

# COVENTRY

# SCHOOL NURSING NEWSLETTER

Primary Schools

## ASK, TALK, DECIDE, Vaccination Programme

Keeping up to date with the UK Vaccine schedule is important as it helps protect your child from serious diseases, especially as they begin school and come into contact with more people.

The Coventry Immunisation and vaccination team are holding drop in clinics for children starting school and children presently at school.

Please have a read of the Ask, Read, Talk poster at the bottom of the Newsletter. This a great opportunity to chat with a nurse to check that your child is up to date with vaccinations. This is a free NHS programme and your local GP will be informed.

### Hearing Screening

Over the spring period we have several different hearing screenings available for reception age children.

#### May

- 11<sup>th</sup> May - Pathways Family Hub
- 28<sup>th</sup> May - Central Library

#### June

- 17<sup>th</sup> June - Moat Family Hub

#### July

- 2<sup>nd</sup> July - Harmony Family Hub
- 13<sup>th</sup> July - Aspire Family Hub

Please call the number below to book, walk-ins are NOT available for hearing screenings.

## Getting Active Be Active Be Healthy

With the weather getting better and exercise outside becoming more readily available it is super important that for parents and carers to promote exercise to their children and family members. Regular exercise is vitally important and has shown a positive effect on both mental and physical health.

### ACTIVE FAMILIES

Multi sport and fitness sessions designed to welcome every member of the family. We hold regular sessions, so come and join us for some enjoyable fitness activities!

### ACTIVE TEENS

Active Teens is a FREE weekly activity session tailored for children and teenagers aged 11-14

- A range of sports and fitness activities
- Improve health and fitness whilst having fun
- A chance to meet new friends
- Health checks are available, and additional support for parents / carers.



#### MORE INFORMATION

For any enquiries regarding our programmes and sessions, please contact us via email or phone:



[beactivebehealthy@swft.nhs.uk](mailto:beactivebehealthy@swft.nhs.uk)



07852 921406

SCAN



## Chat Health for Parents and Young People

### Chat health for Parents Chat health for Young People 11-18

Chat Health is a free service for parents to send confidential SMS messages to School Nurses for impartial health advice and support. Available anytime, replies are provided during opening hours (9am – 4:30pm, Monday to Friday) for various health issues.

Chat Health is a free service that enables 11 - 18 year olds across Coventry and Warwickshire to send confidential SMS text messages to School Nurses who will provide impartial advice and support. You can message outside these times, but you will get a reply during opening hours. All chats are confidential. You can message for advice on all kinds of health issues, including General Health & Emotional Well-being.

Contact us (Monday to Friday, 9:00 AM - 5:00 PM, excluding bank holidays)

01926 495321 Ext 7494

[swg-tr.contactschoolnursescoventry@nhs.net](mailto:swg-tr.contactschoolnursescoventry@nhs.net)

Text via  ChatHealth  
07507 329 114 (Parent Line)

Linktree\*

<https://linktr.ee/coventryschoolnursing>



[Coventry School Nursing Team](#)



[COVSCHOOLNURSES](#)

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## SPRING FOOD IS HERE!

Now the weather is improving and lots of delicious fruits and vegetables are coming into season this will help us to improve our food choices our families and ourselves.

### Here is a list of fruits and vegetables coming into season:

Rhubarb, Artichoke, Beetroot, Cabbage, Carrots, Chicory, New Potatoes, Kale, Morel Mushrooms, Parsnips, Radishes, Rocket, Spinach, Sorrel, Spring Onions, Watercress

Experiment with fruit and vegetables and try to cut down on processed sugary, fatty foods. Eating a more varied diet of fruits and vegetables can help you feel more active and happy.

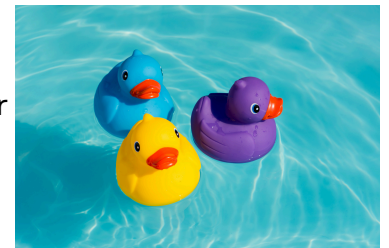


Download the free  
NHS Food Scanner  
app



## Spring Time Pools, Ponds and Hot Tubs

- Keep babies and young children in arms reach when they're in water.
- If you have a paddling pool, empty it out after use and turn it over so it can't refill with rainwater.
- Securely cover larger pools and hot tubs after every use.
- Fill in, cover or fence off ponds while your children are little.
- Think about your neighbours' gardens too – young children can wander off into them and drown even if you don't think they have access.



## BBQ's and Fire Pits

A BBQ and the ground underneath it can stay hot enough to cause a serious burn for a long time after it's been used so it's important that we stay alert and keep children well away from the cooking area until it's completely cooled.

The same can be said about fire pits. They may even still be hot enough to burn the next day! Plus, they have the added hazard of being lower to the ground and so are easier for little ones to stumble into or reach out and grab.

To prevent injury to children it is advised to create a safety exclusion zone to keep children away from the danger and to educate them on fire safety and its dangers.



Contact us (Monday to Friday, 9:00 AM - 5:00 PM,  
excluding bank holidays)

01926 495321 Ext 7494

swg-tr.contactschoolnursescoventry@nhs.net

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Coventry School  
Nursing Team



COVSCHOOLNURSES

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### Hay Fever

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it but there are things you can do to help your symptoms, or medicines you can take to help.

Symptoms of hay fever include: Sneezing and coughing, A runny or blocked nose, itchy, red or watery eyes, itchy throat, mouth, nose and ears, Loss of smell, Pain around the sides of your head and forehead, headache, feeling tired.

Symptoms are usually worse between late March and September especially when its warm, humid and windy. This is when pollen is at its highest.

Hay fever can last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

#### Do

- Put petroleum jelly (such as vaseline) around your nostrils to trap pollen
- Wear wraparound sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- Shower and change your clothes after you have been outside to wash pollen off
- Keep windows and doors shut as much as possible
- Vacuum regularly and dust with a damp cloth
- Try to use a pollen filter in the air vents of your car, if you have one, and a HEPA filter in your vacuum cleaner

#### Don'ts

- Do not cut grass or walk on grass
- Do not spend too much time outside
- Do not keep fresh flowers in the house
- Do not smoke or be around smoke - it makes your symptoms worse
- Do not dry clothes outside - they can catch pollen
- Do not let pets into the house if possible - they can carry pollen indoors



### Spring Cleaning Around Your Home and Garden

The weather also inspires people to Spring clean around their home and garden. Here are some key rules to remember when using cleaning products around children.

#### Chemical & Poison Safety

- Store Securely: Store all cleaners, laundry pods, and pesticides in high, locked cabinets.
- Original Containers: Keep products in their original containers with labels intact; never transfer cleaners to food containers.
- Avoid Mixing: Do not mix cleaning products, as this can create dangerous fumes.
- Use Natural Alternatives: Use safe alternatives like vinegar or baking soda where possible.
- Immediately Clean Up: Never leave cleaning buckets or bottles unattended, and drain mop buckets immediately after use.
- Small button batteries are extremely dangerous as they are easily swallowed by children.

