

Coventry School Nursing Newsletter

August

Stay safe this summer

School nursing have been working as normal supporting children and families at home and at school. We are thinking of you all and would like to remind you that our team are still here to support you.

Welcome to Our Newsletter,

We hope you are all well and staying safe. Here are our top tips about staying safe over the summer

SUN SAFETY: With hot, weather forecast over the summer, we advise you to ensure your children are drinking enough fluids. Not getting enough water can affect how they feel and behave.


Whilst in the sun make sure your children have sunscreen on, the recommendations are to use a cream with UVA protection of 4 star minimum and UVB SPF factor of 30 to avoid sunburn that is harmful to skin. Whilst sunscreen is important don't forget to dress properly with sunglasses (CE marked) and don't forget a hat! Also encourage your child to stay in the shade between 11am and 3pm as the sun's rays are strongest.

BIKE SAFETY: Bike riding is a great form of exercise for children as long as this is done safely. Encourage your child to wear a helmet and to check for traffic on the roads.



POOL SAFETY: Many children enjoy the paddling pool in the garden over the summer please *make* sure your children are supervised at all times there is a risk of drowning even in a few inches of shallow water. Please remember to check the temperature is not too hot or cold before allowing your child to use it. Be aware of slips and falls in and out of the pool as the floor around the pool will become slippery.

If you're having a BBQ, in the garden ensure your child is supervised and not left where they can reach or access the BBQ even for several hours after it has been used as they can remain very hot and cause burns or injury

 <https://www.facebook.com/coventryfamilyhealthandlifestyleservice/>

 @CoventryFHLS

**Health
for Kids!**



HEALTH FOR TEENS

Who We Are:

When your child first enters school, health advice is transferred from the Health Visiting Service to the School Nursing Service. This service continues until your child leaves education. The School Nursing Team provide an accessible service to children, young people, families, carers and members of the local community.

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.

Text your School Nurse:

#Parentline

Parents/carers of 5 -19 year olds can text a school nurse for any advice. Just text us on 07507329114 and we will reply back.

#ChatHealthNHS

For Young people aged 11- 19 can text our ChatHealthNHS on 07507331949 for any advice and we will reply back to you.

CONTACT US:

Moat House School Nurse Team:

01926 495321 Ext 7494

swg-tr.MoatHouseSchoolNursing@nhs.net

Charter School Nurse Team:

01926 495321 Ext 7417

swg-tr.CharterHouseSchoolNursing@nhs.net

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RESOURCES

Check out a few of the great resources which may be of help to your School, families, primary and secondary school children:

[Find out more about staying safe in the sun on these useful websites:](#)

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

<https://www.rospa.com/Resources/Hubs/Summer>

<https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/>

http://news.bbc.co.uk/cbbcnews/hi/newsid_2130000/newsid_2136900/2136959.stm

<https://www.nhs.uk/conditions/insect-bites-and-stings/>

<https://kidshealth.org/en/kids/bike-safety.html>

<https://www.nhs.uk/conditions/sunburn/>

<https://www.nhsinform.scot/campaigns/hydration>



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Competition time!

Since lockdown began, there has been a sharp increase in the number of young people trespassing on the railway. To inform people of the dangers of going on the tracks, back track are asking 11-18 year olds to create a movie, song, script or storyboard to share with their peers.

There are amazing prizes up for grabs.

Find more information at:

www.downdheline.org.uk/projects/backtrack



South Warwickshire **NHS**
NHS Foundation Trust




To all Coventry school aged children... Coventry School Nursing would love to know "What makes you happy"?

Please draw a picture or write a poem to enter our competition.

😊 Let's share our happy thoughts to each other in Coventry 😊

To enter the competition, send your drawing or poem with your name, age and address to:

 **Post:** Coventry School Nursing
Moat House Leisure and Neighbourhood Centre
Winston Avenue, Coventry, CV2 1EA.

 **Post:** Coventry School Nursing
312 Charter Avenue
Coventry, CV4 8DA



Email:  gillian.gillies@nhs.net

Competition closes end of August 2020

HEALTH FOR TEENS

Our School Nurse "What Makes You Happy"?
Competition is open till the end of August, so go on the Health for Kids and Health for Teens website for more information and to enter.



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