

Coventry School Nursing Newsletter

May — June 2022

Are your child's vaccinations up to date?



Keep up with your child's vaccinations schedule to help protect them from serious preventable illnesses.

Having vaccines at the right time gives your child the best protection. To check you're up-to-date, please contact your GP practice.

Is your child starting school in September? A pre-school booster helps protect them before they start primary school and mix with lots of other children. It's never been more important to protect them and their school community from preventable diseases.

Find out more: <https://www.coventry.gov.uk/health-protection/vaccines>

GET VACCINATED

PROTECT YOURSELF, YOUR FAMILY, AND YOUR COMMUNITY

Vaccines save millions of lives worldwide every year

Vaccines offered to babies under 1 year old
Get your baby vaccinated to help protect them from serious illnesses.

8 weeks	6-in-1 (diphtheria, hepatitis B, Hib, polio, tetanus, whooping cough) Rotavirus Meningitis B
12 weeks	6-in-1 (2nd dose) Pneumococcal (PCV) Rotavirus (2nd dose)
16 weeks	6-in-1 (3rd dose) Meningitis B (2nd dose)

Vaccines offered to children aged 1 to 16 years
Children must receive their pre-school boosters before entering school. Protect our schools from preventable diseases.

1 year	Hib/Meningitis C Measles, Mumps and Rubella (MMR) Pneumococcal (PCV) (2nd dose) Meningitis B (2nd dose)	2-10 years	Flu (plus children with chronic health conditions aged 6 months to 17 years)
3 years 4 months	MMR (2nd dose) 4-in-1 pre-school booster (diphtheria, whooping cough, tetanus, and polio)	12-13 years	HPV (human papillomavirus)
14 years	3-in-1 teenage booster (tetanus, diphtheria and polio) Meningococcal A, C, W and Y		

Vaccines offered to adults

Don't delay your vaccinations

Pregnant women	Whooping cough Flu	Over 65+ years	Flu (offered yearly after 65 years)
Over 65 years	Pneumococcal (PPV)	70-79 years	Shingles

If you have a chronic health condition such as Diabetes, ask your GP if you can have other protective vaccines such as the flu or pneumococcal vaccine

Missed a vaccination?
Ask your GP practice how you can catch up with your family's vaccination

Contact your GP surgery to book a vaccination

For information about immunisations in a range of languages go to our website and click onto the translating icon

www.coventry.gov.uk/health-wellbeing/immunisations

Coventry City Council

NHS



CONTACT US



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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 as monthly clinics. To book an appointment, get in touch with us on our contact number/email below.

The dates for the remaining clinics are as follows:

May 2022	
Tuesday 31st May 2022	Moat House Leisure Centre
June 2022	
Monday 20th June 2022	Moat House Leisure Centre
Tuesday 21st June 2022	Mosaic Hub
July 2022	
Tuesday 12th July 2022	Woodside Hub
Wednesday 13th July 2022	Moat House Leisure Centre
August 2022	
Tuesday 02nd August 2022	Moat House Leisure Centre
Tuesday 16th August 2022	Mosaic Hub



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

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.



CONTACT US

HEALTH FOR TEENS

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Free NHS Food Scanner App



Lots of us struggle to find the balance when trying to eat and drink more healthily. Many of our favourite foods have hidden sugars that we don't expect to find or more salt and saturated fats than we need.

Excess sugar, salt and saturated fats in our diet can increase the risk of health conditions such as; raised cholesterol, blood pressure, heart disease and a higher risk of having a stroke, getting diabetes and tooth decay.

As well as being mindful of health conditions, a healthy body = a healthy mind. Our emotional and mental wellbeing is also impacted by our gut health.

Have you heard the saying "gut instinct"? Felt "butterflies" when you are nervous? Or lost your appetite when feeling stressed? This is because the gut is our second brain, they both have separate nervous systems that talk to each other.

It's pretty complicated to understand, so take a look at the video below to help you understand it better:

<https://youtu.be/H3WujFRJr1k>

You can also search for gut-brain axis (because that is what this is called) on the internet for more information.

The NHS have launched a new free Food Scanner app. By simply scanning and swiping barcodes, the app shows how much saturated fat, salt and sugar is in everyday foods and drinks and gives suggestions for healthier alternatives. A fun augmented reality feature helps you celebrate your good choices.

By making a few easy swaps, you can make a real difference to your child's health. Download the Food Scanner app on the Apple app store or Google Play store.

The app can be used by teachers and children during the school day and if as a family, you are looking for easy ways to build healthier habits at home you could try the app too.

Take a look at this quick video about the app: <https://youtu.be/et3HrM36pHM>

Health
for Kids!

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