

COVENTRY

SCHOOL NURSING NEWSLETTER



Primary Schools

WHO WE ARE

Here's a reminder of what the School Nursing team can support you with:

- Toileting
- Sleep
- Challenges with eating and diet
- Delivering the NCMP for Reception and Year 6 pupils
- Puberty
- Emotional health and how to relax
- Managing behaviour
- Hygiene

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.

You can contact us on:

Moat House School Nurse Team:
01926 495321 Ext 7494

Charter School Nurse Team:
01926 495321 Ext 7417

Alternatively, you can message us on our ChatHealth text service;



07507 329 114
Parent Line

We are not an emergency service so if your concern is urgent please call **999** or **111**.

Thank you.



Check out our [Health for Kids website](http://www.healthforkids.co.uk/cov) for health advice to help your children grow and flourish.

www.healthforkids.co.uk/coventry/



Happy New Year from all the School Nursing Team.

We hope you all had a lovely break over the festive period and you are enjoying the spring term so far.

This term we continue to offer free online parent information sessions for common concerns faced by parents/carers.

We will also continue to run our Audiology Clinics for Reception children and will be visiting schools to conduct the National Child Measurement Programme (NCMP).

The school nursing service work all year round, Monday to Friday excluding public and bank holidays.

Contact Us

Moat House School Nurse Team:
01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net



07507 329 114 (Parent Line)

Charter School Nurse Team:
01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net



[Coventry School Nursing Team](#)



[COVSCHOOLNURSES](#)

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CHILDREN'S MENTAL HEALTH WEEK 6TH - 12TH FEBRUARY 2023

The children's mental health charity Place2Be provide mental health support to children in schools.

They launched the first Children's Mental Health week back in 2015 to help raise awareness about children and young people's mental health.

As Children's Mental Health week is approaching we wanted to remind you of some of the ways you can try to support children with their mental health.

Take a look at the below tips from the NHS Every Mind Matters campaign:

Communicate



Talking with each other and listening to what your child is saying shows you are there for them. It shows that you value them and that they will always have someone to support them. Take what your child says seriously, without judgement, this will help them feel valued and more likely to open up to you in the future.

Be supportive



If you are talking with each other regularly hopefully your child will tell you if something is wrong. Sometimes they won't want to talk, you may guess something is upsetting them based on their behaviour, and or emotions. Reassure your child that you are there for them to help them understand and process what is going on and why it may have happened.

Show interest and encouragement



Show you are interested in your child's life and that you want to be involved. Are they active or creative? Encourage this, learning new skills and being part of a team can connect people with each other, which supports wellbeing too. Being interested and involved shows you value your child and makes it easier for you to spot if there is a problem.

Build positive routines



Structure around regular routines such as healthy eating, exercise and sleep is very important for our mental health. Try to build these around school routines.

Check out the below links for more information and support for children's mental health:

Place2Be

<https://www.place2be.org.uk/>

NHS - Every Mind Matters

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/#top-tips>

Young Minds

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

RISE/CAMHS

www.cwrise.com

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