



Coventry School Nursing Newsletter

Summer 2021


 Use sunscreen—the NHS recommends SPF30 with UVA/UVB protection— use it every time you go outside and re-apply every two hours when playing/working outdoors. If you plan to spend lots of time in the sun, apply 30mins before going out and then again just before going out. Re-apply more often when swimming, even if you have water resistant SPF, water washes sunscreen off and reflects UV rays. For more information on this, take a look at the links on page 5 under useful resources— sun safety.




 Choose clothing and accessories that will protect you in the sun! Wear loose clothing with a close weave (like cotton) that covers your skin. Sunscreen should be applied to skin that is exposed to the sun. Wearing a wide brimmed hat will cover your neck, face and ears as well as your head but if you only have a cap make sure that you use sunscreen on your neck, face and ears too. Wear sunglasses to protect eyes from UV rays, look for sunglasses that wrap around or have wide arms and block as close to 100% of both UVA and UVB rays as possible. Avoid looking directly at the sun, doing so can cause permanent eye damage!



Safety from poisoning!

 On the subject of safety, we just wanted to remind you about how to use/store household products and medicines and to be cautious of plants etc. that can be harmful to children.

Cleaning products, DIY and gardening products should be kept in their original packaging, out of reach of children and locked away whether stored in the house, garage or shed.

 Medicines can easily be mistaken for sweets, so these should also be stored out of reach of children, locked away and kept in original packaging. Some people keep a lockable medicine cabinet or use a First Aid box kept away from the reach of children.

The garden, park and outdoor areas are great places for children to explore and play but not all plants are safe to touch or eat. Some berries or mushrooms can look like the ones we eat but these could be poisonous. Be sure to only touch and eat what you have confirmed is safe to.




Carbon Monoxide is a colourless, odourless, tasteless gas that is difficult to detect. It comes from fuel burning appliances like; cookers, heaters, radiators, boilers, chimney/vents and disposable or gas BBQs and can kill children in seconds! It is very important that your home and ideally all rooms you have with fuel burning appliances, is/are fitted with an audible carbon monoxide alarm.



For more information please see the links from page 5 under useful resources— poisoning.

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

 @CoventryFHLS

CONTACT US

**Health
for Kids!**

HEALTH FOR TEENS

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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:*

Teeth care

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

<https://www.dentalhealth.org/childrens-teeth>

Some Dental Practices are taking new NHS patients to check which Dentist near you is, contact NHS 111 or visit:

<https://www.nhs.uk/Service-Search/Dentists/LocationSearch/3>

Sun safety

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/#:~:text=Children%20and%20sun%20protection&text=Children%20aged%20under%206%20months,particularly%20from%2011am%20to%203pm>

<https://www.britishskinfoundation.org.uk/sun-safety-advice-for-parents>

<https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids>

<https://www.bbc.co.uk/cbeebies/watch/something-special-safe-in-the-sun-song>

<https://www.cancerresearchuk.org/about-cancer/skin-cancer>

Poisoning

<https://www.capt.org.uk/poisoning-prevention>

Info sheet - <https://schoolgardening.rhs.org.uk/resources/info-sheet/a-checklist-of-potentially-harmful-plants>

A guide to non toxic plants for babies, Pica and Autism - <https://www.theallotmentgarden.co.uk/non-toxic-plants/>

<https://www.funkidslive.com/learn/safety-seymour/what-is-carbon-monoxide-find-out-with-safety-seymour/>

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>


Returning to school after COVID-19 Lockdown


https://youngminds.org.uk/blog/coping-with-anxiety-about-going-back-to-school/?gclid=EAlaIQobChMI3snO6oqP7wIVFuvvtCh3iWAd0EAAAYASAAEgJy3vD_BwE

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

www.healthforkids.co.uk - local information for adults with lots of learning activities and games for children!

www.healthforteens.co.uk - lots of information on health and wellbeing for teenagers and young people!

