

COVENTRY

SCHOOL NURSING NEWSLETTER



A big welcome to the autumn 2023 term! We hope you had a lovely summer and have settled into the back-to-school (or, for some of you, new to school) routine.

We look forward to seeing you all this term, whether this is for the National Child Measurement Programme (NCMP), Reception Children's hearing screening or an appointment we have arranged together.

Remember the school nursing service works all year round, Monday to Friday, excluding public and bank holidays.

You can contact us on the details below;

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. If your concern is urgent, please call

999 or 111.

Thank you.

IT'S TIME TO CATCH IT, BIN IT, KILL IT!

Alongside the cooler weather, you can expect this season to bring more cold/flu outbreaks, and other bugs, such as Norovirus. With that in mind, we wanted to remind everyone of the importance of using good handwashing techniques and to catch it, bin it, kill it!

Remember to wash your hands after blowing your nose, sneezing and/or coughing to help stop the spread of germs!

To watch a video reminding you of a good handwashing technique follow the link below:

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>



Supporting children, young people & families

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



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

www.healthforkids.co.uk/coventry/

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[Nursing Team](#)



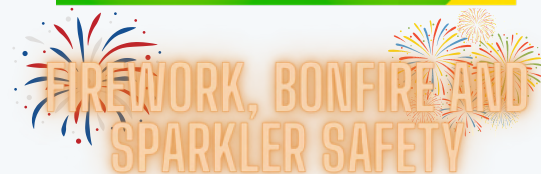
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WATER SAFETY

Whilst you settle into the coming months, we wanted to take this opportunity to share some important safety messages with you.

Water Safety



- Stay away from the edge of waterways, lakes and ponds. At this time of the year, these can be more slippery and hidden beneath fallen leaves, frost, ice or snow.



- When not walking in daylight, make sure you are walking in well-lit areas. Avoid walking near waterways in the dark.



- Remember to stay off ice! Teaching children the importance of staying off ice as early as possible is vital. When waterways, lakes and ponds freeze over, we don't know how thick the surface ice is; it could break and plunge you to the depths of the water beneath it. Under no circumstances should you risk treading on ice!



- Keep your dog on a lead so they do not slip on the edge of waterways and/or tread on ice, risking falling into water.

If someone (including a pet) has fallen through ice, call for help and contact 999 or 112 – do not walk on the ice to attempt to rescue them yourself.

For more information about what to do if someone has fallen through ice and about water safety visit:

<https://www.riss.org.uk/pages/category/winter-water-safety>

WHAT TO DO IF YOU FALL THROUGH FROZEN WATER

1. Keep calm and shout for help.
2. Spread your arms across the surface of the ice in front of you.
3. If the ice is strong enough, kick your legs to slide onto the ice.
4. Lie flat and pull yourself towards the bank.
5. If the ice breaks, try and work your way to the bank.
6. If you cannot climb out, wait for help and keep as still as possible. Preserve heat by pressing your arms by your side and keeping your legs together. Keep your head clear of the water.
7. Once you are safe, go to hospital immediately for a check-up.

Remember to Float to Live! For more information visit RNLI –

<https://rnli.org/safety/float>

- Adults must supervise fireworks and bonfire displays – never leave children or young people alone around fireworks and bonfires!
- Make sure children are standing safely away from bonfires and firework displays.
- Fireworks should not be stored in pockets or lit on streets/roads.
- Never go back to a lit firework.
- Ensure bonfires have been put out safely before leaving them.
- Wear gloves when using sparklers; they get hot enough to cause severe burns.
- Don't wave sparklers near people, and put them in a bucket of water when you are done with them.

There is lots of safety information about fireworks, sparklers and bonfires. Please take a look at some of the links below:

<https://www.rospa.com/home-safety/advice/fireworks-safety>
<https://capt.org.uk/lessons-for-little-ones/>
<https://www.bbc.co.uk/newsround/15357129>

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Safety Around Dogs

Take a look at these top tips from the RSPCA for keeping children safe around dogs.

