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January 2021

School Nurse Newsletter

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**We hope you are all well and staying safe.**

**The situation with Coronavirus is changing all the time but the best ways to stay safe remain to be wash our hands, stay physically distanced from others and wear a face mask in enclosed shared spaces (unless you are exempt). It’s also essential to follow the national guidelines in place and to self-isolate if you are told to or if someone in your household has symptoms.** [**www.gov.uk/coronavirus**](http://www.gov.uk/coronavirus)

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#### **NCMP**

#### **(National Child Measurement Program 2021)**

**EMOTIONAL & MENTAL HEALTH**

**Lockdown has had a significant impact on some children and young people’s mental health. Lots of children and young people may struggle at some point. It is important to know that you are not alone, it’s OK to tell someone how you are feeling, and there are lots of people around to support you. If you are worried about your child’s behaviour or mental health, there are some excellent resources and advice can be found at:**

[**www.healthforkids.co.uk**](http://www.healthforkids.co.uk)

[**https://youngminds.org.uk/**](https://youngminds.org.uk/)

**find-help/for-parents/**

#### **As you are probably aware due to the current Covid 19 pandemic this program has been delayed this year. We will update the schools when we have further details.**

#### **If you have any concerns about your child’s growth and development and would like some support please contact the Solihull School nursing team on the details below.**

**.**

**COMING SOON…**

#### **EYE TESTS FOR CHILDREN**

#### See the source image

#### **The NHS recommends vision screening at age 4 to 5 years, the test at your local opticians is simple, free and allows for early identification and treatment of reduced vision. In most cases, reduced vision can be treated successfully if detected early. The test also detects significant eye conditions such as a ‘squint’**

#### **If you haven’t already had your child’s vision checked we advise that you make an appointment at the opticians for them to have a free vision test.**

**The online health questionnaire for year 6 pupils**

This time of year normally year 6 pupils would be completing the online health questionnaire, due to schools at present being closed, this is currently delayed. If parents have any concerns or need advice regarding their child’s health, wellbeing or transition please contact the school nursing team. Why not use the Chat health parent text line: **07480 635496**

**Immunisations.**

It is a good time to ensure that your child is up to date with their **childhood** immunisations. If you want more information please contact your GP surgery.

**PARENTING GROUPS**

Solihull Parenting Team co-ordinate a variety of programmes to support parents. These courses are designed to provide parents and parents-to-be with the opportunity to learn more about supporting their child, as well as to share experiences with other parents, and are all available free of charge to parents and carer’s resident in Solihull. For more information please contact the Parenting Team by email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net)

Or telephone 0121 301 2773

**IF YOUR CHILD IS UNWELL PLEASE CONTACT YOUR GP, NHS 111 OR VISIT A&E**



**Useful Contact Numbers**

**Birmingham and Solihull**

**Mental Health Trust**

**0-19 year olds service**

**Solihull (Solar)**

**0121 301 2750**

**Birmingham (Forward Thinking)**

**0-18 years**

**0207 841 4470**

**Women’s Aid Support for Victims of domestic abuse**

**0808 800 0028.**

**Children’s Services**

**0121 788 4300 (Solihull)**

**0121 303 1888 (Birmingham)**

**Bereavement Support**

**0121 687 8010**

**Solihull Carers Trust Young Carers**

**0121 788 1143**

**SIAS**

**Solihull Integrated Addiction Services 0121 301 4141**

**We also have two websites that you and your child can access.**

[**www.healthforkids.co.uk**](http://www.healthforkids.co.uk)

#### **(This website is for parents of primary school age children and your child)**

[**www.healthforteens.co.uk**](http://www.healthforteens.co.uk)

#### **(Secondary school age children)**

# **We want you to know that the school nursing team are here to support you and your children.**

# **To get in touch please call us**

# **0121 726 6754 south team**

# **0121 770 1919 north team**

**Confidential Texting Service for**

**11-19 years**

**07520 615 730**

**Chat health Parent text line**

**07480 635 496**

**Monday – Friday 8am – 5pm**

**You can also follow us on:**

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**@ Solihull School Nurses**

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