

COVENTRY

SCHOOL NURSING NEWSLETTER



Primary Schools

WHO WE ARE

Here's a reminder of what the School Nursing team can support you with:

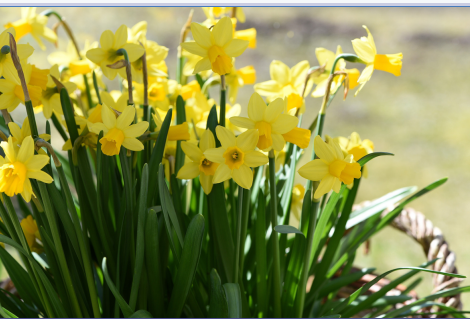
- Toileting
- Sleep
- Challenges with eating and diet
- Delivering the NCMP for Reception and Year 6 pupils
- Puberty
- Emotional health and how to relax
- Managing behaviour
- Hygiene

Confidentiality

Whilst we offer confidentiality, members of 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, although we would always encourage young people to speak with their parent/carer.



Spring is here!
We hope you all had a lovely Easter break and are enjoying the summer term so far!

This term we continue to offer free online parent information sessions for common concerns faced by parents/carers.

We will also continue to run our hearing screening clinics for Reception children and will be visiting schools to conduct the National Child Measurement Programme (NCMP).

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 so if your concern is urgent please call **999** or **111**.

Thank you.



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

www.healthforkids.co.uk/coventry/

IS YOUR CHILD ELIGIBLE FOR FREE SCHOOL MEALS?

Free school meals are automatically available to children in Reception, Year 1 or Year 2 but did you know pupils who are in years above this may also be entitled to free school meals too?

To check if your child meets the benefits-related free school meals (FSM) eligibility criteria visit:

www.coventry.gov.uk/benefits-1/free-school-meals#Year3+

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EXAM SEASON STRESS

Now that the summer term has started, children are getting closer to, or are sitting their Key Stage 1 and 2 SATs.

Children in Year 2 and 6 will have spent lots of time in school and at home preparing for these exams and it can be a stressful time for them and for you as parents/carers.

With this in mind we have put some ideas together about the signs of exam worries and some ways you can support your child/children.

Signs of worries

Children may show some of the below signs, which can indicate they are anxious about their exams.

Note: children may display more than one of these symptoms.

- Worrying
- Feeling tense
- Experiencing headaches and/or stomach pains
- Poor sleep
- Being irritable
- Loss of interest in food or eating more than normal
- Lacking enjoyment in activities they usually enjoyed

Some children start to feel better when the exams are over, if your child is still feeling anxious or suffering with low mood when the exams are over, see your GP.



How can you support your child?

Encourage children to speak with someone at school who can support them with their work; this can be a teacher, teaching assistant or someone from the pastoral team.

It may be helpful for you to speak to your child's teacher - try and involve your child in this too so they feel supported.

Here are some other ways you can try and support your child:

Encourage conversation



Explaining that being nervous is a natural reaction to exams is important, sharing your own experiences may help.

Help them study



Talk about what topics they are under confident about and try and help them. You could ask school for past papers to practice, you can find books in the library or resources online.

Encourage them to eat a balanced diet

Foods and drinks high in fat, sugar and caffeine may make children irritable, moody and hyperactive.



Make sure they are getting enough sleep

Good sleep improves your ability to think and concentrate. Wind down times between studying and using devices before bed can help them get a good night's sleep.



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EXAM SEASON STRESS CONTINUED

Get moving

Exercise can help you feel less stressed, clear your mind and boost your energy levels! You could encourage a mid-revision break where they can have a dance, go for a walk or cycle or play football – whatever works for your child!



See links below and for more information and tips:

NHS – Help your child beat exam stress

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

Place2be – Navigating exam season – supporting your child to beat exam stress

<https://www.place2be.org.uk/media/0ttypyr0h/navigating-exam-season-guide-for-parents.pdf>

STAYING SAFE IN THE SUN

As the sun comes out so do we. Being out in the sun can make us feel happier and is a natural source of vitamin D but it is important to remember the dangers of exposing our skin to the sun for long periods of time too.

All skin types and skin colours can suffer from sun damage, so we all need to take care of ourselves! So how can we be safer in the sun?



Get in the shade between 11 am – 3 pm.



Drink plenty of water to prevent dehydration, the sun can dry us out!



Use sunscreen, the NHS recommends SPF30 with UVA/UVB protection.



Wear appropriate clothing. Think loose, cotton. Don't forget your hats to protect the neck and ears!



Wear sunglasses to protect eyes from harmful rays and never look directly at the sun!