- Don't leave children alone with a dog, even if this is a comfortable/familiar area for the dog.
- Make sure children do not approach dogs they do not know.
- Do not interact with dogs while they're eating, sleeping, playing with a toy, unwell/injured or tired.
- Don't allow children to climb on dogs or pull at them.
- Let your dog have space to chill out when needed.

For more information visit:

<https://www.rspca.org.uk/adviceandwelfare/pets/dogs/company/children/safe>

Coventry Holiday Activities and Food Programme

Have you heard about the Coventry Holiday Activities and Food (HAF) programme run by Coventry City Council? HAF provides free activities, experiences, and food for eligible children and young people during the school holidays. To find out more, visit:

www.coventry.gov.uk/haf



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. Parents/carers can get in touch with the School Nursing team at either Moat or Charter via the contact details at the bottom of the newsletter to book a test.

When you call or email please provide the following details:

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

Our upcoming dates and locations for the Moat House base area:

- Wed 1st Nov 2023, 12 pm - 4 pm Families For All Hub, 454 Foleshill Road, Coventry, CV6 5LB
- Tue 5th Dec 2023, 1 pm - 4 pm Moat Hub, Deedmore Road, Coventry, CV2 1EQ
- Fri 5th Jan 2024 - 9 am - 2 pm, Pathways Hub, Lawrence Saunders Road, CV6 1HD
- Weds 14th Feb 2024, 12 pm - 4 pm, Families For All Hub, 454 Foleshill Road, Coventry, CV6 5LB

Please contact the Moat House base (details below) to book a test at the above locations.

Our upcoming dates and locations for the Charter Avenue base area:

- Thurs 12th Oct 2023 9:15-16:30 Wood Side Family Hub, Upper Ride, Coventry, CV3 3GL
- Tues 7th Nov 2023 9:15-16:30 Aspire Family Hub, Humber Avenue, Coventry, CV1 2SF
- Mon 4th Dec 2023 9:15-16:30 Mosaic Family Hub, Jardine Crescent, Tile Hill, Coventry, CV4 9PL
- Thurs 4th Jan 2024 9:15-16:30 Wood Side Family Hub, Upper Ride, Coventry, CV3 3GL
- Fri 16th Feb 2024 9:15-16:30 Aspire Family Hub, Humber Avenue, Coventry, CV1 2SF

Please contact the Charter Avenue base (details below) to book a test at the above locations.

For more 2024 dates - look on our social media pages in the Spring term and the next edition of our newsletter due in the Spring term.

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**

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Parent Information Sessions

The School Nursing team is continuing to offer free online Parent Information Sessions for the following areas of concerns: toileting, sleep, eating, behaviour and anxiety. To book on, scan the QR Codes below or follow the links. Please note: new dates are added throughout the year, so keep checking in to find dates that suit you.

Toileting Sessions –
<https://forms.office.com/r/TeGKvc23FV>



Sleep Sessions –
<https://forms.office.com/r/BqV2PvLEWU>



Challenged in Eating Sessions –
<https://forms.office.com/r/mHcBLCW5JT>



Challenged in behaviour Sessions –
<https://forms.office.com/r/nzcpmvnCsU>



Understanding Anxiety Sessions –
<https://forms.office.com/r/EJEpYuFMwF>



World Mental Health Day

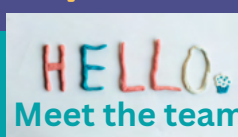
Tuesday 10th October was World Mental Health Day, and with this in mind we wanted to remind you of some of the websites you can look at for information and advice about supporting children's mental health. Please see the details below:

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

The Coventry School Nursing team wish you a safe autumn and start to winter!
Remember to visit our Health for websites and to follow us on social media.



Primary Schools



Keri O'Toole

School Nurse and Mentor



My name is Keri. Before working in the School Nursing service, I was a children's nurse and following the completion of my nursing degree, I worked on a children and adolescent ward for a number of years. In 2016, I joined the Coventry School Nursing team as a Staff Nurse, and in 2018, I completed the Specialist Community Public Health Nursing (SCPHN) training and began working as a School Nurse within the team.

The best part of the role is getting to meet children, young people and families at events like the Godiva Festival and Motofest, where the team get to share information, resources and sometimes freebies when promoting public health.

Outside of work, I love spending time with my chocolate Labrador!

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