



Coventry School Nursing Newsletter

Winter 2021/2022

Winter is coming!

The weather is getting cooler & the evenings will start to get dark sooner.

Darker evenings can impact on everyone's emotional health, so take a look at the links below, for information, tips & guidance on ways we can lift our mood. When we are happier our families & people around us are happier too.

<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

<https://www.headspace.com/mindfulness>

<https://www.mindful.org/meditation/mindfulness-getting-started/>

The NHS has a "your mind plan quiz" you can take (link below). It's 5 quick questions, with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

www.nhs.uk/every-mind-matters

We all know that being a parent can sometimes be stressful and isn't always filled with the joy and laughter that we see in films & social media!

You may find Triple P helpful. They currently have free seminars online (see link below) & if you feel you need more tips, guidance & support, give them a call on: 0800 434 6127

https://www.coventry.gov.uk/info/38/family_support/2884/positive_parenting

We don't always feel like exercising after school or in the evenings, when it's cooler & darker.

We can get moving & lift our moods by cranking up the music & having a dance together.

You can find Just Dance videos on YouTube or take a look at the Change4Life site below:

<https://www.nhs.uk/change4life/activities/sports-and-activities/dancing>



Our very own Be Active Be Healthy team have shared some videos of work outs we can do at home/ indoors.

Active Families/Kids Videos:

<https://youtu.be/L0n-flc7StY>

<https://youtu.be/EWVjXzeNfXc>

<https://youtu.be/C3XX9Q01aJQ>

Bump and me antenatal video:

<https://youtu.be/DOKxo1UzYfU>

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.

Coventry's Own Voice Online Health Questionnaire (COV-OHQ)

Thank you to Reception children parents/carers who completed the COV-OHQ before the start of school.

We hope to start the Year 6 COV-OHQ after Christmas.

The Year 6's will be asked to answer their own questionnaires, essentially it gets them to start thinking about their health & well-being & what they can do, to promote their own health.

We will of course arrange for letters to be sent home for parents/carers with more information about this in due course.



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



@CoventryFHLS

CONTACT US



Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

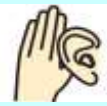
Charter School Nurse Team:

01926 495321 Ext 7417

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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 an appointment, get in touch with us on our contact number/email below.

The dates for the remaining Autumn term & upcoming Spring term are as follows:

November 2021	
Tuesday 9 th November 2021	Woodside Hub
Tuesday 23 rd November 2021	Moat House Leisure Centre
December 2021	
Thursday 9 th December 2021	Mosaic Hub
Tuesday 21 st December 2021	Moat House Leisure Centre
January 2022	
Tuesday 04 th January 2022	Woodside Hub
Tuesday 18 th January 2022	Moat House Leisure Centre
February 2022	
Thursday 10 th February 2022	Mosaic Hub
Monday 21 st February 2022	Moat House Leisure Centre
March 2022	
Wednesday 15 th March 2022	Woodside Hub
Tuesday 29 th March 2022	Moat House Leisure Centre
April 2022	
Thursday 14 th April 2022	Mosaic Hub
Tuesday 19 th April 2022	Moat House Leisure Centre



If you have concerns about your older child/ren's hearing, you can call the UHCW direct on 0300 200 0011, who can put you through to the Audiology department, where you can book an appointment for them.

Some signs your child may be struggling with their hearing include: Not replying when you call them, talking very loudly & increasing the volume on TV/devices etc. They may ask you to repeat yourself a lot or respond differently/inappropriately to what you have asked, they appear to daydream a lot, are slower to learn to talk/unclear when talking & get frustrated/aggressive frequently from not being understood or from not hearing surroundings.



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Parent/Carer Information Sessions **eventbrite**

School Nursing are continuing to offer FREE virtual health information sessions via Eventbrite especially for parents/carers. As we mentioned in our last Newsletter, these will run throughout the academic year & will include sessions around managing toileting, behaviour, challenges in eating & sleep.

These links open & operate far more efficiently via Google Chrome, so if this isn't your default browser please copy the link into a Google Chrome browser. Please also ensure you fill in the booking form fully, when registering for a session. You may receive emails about your Eventbrite booking, please check your spam/junk box as these emails may automatically sit there.



Name of Session	Date and time of session	Eventbrite link that is for parent/carers access to book:
Sleep Information Session	Tuesday 09 th November 2021 10:00am-11:00am	https://www.eventbrite.co.uk/e/174236956427
Challenges in Eating Information Session	Thursday 18 th November 2021 1:00pm-2:00pm	https://www.eventbrite.co.uk/e/174261670347
Managing Behaviour Information Session	Friday 26 th November 2021 10:00am-11:00am	https://www.eventbrite.co.uk/e/174277507717
Toileting Information Session	Tuesday 30 th November 2021 1:00pm-2:00pm	https://www.eventbrite.co.uk/e/195180559307
Sleep Information Session	Wednesday 08 th December 2021 1:00pm-2:00pm	https://www.eventbrite.co.uk/e/195753713627
Challenges in Eating Information Session	Thursday 13 th January 2022 11:00am-12:00pm	https://www.eventbrite.co.uk/e/195779069467
Managing Behaviour Information Session	Friday 21 st January 2022 11:00am-12:00pm	https://www.eventbrite.co.uk/e/195803382187
Toileting Information Session	Friday 28 th January 2022 10:00am-11:00am	https://www.eventbrite.co.uk/e/195818968807
Sleep Information Session	Thursday 03 rd February 2022 11:00am-12:00pm	https://www.eventbrite.co.uk/e/195854585337
Challenges in Eating Information Session	Wednesday 09 th February 2022 1:00pm - 2:00pm	https://www.eventbrite.co.uk/e/195891726427
Managing Behaviour Information Session	Tuesday 15 th February 2022 1:00pm - 2:00pm	https://www.eventbrite.co.uk/e/195900191747
Toileting Information Session	Wednesday 16 th March 2022 1:00pm - 2:00pm	https://www.eventbrite.co.uk/e/195909770397
Sleep Information Session	Tuesday 22 nd March 2022 10:00am-11:00am	https://www.eventbrite.co.uk/e/195918737217
Challenges in Eating Information Session	Tuesday 29 th March 2022 10:00am-11:00am	https://www.eventbrite.co.uk/e/195924664947
Managing Behaviour Information Session	Thursday 07 th April 2022 10:00am-11:00am	https://www.eventbrite.co.uk/e/195934815307



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**Health
for Kids!**

HEALTH FOR TEENS

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