

Coventry School Nursing Newsletter

June 2020



School Nursing has 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.



Plans to go back to school

At the time of writing, schools all across the country are planning to start to open to certain year groups at first.

Social distancing and handwashing will of course be high on the agenda for all schools to keep their pupils safe.


This can provoke some anxieties in both parents and children. It is important to talk to your children to understand their worries about going back to school and find out about their day on their return, getting them to think about the differences before lockdown and now.

Try to end the conversation on a positive note e.g. being nice to see your teacher and / or your friends again.



Smiling Is Infectious by Spike Milligan

*Smiling is infectious,
you catch it like the flu,
When someone smiled at me
today,
I started smiling too.
I passed around the corner
and someone saw my grin.
When he smile I realized
I'd passed it on to him.
I thought about that smile,
then I realized its worth.
A single smile, just like mine
could travel round the earth.
So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!*

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

 @CoventryFHLS



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

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Helping your child transition back to school. Being away from school and returning to an environment that has changed can be anxiety-provoking. Here are some ways you can support your child.

- **Get back into routine.** Routines are safe and familiar which can help reduce anxiety.
- **Focus on what you can control.** It's hard getting caught up in the unknown and 'what-ifs'? Helping your child identify what they can control and practical things they can do can help them be more in the present moment and reduce anxiety. Practical strategies can include getting organised, making plans for the weekend, preparing their school bag, etc.
- **Revisit social distancing rules and good hygiene practices.** Reviewing these can help your child feel more at ease about their safety when in public spaces.
- **Provide reassurance.** Sometimes we can't solve all our children's problems, but they don't always need solutions – just to feel understood and supported.
- **Explore the positives.** Even if they are worried about returning to school, there may be some things they are looking forward to. It can be helpful to chat through these together if they seem open to this.



Anxious about Returning to School?

Many children will have anxiety about:

- leaving their parents and returning to school
- what happens if they catch coronavirus at school
- the safety of the families and siblings they're leaving behind
- **So take the time to talk about their worries -**

Ways you can help your child

- **Chat**-keep it light & positive
- **Ask**-how they're feeling
- **Plan**-things to do
- **Teach**-breathing techniques

For more information visit

<https://youngminds.org.uk/blog/what-to-do-if-your-child-is-anxious-about-going-back-to-school/>

This is a great story about anxiety for young children:

Ruby's worries

<https://youtu.be/9IhhCq44ar8>



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DON'T FORGET - PROTECT YOURSELF AND OTHERS

Wash your hands more often for 20 seconds

Use soap and water (or hand sanitizer) when you:

- Get home or into school
- After going to the toilet
- Before eating or handling food
- Blow your nose-into a tissue,- try to sneeze or cough into your elbow
- After playing outside
- After stroking animals



Road Safety – Social Distancing



Over the last couple of months you will have noticed changes in how we are using roads and pavements. More families on bikes and social distancing may mean having to step off the pavement. Also fewer cars, meaning emptier roads, but emptier roads can see cars going at higher speeds.

It can be hard for families to navigate this new normal and keep their children safe.

For a free safety resources parents pack visit

<https://www.capt.org.uk/contact>

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

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.



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



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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:

Returning to school after COVID-19

<https://kidshelpline.com.au/parents/issues/returning-normal-after-covid-19>

<https://beaconschoolsupport.co.uk/newsletters/the-new-normal-returning-to-school-after-COVID-19>

<https://www.autismhampshire.org.uk/index/covid-19-resources/transition-back-to-school-after-lockdown-resources> -Helping with autism

Dealing with Anxiety – Help for Parents

<https://youngminds.org.uk/blog/what-to-do-if-your-child-is-anxious-about-going-back-to-school/>

Great resources for anxiety

- A book you can purchase on Amazon for £6.50 called 'Helping your child with fears and worries' (Second Edition) by Creswell & Willetts – highly recommended
- Sam App (lots of useful resources for children & young people)
- Anxiety UK – www.anxietyuk.org.uk
- https://www.barnardos.org.uk/blog/what-anxiety?gclid=EAlaIQobChMI6pTv_5zW6QIVdoQBh3fVgJMEAAAYASAAEgLeqvD_BwE (Bernardos – Understanding Anxiety/ Tips & Advice)
- <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/managing-your-anxiety/> (Childline- Managing your anxiety)

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

Child Accident Prevention Trust Advice for Parents on Road Safety plus much more.

<https://www.capt.org.uk/contact>

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

- If your child likes to listen to stories, there is a brilliant book you can buy (available on Amazon £6.50) or ask at the library when they open called 'Helping your child with fears and worries' (Second Edition) by Creswell & Willetts – highly recommended
- Parenting can be such a difficult skill and just when you start to master it, your child grows up and changes some more and there is a different challenge now!!! The Family Lives website has short videos to watch that can give you some ideas on how to manage those challenges including: tips on getting your child to listen, managing behaviours for all different ages from 0-5, 5-9 and 9-14 years.

<https://www.familylives.org.uk/how-we-can-help/parentchannel-tv/>



HEALTH FOR TEENS

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