

Coventry School Nursing Newsletter

Autumn 2021

Welcome Autumn

We hope you enjoyed your summer break! We want to welcome you back to school, or to school, if you are a first time Reception parent. If you are new to the school nurse service please have a read of the who we are section, on the right side of this page.

Before the summer break we published a summer holiday special edition of our newsletter, sharing information about how the summer & post summer season may trigger an asthma flare up. We provided lots of advice & guidance to help parents and children manage their asthma. It is important that you remind yourself of this advice as the season becomes cooler & flare ups are still expected.

To view the newsletter again please follow/copy this link:

<https://www.healthforkids.co.uk/coventry/news/?yr=2021&mn=7>

KEY POINTS TO REMEMBER:

- ⇒ Check your inhaler is in date
- ⇒ Make sure you have had a recent asthma check with your GP & that you have an asthma plan
- ⇒ Make sure school is aware of your child's asthma needs & triggers etc.
- ⇒ Make sure that there is an inhaler at school or in your child's bag, if they are older



With schools being back & the further relaxation of restrictions, the roads will be busier again. Please remember to be safe on the roads. In our Spring newsletter 2021, we provided some reminders of how we can be safe on the roads, as well as useful links for more information, you can view this newsletter following the link below. This edition of the newsletter may also be useful to go back to, as it provides guidance about re-establishing routines, in preparation for going back to school.

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

KEY POINTS TO REMEMBER:

- ⇒ Hold younger children's hands near roads & ensure they are closest to the pavement & not the roads
- ⇒ Always wear helmets when cycling even on short journeys & in cars wear seatbelts
- ⇒ Slow down vehicles when near schools & areas where children play & don't use your phone when driving or cycling
- ⇒ Set a good example when crossing roads, remember to STOP, LOOK, LISTEN & THINK!



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 & 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 & carers before supporting children & young people. In secondary schools young people can access the School Nurse independently for advice & support without parental consent, although we would always encourage young people to speak with their parent/carer.

You can access all our previous newsletters, along with lots of information & advice on the health for kids site, where children can also access games to enjoy.

Please read on to see what the team are offering you this Autumn.

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

[@CoventryFHLS](https://twitter.com/CoventryFHLS)

CONTACT US

Health
for Kids!

HEALTH FOR TEENS

Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

Charter School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net

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Parent/Carer Information Sessions

eventbrite


Our parent/carers information sessions are back! Last term we launched our free sessions for you, via Eventbrite, on toileting & sleep.

This term we have added sessions on fussy eating & behaviour. Take a look at the table below for dates & times of sessions, you can follow or copy these links (in another browser) to book. Places are limited so please book soon. We may send you email reminders of the sessions once you've booked, so please check your junk/spam emails as they sometimes sit there.



Name of Session	Date and time of session	Eventbrite link that is for parent/carers access to book:
Toileting Information Session	30/09/2021 10:00am-11:00am	https://www.eventbrite.co.uk/e/168700595021
Fussy Eating Information Session	12/10/2021 10:00am-11:00am	https://www.eventbrite.co.uk/e/fussy-eating-information-session-tickets-174249774767
Behaviour Information Session	18/10/2021 1:00pm-2:00pm	https://www.eventbrite.co.uk/e/behaviour-information-session-tickets-174269864857
Toileting Information Session	03/11/2021 1:00pm - 2:00pm	https://www.eventbrite.co.uk/e/168720973975
Sleep Information Session	09/11/2021 10:00am-11:00am	https://www.eventbrite.co.uk/e/174236956427
Fussy Eating Information Session	18/11/2021 1:00pm - 2:00pm	https://www.eventbrite.co.uk/e/fussy-eating-information-session-tickets-174261670347
Behaviour Information Session	26/11/2021 10:00am-11:00am	https://www.eventbrite.co.uk/e/behaviour-information-session-tickets-174277507717



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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 at a clinic, once a month. To book on, get in touch with us on our contact number/email below.

The dates for the Autumn term are as follows:

- Wednesday 22nd September 2021— Moat House Leisure Centre
- Thursday 14th October 2021 — Mosaic Hub
- Tuesday 26th October 2021 — Moat House Leisure Centre
- Tuesday 9th November 2021 — Woodside Hub
- Tuesday 23rd November 2021 — Moat House Leisure Centre
- Thursday 9th December 2021 — Mosaic Hub
- Tuesday 21st December 2021 — Moat House Leisure Centre

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.



