

SOLIHULL SCHOOL NURSING

NEWSLETTER




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WELCOME

Welcome to the summer 2024 term!

This is a reminder that the school nursing service works during school holidays too! We work Monday to Friday, excluding public and bank holidays, and you can contact us on the details below;

Call us on: 0121 726 67 54 or, you can message us via our  ChatHealth text service.

Parent line: 07480 635496

Aged 11-19 line: 07520 615730

Wee Worries in the Daytime.

As children get older, dealing with daytime wetting can become more challenging. Some children may start wetting themselves during the day after being dry for some time, while others may have never been fully dry at all. For most children experiencing daytime wetting, there is no serious underlying cause. However, it's always worth discussing the issue with your school nurse to ensure you and your child receive the right support. Some children who wet themselves during the day may also wet at night, and by addressing the daytime wetting, children may become dry at night more quickly.

For more information contact your school nurse, GP, or visit the healthy bodies section on the www.healthforkids.co.uk website or visit the Children's Bowel and Bladder Charity www.eric.org.uk



Free helpline: 0808 801 0343 Mon to Thur, 10am - 2pm

Do You and Your Child Have an Emotionally Healthy Approach to SATs?

Not all children thrive on the challenge or look forward to SATs and for those that don't, it can be an opportunity to instil resilience and learn to manage stress rather than avoid.

Starting a buddy system with peers in the class can give even the least confident an opportunity to support others.

Introducing mindfulness into your daily routine can help give you and your child the ability to stay focused, present and engaged.

Visit www.childline.org.uk/toolbox/calm-zone/ for some free exercises to try.

www.home.oxfordowl.co.uk/ks2-sats-support/ for advice on how to help your child achieve their best.

Twinkl have created some useful resources, which can be accessed from here: www.tinyurl.com/dttbes8d you can sign up for a free account and access the free resources by filtering your search.

We are able to offer the online Solihull Approach courses to parents in this area, using the code BEAR you can access courses in understanding your child's feelings, their mental health and wellbeing plus more.

Visit www.inourplace.co.uk or to find out about the face to face courses scan the QR code or email bsmhft.parenting@nhs.net



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#MeetMovePlay

ParkPlay is a two-hour long play session of fun and games for everyone to join in every Saturday morning at Lanchester Park, Lanchester Way, Birmingham, B36 9JZ.

what3words [///kinds.jacket.petty](https://www.what3words.com/kinds.jacket.petty)

Just look out for the ParkPlay flag!

Water Safety in the Garden

- Cover any water storage tanks, hot tubs, and drains.
- Ensure that your garden hosepipe is turned off at the main tap to prevent unsupervised access by children.
- If you have a garden pond, make sure it is surrounded by a strong cover or barrier to keep children safe.
- Do not leave children unsupervised near a garden water feature.
- After use, make sure to drain paddling pools, buckets, or containers and place them upside down

Safety around water is a huge topic, visit www.capt.org.uk/drowning/ for further advice.

NEXT TIME...

School Readiness and Transitioning to secondary school.



Upcoming Awareness Days



Stress Awareness Month, April 2024

Some quick Mindfulness Ideas...

Grounding

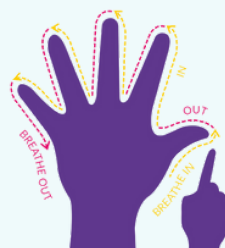
5 Things you can see

4 Things you can hear

3 Things you can touch

2 Things you can smell

1 Thing you can taste



Hand Breathing

Follow your fingers up and down, breathing in and out.

www.healthforkids.co.uk/grownups/healthy-minds/

Sun Safety Week, 3rd to 9th May 2024

As we come into the summer months here are our five tips to stay safe in the sun.

- Wear protective clothing
- Use sun cream - the more protection the better - and apply it throughout the day
- Limit your time in the sun between 10 am and 4 pm as these are peak hours
- Wear sunglasses
- Sit in the shade at regular intervals.

For guidance visit tinyurl.com/2p8uu5mx

Child Safety Week, 3rd to 9th June 2024

The theme from the Child Accident Prevention Trust this year is **Safety. Sorted!**

All children should have the freedom to grow and learn, safe from serious harm.

With one small change families can stop a serious accident. To view their free resources visit tinyurl.com/mwkr48h