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HEALTH FOR TEENS

Moat House School Nurse Team:

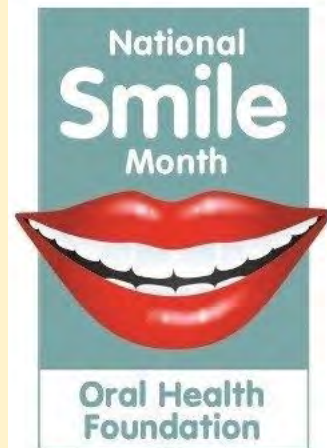
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Useful Resources Continued:

NHS

Wet
Soap
Wash
Rinse
Dry

Stop germs spreading.
The power is in your hands.
Have you washed your germs away? Wash your hands.

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 well-being.

- <https://www.nhs.uk/oneyou/every-mind-matters>
- <https://cwise.com/>
- Ben.org.uk
- youngminds.org.uk/
- www.rethink.org/
- www.mind.org.uk/

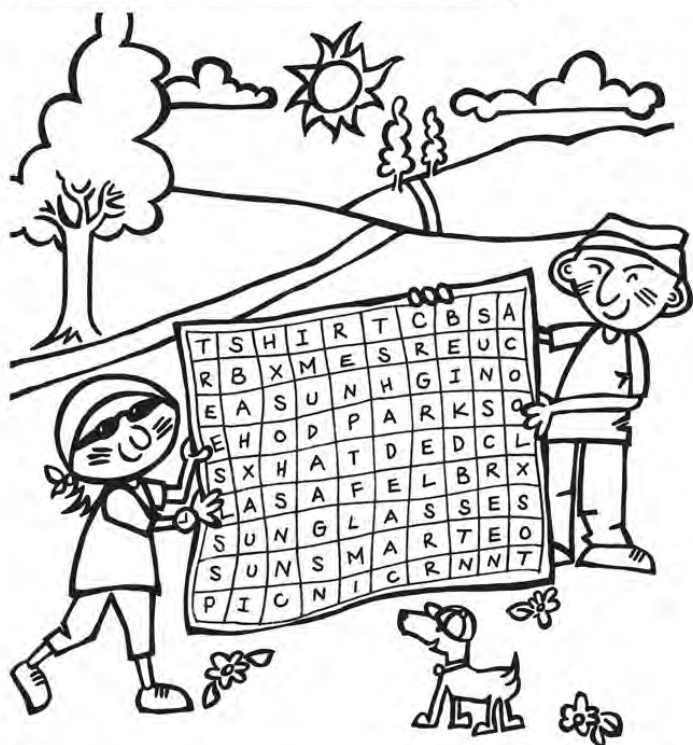
The Mental Health Foundation has some helpful tips and ideas about coping with the COVID-19 outbreak and isolating: www.mentalhealth.org.uk/publications/looking-after-

What should I do to prevent catching and spreading the virus?



Source: NHS

Are you a SunSmart Sleuth? Can you find the 12 hidden words?



Answers: sunglasses, sunscreen, t-shirt, safe, hat, picnic, trees, shade, park, cool, sun, SunSmart

worksheet 2

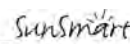


CANCER RESEARCH UK

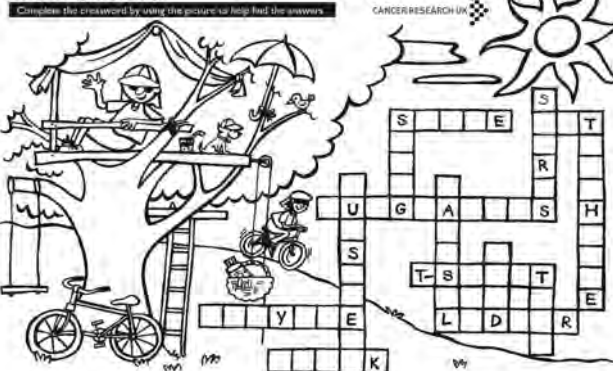
Here is the SunSmart code – can you fill in the blanks?

- ☀️ Spend time in the _____ between _____ and _____
- ☀️ Make sure you never _____
- ☀️ Aim to cover up with a _____, _____ and _____
- ☀️ Remember _____ burn more easily
- ☀️ Then use lots of factor _____

worksheet6



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Answers – Across: Shade; Hat; Sunglasses; T-Shirt; Bicycle; Ladder; Drink.
Down: Swing; Shorts; Treehouse; Sunscreen; Parasol; Bird; Tree.
Answers: Shade, 11, 3, burn, hat, sunglasses, loose clothing, children, 30+ sunscreen

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