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



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Free Community Programmes

One Body One Life Family

A FREE programme to help you and your family make real changes to your eating and exercise habits, to be fitter, healthier and more active.



What do you get?

- ✓ FREE programme, tailored to your needs
- ✓ FREE Health Checks so you can see the changes
- ✓ Advice and support from qualified coaches
- ✓ Healthy eating workshops
- ✓ Fun physical activity sessions
- ✓ Healthy eating tips

What's in it for you?

- ✓ Spend quality time as a family
- ✓ Gain new skills to be fitter and healthier

For more details contact:

please contact the team

E: beactivebehealthy@swft.nhs.uk

T: 07852 921406

Our Be Active Be Healthy team are running free community programmes.

Take a look at their poster on the left for information & how to get in touch.

We know it's not easy to feel motivated to make changes in our lives & it has been challenging for many of us this past year & a half, but rest assured you are in good hands with this team who are as supportive as they are energetic.

They run sessions with the school nursing team too, during our lunch breaks & we have lots of fun!



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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:*

Asthma:

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

<https://www.nhs.uk/conditions/asthma/>

<https://www.england.nhs.uk/childhood-asthma/>

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.

Additional support:

<https://www.daisychainproject.co.uk/contact-us/>

<https://www.autismlinks.co.uk/support-groups/group-support-west-midlands/coventryautismsupportservice?region=>

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/>

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

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

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>

Our health for kids/teens site:

www.healthforkids.co.uk - local information for parents 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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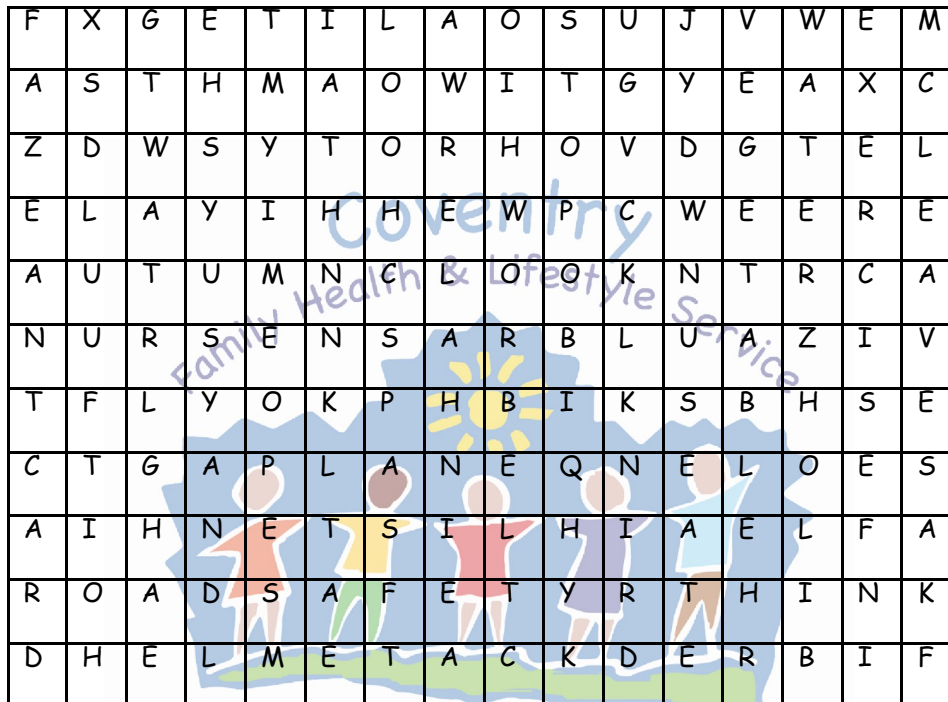
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Autumn Newsletter 2021 Wordsearch



ASTHMA	SCHOOL
INHALER	NURSE
PLAN	EXERCISE
CARD	FRUIT
AUTUMN	VEGETABLE
LEAVES	FIBRE
RED	SLOW
DRINK	STOP
WATER	LOOK
ROAD SAFETY	LISTEN
SEAT	THINK
BELT	HELMET



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