

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, 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. However, we always encourage young people to speak with their parent/carer.

Check out our Health for Kids website for health advice to help your children grow and flourish.



www.healthforkids.co.uk/coventry/



SUN SAFETY

With the summer holidays ahead of us, potential UK heatwaves, and some families travelling abroad, we know a lot of children will be enjoying time in the sun. However, it is important to remember to be safe in the sun and the dangers of not protecting our children adequately.

Here is our advice for keeping children safe in the sun this summer.

- Avoid letting children play in the sun for too long and seek shelter during the hottest part of the day (11 am – 3 pm).
- Encourage children to drink plenty of water to prevent dehydration.
- Ensure they have sunscreen on; the NHS recommends a minimum SPF30 with UVA/UVB protection. Also, check sun cream is within its expiry date.
- Dress children in appropriate clothing. Think loose, cotton, and hats to protect the neck and ears!
- Children should wear sunglasses to protect their eyes from harmful rays and remind them to never look directly at the sun!

For more information on sun safety visit this website from CBeebies:

<https://www.bbc.co.uk/ceebies/watch/sun-safety-for-kids>



Summer is here, and the school year is nearly over! As children prepare for their well-earned break, we want to remind you of some summer safety messages, such as water safety and staying safe in the sun. We also have detailed ideas of free activities and events happening over the summer holidays to keep young minds entertained.

We also have two free online parent information sessions on Understanding Anxiety and Challenges in Eating coming up in July and August.

Our hearing screening clinics for Reception children will also start running again in September.

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

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. If your concern is urgent, please call **999** or **111**.
Thank you.

Contact Us

Moat House School Nurse Team:
01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net



07507 329 114 (Parent Line)

Charter Avenue School Nurse Team:
01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net



[Coventry School Nursing Team](#)



[COVSCHOOLNURSES](#)

COVENTRY

SCHOOL NURSING NEWSLETTER



Primary Schools



WATER SAFETY



It is summer, and we all know children love to play in the water to cool off from the heat. However, playing with water can pose safety risks. Please see below some water safety tips, followed by links to trusted resources for water safety information.

Water safety in your garden:

- Ensure your garden hosepipe is turned off at the mains and not accessible by children. If you have a garden pond, make sure it has a strong cover or fence or barrier around it.
- If you have a garden water feature, do not leave children unsupervised near it.
- Make sure paddling pools, buckets, or containers are emptied after use.
- Ensure hot tub lids are securely placed on, and access is restricted.

Swimming pool safety at home

- Ensure children are accompanied at all times.
- Make sure weak swimmers stay in the depth of water that is safe for them.
- Never supervise children after consuming alcohol.
- Ensure you have suitable rescue aides' close by such as, reach poles or torpedo buoys.
- Ensure access is restricted when not in use.

Water safety at the beach:

- Check the beach you are going to has lifeguards.
- Always supervise children in the sea.
- Ensure children have appropriate safety gear.
- Understand the flag signs which are placed near the lifeguard station: <https://rnli.org/safety/beach-safety/flags-and-signs>
- Keep an eye on information about the tides; this changes throughout the day.

Water safety in rivers, ponds, lakes, and canals:

- Keep children away from the edge of the water.
- Never let children walk near lakes, rivers, or canals alone.
- Teach children that playing in open water, such as rivers, ponds, lakes, and canals, is unsafe.
- If you see someone that needs...

...help, call 999 and ask for the fire service.

For more information about water safety visit the websites below:

- Royal Life Saving Society UK**
<https://www.rlss.org.uk/Pages/Category/water-safety-information>
- Child Accident Prevention Trust**
<https://capt.org.uk/drowning/>
- The RNLI – The Royal National Lifeboat Institution**
<https://rnli.org/safety>
- Canal and River Trust**
<https://canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways/summer-water-safety>

Contact Us

Moat House School Nurse Team:
01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

07507 329 114 (Parent Line)

Charter Avenue School Nurse Team:
01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net

[Coventry School Nursing Team](#)

[COVSCHOOLNURSES](#)

COVENTRY

SCHOOL NURSING NEWSLETTER



Reception Class Hearing Screening



The School Nursing team offers hearing screening for all Reception class pupils. These are carried out as clinics at different locations in the city (see next page for dates and locations). 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.