For more information and how to treat sunburn see NHS

Sunscreen and sun safety link:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

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

Our upcoming dates and locations are:

- Wednesday 17th May 2023 – Mosaic Hub
- Tuesday 30th May 2023 – Moat Hub
- Wednesday 31st May 2023 – Pathways Hub
- Thursday 8th June 2023 – Families For All (Foleshill) Hub
- Thursday 22nd June 2023 – Wood Side Hub
- Monday 3rd July 2023 – Moat Hub
- Friday 21st July 2023 – Aspire Hub

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.

HAY FEVER

The pollen count is usually highest between March and September, especially when it is warm, humid and windy.

Symptoms of hay fever and how severe they can be, will vary from person to person. Some of them include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears



For more information and to see ways you can help yourself follow the links below:

NHS - Hay fever

<https://www.nhs.uk/conditions/hay-fever/>

NHS - Asthma

<https://www.nhs.uk/conditions/asthma/causes/>



WATER SAFETY

With summer approaching and hopefully warmer weather, we would like to remind parents and children of some key points to remember when playing in the water this spring/summer.



- Never leave children unattended while in a paddling/swimming pool/hot tub or the sea. Or near ponds/lakes/canals.
- Always empty water from the paddling pool once you have finished with it, or if you have a larger pool remove/block access.
- Look for beaches with lifeguards and never take your eyes off a child playing in the sea.



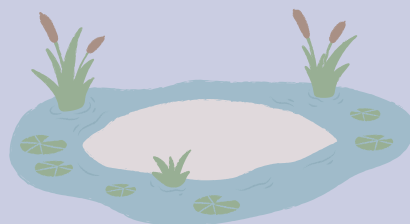
Water safety is a huge topic, so for more information visit the trusted websites below:

Child Accident Prevention Trust

<https://capt.org.uk/drowning/>

The RNLI - The Royal National Lifeboat

<https://rnli.org/safety>



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Parent Information Sessions

The School Nursing team are continuing to offer free online Parent Information Sessions for the following areas of concern; toileting, sleep, eating, behaviour & anxiety.

To book a session, please scan the QR codes on the right, using the camera function on your mobile phone/device. Not all phones/devices are compatible with this feature so you can follow the links instead (also provided).

New dates are added regularly so please keep checking for available sessions!

Understanding Anxiety Session



https://forms.office.com/r/EJEpY_uFMwF

Challenges in Behaviour Session



https://forms.office.com/r/nzcp_mvnCsU

Toileting Session



https://forms.office.com/r/TeGKv_c23FV

Challenges in Eating Session



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

If you need any further assistance please contact us (see our contact details in the footer)

Useful Resources

Don't forget to check out the links throughout this newsletter for more information and support! Please see more resources below/on page 6 which may be of help to you, your families and/or school:



Does your child have a hidden disability?

Parents can apply for a sunflower lanyard for children with a hidden disability. Some cafes/attractions/restaurants etc. recognise the sunflower and offer support, this could include priority access etc.

Click here/visit site to order one:
<https://hiddendisabilitiesstore.com/uk/>

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HELLO Meet the team

So you get to know a little bit more about us, in every issue of the newsletter we showcase members of our team. This term we would like to introduce you to, Amanda Coombes, School Nurse and mentor to those studying to be a Specialist Community Public Health Nurse (SCPHN).



Amanda Coombes
School Nurse and
Mentor

My name is Amanda I have worked as a nurse for over 30 years and feel privileged that 19 of those years have been spent in School Nursing. In 2017 I was proud to qualify as a Specialist Community Public Health Nurse (SCPHN) in School Nursing.

The best part of my role is meeting children and young people and promoting health and wellbeing. I also enjoy my role of supervising SCPHN Students and always feel so proud when they qualify as a School Nurse. I feel lucky to be working with such a supportive team.

Outside of work I like nothing more than spending time with my family and friends and long walks with my little dog.



Autism Support
www.daisychainproject.co.uk

www.autism.org.uk
Coventry Action For Autism Group
(CAFAG)
<https://www.facebook.com/profile.php?id=100064488557805>



Financial Support
If you are struggling financially due to the increasing cost of living, please check out these websites for reliable support and advice.
www.coventry.gov.uk/cost-living-wellbeing-support
<https://actonenergy.org.uk>
<https://covadvice.org.uk/cost-of-living-crisis/>

A reminder of useful resources for children's mental health:
Place2Be
<https://www.place2be.org.uk/>
NHS - Every Mind Matters
<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/#top-tips>
Young Minds
<https://www.youngminds.org.uk/RISE/CAMHS>
www.cwrise.com

Coventry Holiday Activities and Food Programme

Have you heard about the Coventry Holiday Activities and Food (HAF) programme ran by Coventry City Council? HAF provides free activities, experiences and food for eligible children and young people during the school holidays. HAF also provides information to support families, with the cost of living and food help for families. Their next activities will start in the summer school holidays (Wednesday 26th July to Friday 1st September 2023). To find out more about what they have to offer families visit:
www.coventry.gov.uk/haf

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