety processes when meeting you. We take two Covid-19 tests a week, wear masks, gloves and PPE where necessary and regularly wash our hands and/or sanitise.

The team will be coming into schools from this term to start conducting the National Child Measurement Programme (NCMP) where Reception and Year 6 children are weighed and measured, some of you will have received letters about this already and others will be receiving them soon. Ordinarily the team would also offer a hearing screening for Reception children at schools, however this will not be possible this school year. If you have any concerns about your child's hearing, we are offering separate hearing clinics instead. Please contact us on either email below to book an appointment. For concerns relating to a child / children that are older than Reception age call the Audiology Clinic direct on: 0300 200 0011



Hopefully, you all had a great break and enjoyed an Easter Egg or two. Though sweets, chocolates and sugary foods are a lovely treat for now and then and special occasions, eating too many can be bad for our health, especially our teeth. With this in mind we have included a reminder about the top tips for teeth care in this newsletter.



As summer is approaching, we are all looking forward to sunnier days, so we can enjoy the sunshine and meet our family and friends outside—in line with Covid-19 safety measures of course. It is very important to remember to keep safe in the sun, in the UK, even when cloudy, it is possible to burn and as we know sunburn increases your risk of skin cancer. Children and babies have more sensitive skin than adults so to remind you how best to protect them in the sun we have added some helpful tips and information that will help you to enjoy the outdoors worry free this summer!

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.



 <https://www.facebook.com/coventryfamilyhealthandlifestyleservice/>

 @CoventryFHLS

CONTACT US





Moat House School Nurse Team:

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Charter School Nurse Team:

01926 495321 Ext 7417

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Tips for teeth care!



It is important that taking care of our teeth becomes part of our routine.

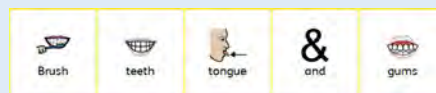
Top Tooth Tips for brushing your children's teeth



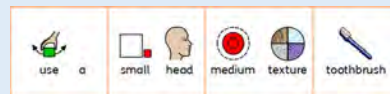
Brush teeth last thing at night and at least one other time during the day with family fluoride toothpaste



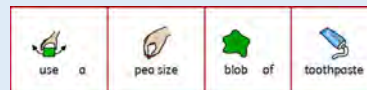
Brush all the tooth surfaces the tongue and the gums



Use a small headed, medium textured, toothbrush that can reach all the surfaces of the teeth



Use a pea sized blob of family fluoride toothpaste for children over 3 years of age (and a smear for under 3 years)



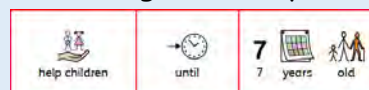
It takes 2 minutes to brush teeth properly



Spit out, don't rinse after brushing teeth



Children need help with brushing until they are at least 7 years old



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Health
for Kids!

HEALTH FOR TEENS

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Dental treatment is free for mothers throughout pregnancy and until their baby is 1 year old. Other groups may be entitled to free treatment. To find out if you are entitled to free dental care, or to find out how you can get help visit:

<https://www.nhs.uk/using-the-nhs/help-with-health-costs/get-help-with-dental-costs/>

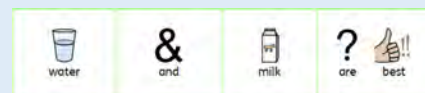
Other Tips to help keep your child's teeth healthy



To help prevent tooth decay it is best to keep sugary food and drinks to mealtimes only



Water and milk are the best drink to have between meals (plain milk and still water)



It is important to visit the dentist regularly



To find a local dentist accepting NHS patients please contact NHS 111 or visit: <https://www.nhs.uk/Service-Search/Dentists/LocationSearch/3>

Sun Safety

TOP TIPS


All skin types and skin colours suffer from sun damage, so we all need to take care of ourselves! Following these tips as adults, will not only protect us but will set a good example to our children and help them to understand the importance of sun safety.

The sun is at its strongest between 11am–3pm, during these times try and stay in the shade, for example; under trees, a play tent or canopy or a parasol.

Drink plenty! The sun can dehydrate us and if you/your children are out playing in the sun you may also lose fluids by sweating so keep drinking—water is best. If you feel dizzy, have a headache, feel sick and have dry lips, a dry tongue, a dry mouth and/or feel tired you may be dehydrated— if urine is concentrated and appears darker than normal this can also be a sign of dehydration.



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