When you call or email please provide the following details:

- Full name of the child
- D.O.B of child
- School child attends
- Preferred clinic location and date

Our upcoming dates and locations are:

- Mon 25th Sept 2023, 1-4 pm Moat Hub, Deedmore Road, Coventry, CV2 1EQ
- Tues 26th Sept 2023 9:15-16:30 Mosaic Family Hub, Jardine Crescent, Tile Hill, Coventry, CV4 9PL
- Wed 4th Oct 2023 – 1 pm-4 pm, Pathways Hub, Lawrence Saunders Road, CV6 1HD
- Thurs 12th Oct 2023 9:15-16:30 Woodside Family Hub, Upper Ride, Coventry, CV3 3GL
- Wed 1st Nov 2023, 12 pm -4 pm, Foleshill Hub, Families For All, 454 Foleshill Road, Coventry, CV6 5LB

- Tues 7th Nov 2023 9:15-16:30 Aspire Family Hub, Humber Avenue, Coventry, CV1 2SF
- Mon 4th Dec 2023 9:15-16:30 Mosaic Family Hub, Jardine Crescent, Tile Hill, Coventry, CV4 9PL
- Tue 5th Dec 2023, 1 pm -4 pm Moat Hub, Deedmore Road, Coventry, CV2 1EQ
- Fri 5th Jan 2024 – 9 am-2 pm, Pathways Hub, Lawrence Saunders Road, CV6 1HD
- Thurs 4th Jan 2024 9:15-16:30 Woodside Family Hub, Upper Ride, Coventry, CV3 3GL
- Weds 14th Feb 2024, 12 pm - 4 pm, Foleshill Hub, Families For All, 454 Foleshill Road, Coventry, CV6 5LB
- Fri 16th Feb 2024 9:15-16:30 Aspire Family Hub, Humber Avenue, Coventry, CV1 2SF

For more 2024 dates – look out for the next edition of our newsletter due in September.

Please note: If you have concerns about an older child/children's hearing, you can call the Central Booking number to make an appointment with the Audiology department on:
0300 200 0011

Primary Schools

Parent Information Sessions

The School Nursing team is continuing to offer free online Parent Information Sessions over July and August for the following areas of concern; eating & anxiety. We will be adding more sessions in September so please look out for these in the next edition of the newsletter.

To book a session, please follow the links provided or scan the QR code.

**Challenges in Eating Session
Monday 24th July 2023**

10:00 AM

<https://forms.office.com/r/mHcBLCW5JT>



**Understanding Anxiety Session
Wednesday 2nd August 2023**

10:00 AM

<https://forms.office.com/r/EJEpYuFMWF>



Contact Us

Moat House School Nurse Team:
01926 495321 Ext 7494
Swg-tr.MoatHouseSchoolNursing@nhs.net

07507 329 114 (Parent Line)

Charter Avenue School Nurse Team:
01926 495321 Ext 7417
Swg-tr.CharterAvenueSchoolNursing@nhs.net

[Coventry School Nursing Team](#)

[COVSCHOOLNURSES](#)

COVENTRY

SCHOOL NURSING NEWSLETTER



Supporting children, young people & families

Primary Schools

HELLO!
Meet the team

Jessica Andrews
School Nurse



I have been a qualified children's nurse since 2013, I have worked in hospitals in both the UK and Dubai. I joined school nursing in 2020 and have since completed my Specialist Community Public Health Nursing qualification to become a school nurse. I have loved being part of such a supportive team and working closely with the community. I am passionate about health promotion and empowering individuals to take control of their health.

In my spare time, I love spending time with my family and caring for my growing range of plants!

FUN! SUMMER EVENTS IN COVENTRY

Looking for activities to keep children entertained during the summer holidays? Check out these free events happening in Coventry. Coventry Cathedral is hosting some free family-friendly events during August. For more information, visit:

<https://www.coventrycathedral.org.uk/events/whats-on>

These two events particularly caught our eye...

Cov By The Sea

4th August – 6th August 2023 – 11 am – 4 pm (Each day)

Coventry Cathedral is turning its Cathedral ruins into its very own seaside haven. The event includes:

- Free Crafts all weekend
- Free games and activities
- Vintage Carousel
- Ice Cream van
- Live music
- Community seaside mural.

Coventry Holiday Activities and Food Programme

Have you heard about the Coventry Holiday Activities and Food (HAF) programme run by Coventry City Council? HAF provides free activities, experiences, and food for eligible children and young people during the school holidays. Sessions start Monday 24th July and run to Friday 1st September 2023. To find out more about visit: www.coventry.gov.uk/haf

Encanto Sing-a-long

12th August 2023 – 10 am – 12:30 pm

Coventry Cathedral will be screening sing-a-long version of Encanto, and there will also be a free guided craft activity for children to take part in.

Coventry Fire Station Open Day

Saturday 29th July, 11am – 4pm

Please see the below flyer for a free event hosted by West Midlands Fire Service.



Contact Us

Moat House School Nurse Team:

01926 495321 Ext 7494

Swg-tr.MoatHouseSchoolNursing@nhs.net

07507 329 114 (Parent Line)

Charter Avenue School Nurse Team:

01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net

[Coventry School Nursing Team](#)

[COVSCHOOLNURSES](#)