PAGE 4



# COVENTRY

## **Parent Information Sessions**

The School Nursing team is continuing to offer free online Parent Information Sessions for the following areas of concerns: toileting, sleep, eating, behaviour and anxiety. To book on, scan the QC Codes below or follow the links. Please note: new dates are added throughout the year, so keep checking in to find dates that suit you.

Toileting Sessions https://forms.office.com/r/TeGKvc23FV



Sleep Sessions https://forms.office.com/r/BqV2PvLEWU



Challenged in Eating Sessions https://forms.office.com/r/mHcBLCW5JT



Challenged in behaviour Sessions https://forms.office.com/r/nzcpmvnCsU



**Understanding Anxiety Sessions** https://forms.office.com/r/EJEpYuFMwF



## **World Mental Health Day**

**Tuesday 10th October was World** Mental Health Day, and with this in mind we wanted to remind you of some of the websites you can look at for information and advice about supporting children's mental health. Please see the details below:

Place2Be https://www.place2be.org.uk/ NHS - Every Mind Matters https://www.nhs.uk/every-mindmatters/supporting-others/childrens-mental-health/#top-tips **Young Minds** https://www.youngminds.org.uk/ RISE/CAMHS www.cwrise.com

**The Coventry School Nursing** team wish you a safe autumn and start to winter! Remember to visit our Health for websites and to follow us on social media.



## **Primary Schools**



Keri O'Toole **School Nurse and Mentor** 



My name is Keri. Before working in the School Nursing service, I was a children's nurse and following the completion of my nursing degree, I worked on a children and adolescent ward for a number of years. In 2016, I joined the Coventry School Nursing team as a Staff Nurse, and in 2018, I completed the Specialist Community Public Health Nursing (SCPHN) training and began working as a School Nurse within the team.

The best part of the role is getting to meet children, young people and families at events like the Godiva Festival and Motofest, where the team get to share information, resources and sometimes freebies when promoting public health.

Outside of work, I love spending time with my chocolate Labrador!

### **Contact Us**

### **Moat House School Nurse Team:**

01926 495321 Ext 7494



ChatHealth 07507 329 114 (Parent Line)

## **Charter Avenue School Nurse Team:**

01926 495321 Ext 7417

<u>Swg-tr.MoatHouseSchoolNursing@nhs.net</u> <u>Swg-tr.CharterAvenueSchoolNursing@nhs.net</u>



Coventry School **Nursing Team** 

