

COVENTRY

SCHOOL NURSING NEWSLETTER



Supporting children, young people & families

Primary Schools

A REMINDER ABOUT ONLINE SAFETY



There is no denying the perks of the internet, whether being used in the workplace, at school, for entertainment purposes or to power your home appliances, many of us agree it is extremely useful.

However, there are risks when using the internet and we need to help children and young people understand this.

You can start doing this by talking to your child/children about their internet use, ask what sites/apps they are using and discuss together ways they can use them to ensure they are safe. Remind them how easy it is online for people to pretend to be someone they are not and that if they have any worries to talk to you about them.

- **Protect each device used** – including games consoles, with safety controls.
- **Add safety measures** – offered by different sites used, be proactive about this.
- **Block pop ups** – to help control adverts from just appearing.
- **Research** – look at the links on the right and search for internet safety for more information.

Take a look at the below links for more information about online safety:

ChildLine

www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/

NSPCC

www.nspcc.org.uk/keeping-children-safe/online-safety/

www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/

Internet Matters

www.internetmatters.org

What other ways can you keep your child safe online?

- **Set up parental controls on their devices** – this is simple to do take a look at the NSPCC link on the right for more information on how to set this up.
- **Control your search engine** – you can activate and lock safe search settings on sites used.

World Autism Acceptance Week 27th March – 2nd April 2023

World Autism Acceptance Week is back from 27 March – 2 April 2023! The theme for 2023 is colour, and the National Autistic Society are holding a virtual challenge 'Spectrum of Colour Challenge' and a sponsored walk 'Spectrum Colour Walk'. For more information and ideas on how can get involved visit: www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2023

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

DATES TO REMEMBER

As well as Children's Mental Health week in February, there are other important events happening over the next few months...

Safer Internet Day 2023

This year's Safer Internet Day will be on 7th of February 2023. It is organised in the UK by the UK Safer Internet Centre. The celebrations will be around the theme 'Want to talk about it? Making space for conversations about life online'. The UK Safer Internet Centre are there to help children and young people use digital technology in a safe, responsible and positive way.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023>

World Sleep Day - 17th March 2023

The theme for this year's World Sleep Day is 'Sleep is Essential for Health'. Just like eating well and exercising, sleep is essential to improve your physical and mental health.

To find our more visit:

www.worldsleepday.org/



[Coventry School Nursing Team](#)



[COVSCHOOLNURSES](#)

COVENTRY

SCHOOL NURSING NEWSLETTER



Primary Schools

DID YOU KNOW NHS DENTAL CARE IS FREE FOR CHILDREN?



- Make sure you take them for their regular check-ups, this ensures the dentist can regularly check their oral health and builds a routine which can make children feel more comfortable.

For more information about dental health check out the link below:

www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth

Children under the age of 16 also entitled to free eye tests

Routine checks can help rule out any problems early on – the sooner concerns are spotted, the sooner you can get support and treatment.

For more information about vision screening visit: www.nhs.uk/conditions/eye-tests-in-children/



AUDIOLOGY SESSIONS



The School Nursing team offer Audiology (hearing) screening for all Reception class pupils. These are carried out as clinics at different locations in the city. Parents/carers can get in touch with the School Nursing team on one of our contact numbers or email addresses below to book a test.

Our upcoming dates, times and locations are:

- Tuesday 28th February 2023 - The Moat Family Hub 11am-4pm
- Friday 10th March 2023 - Wood Side Family Hub - all day (9:15am - 4:30pm)
- Thursday 16th March 2023 - The Moat Family Hub 9:30am - 3:30pm
- Tuesday 4th April 2023 - The Moat Family Hub 11am-4pm
- Wednesday 5th April 2023 - Aspire Family Hub - all day
- Wednesday 17th May 2023 - Mosaic Family Hub - all day
- Tuesday 30th May 2023 - The Moat Family Hub 11am-4pm

Regular dental check-ups are important, they give the dentist an opportunity to check if teeth and gums are healthy and they can help identify any problems that may be starting before they get worse. On some occasions they may be able to prevent problems from arising altogether.

Some children do get nervous visiting their dentist, take a look at the NHS recommendations below which may help you and your child/children feel more comfortable:



- Take your child to the dentist from a young age (as soon as milk teeth start to appear) to build a familiar relationship with the dentist and the surgery environment.
- Be positive about the appointment, try and make it fun so children look forward to going again.

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](#)