

# COVENTRY SCHOOL NURSING NEWSLETTER

Primary Schools



## Welcome to the Summer 2024 term!

The school nursing service works all year round, Monday to Friday excluding public and bank holidays! Our details are at the bottom of the page.

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, the School Nursing Team works in partnership with other agencies, where information may need to be shared in your child's best interest.

### 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. However, we always encourage young people to speak with their parent/carer.

### Contact Us

#### Moat House School Nurse Team:

01926 495321 Ext 7494

[Swg-tr.MoatHouseSchoolNursing@nhs.net](mailto:Swg-tr.MoatHouseSchoolNursing@nhs.net)

 ChatHealth **07507 329 114 (Parent Line)**

#### Charter Avenue School Nurse Team:

01926 495321 Ext 7417

[Swg-tr.CharterAvenueSchoolNursing@nhs.net](mailto:Swg-tr.CharterAvenueSchoolNursing@nhs.net)

## 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/](http://www.childline.org.uk/toolbox/calm-zone/) for some free exercises to try.

[www.home.oxfordowl.co.uk/ks2-sats-support/](http://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](http://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](http://www.inourplace.co.uk) to find more.

## 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/](http://www.capt.org.uk/drowning/) for further advice.


[Coventry School Nursing Team](#)

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## UPCOMING AWARENESS DAYS

### 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

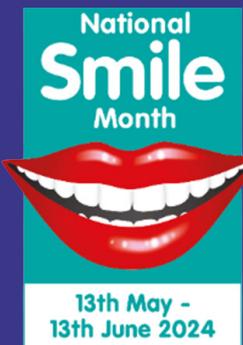
[tinyurl.com/mwkxr48h](https://tinyurl.com/mwkxr48h)

### 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](https://tinyurl.com/2p8uu5mx)



By keeping your mouth healthy, you can keep your teeth for life and protect yourself from other diseases.

Did you know that you can register with any NHS dentist, there isn't a catchment area!

Accessing NHS dental health is free for children.

Visit [www.nhs.uk/service-search/find-a-Dentist](https://www.nhs.uk/service-search/find-a-Dentist) to find out which dentists are taking on NHS patients.

Some neurodiverse children may find brushing their teeth can be a difficult experience, fortunately there are specialist dentists who give advice and make a visit to the dentist seem much more accessible and less daunting.

To find out more please speak to your GP or Dentist to complete a referral or contact the Coventry Community Dental team on 02476961375.

## 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](https://www.healthforkids.co.uk) website or visit the Children's Bowel and Bladder Charity [www.eric.org.uk](https://www.eric.org.uk)



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

### 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/growups/healthy-minds/](https://www.healthforkids.co.uk/growups/healthy-minds/)

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