





June 2020

Welcome to our first edition of the School Health newsletter A new health topic will be presented with each newsletter

School Nurses are experienced Qualified Registered Nurses who have undertaken further study at degree level for a Specialist Public Health Qualification, making them the most suitable professional to work with Children, families and young people in promoting and protecting health. There are a number of practitioners who can also prescribe from the Nurses Prescribing Formulary



School Nurses provide holistic assessment of the health and wellbeing needs of children and young people.

Offering health advice and promotion, signposting and referral to other services. Providing a link between school, home and the community. The offer to schools from our 0-19 public health nursing service has two strands. The 5-11 age group are supported by our Health Visiting service, whilst the 11-19 age group are supported by Specialist Public Health School Nurses.

The 0-19 service also offers the NCMP (growth measurements for FS2 and year 6 children), Audiology assessments (hearing testing) and classroom based Personal, Social, Hygiene Education.

We can support children and young people aged 5-19 who need additional support around the following areas.

Enuresis (bed wetting)

Encoporesis (child pooing their pants)

Diet and nutrition

Behaviour

Sleep

Emotional wellbeing

Managing minor illness

Weight management

Hot Topic: Covid-19 Hygiene

The Covid-19 pandemic has meant people are spending long periods of time at home, it is important to try and maintain positive health during these times. Here are some tips to promote positive health;

Keep a daily routine Do things you enjoy

Plan things to do Take time to relax

Keep your mind busy Look after your sleep

Stay connected Talk about your worries

Look after your body Don't stay glued to the news

https://www.nhs.uk/oneyou/every-mind-

The two main ways to prevent spread of Covid-19 virus is to practice good hand hygiene

Respiratory hygiene and maintaining social distancing. Social distancing means;

We should maintain 1-2 metres away from people outside our household

You can meet up in groups of 6 people, maintaining social distancing

You can meet in private gardens, people should only enter your house to go to the toilet or when passing through to access the garden

www.gov.uk

Hand Hygiene

Have you washed your hands?

Remember to do this ...

- After going to the toilet
- > After break and PE
- > Before you leave the house
- > When you get to school
- > Before you eat































- 1. Isolate: as soon as you experience coronavirus symptoms you must self-isolate for at least 7 days. Anyone else in your household must self-isolate for 14 days from when you started having symptoms
- 2. Test: order a test immediately at www.nhs.uk/coronavirus or call 119 if you have no internet access
- 3. Results: if your test is positive, you must complete the remainder of your 7-day self-isolation. Anyone in your household must also complete self-isolation for 14 days from when you started having symptoms. If your test is negative, you and other household members no longer need to self-isolate
- 4. Share contacts: if you test positive for coronavirus, the NHS test and trace service will send you a text or email alert or call you with instructions of how to share details of people with whom you have had close

www.contact-tracing.phe.gov.uk

