



Welcome to our third edition of the School Health newsletter
The hot topic this week is Returning to School Safely

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.

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|----------------------------|---------------------------|
| Enuresis (bed wetting) | Sexual health |
| Encoporesis | Body image worries |
| (child pooing their pants) | Physical health concerns |
| Diet and nutrition | Eating disorders |
| Behaviour | Drug and alcohol support |
| Sleep | Relationship difficulties |
| Emotional wellbeing | Bullying |
| Managing minor illness | Stress management |
| Weight management | Parenting |

The 0-19 years Public Health Nursing Service is available from 8.30am – 5.00pm,

Monday to Friday on Tel: 01482 336634/344301 Text: 61825

email: hull.cypcommunityservices@nhs.net

Hot Topic: Back to School

Welcome to our third newsletter in preparation for the return to school of your children and young people.

This will be a very difficult time for some children and young people as they will have had far less contact with their peers and friends than they would have had before the schools closed in April. There will be understandable parents concern in relation to returning back to school and anxieties/worries amongst children and young people about how they will adapt to the new school systems.

This edition will look at some areas which are causing worries and confusion to support with the return to school.

COVID19 – Is an infectious disease caused by a newly discovered coronavirus which can affect the respiratory system, lungs and sometimes other organs. It is a Pandemic affecting many countries.

Are children at risk of infection?

Children of all ages can catch the infection but children make up a very small proportion of COVID19 cases with about 1% of confirmed cases in England aged under 19 years. Children also have a much lower risk of developing symptoms or severe disease. Hull has a lower incidence than other areas in the country. (PHE 08/2020)

Symptoms of COVID-19.

Continuous, dry cough

Loss of taste and smell

High Temperature

If you or your child develop symptoms-
book a test - NHS 119

Preventing the Spread of COVID-19;

Maintain social distancing of **2 metres**.

Keep your child off school if they develop **any illness or symptoms of Covid**.

Wash your hands for **20 seconds** regularly, but particularly before meals and after sneezing or wiping your nose.

Wash your child's uniform at **60 degrees** after

Use of Face Coverings;

Current government guidance and individual school policies should be followed.

Face coverings to be used by everyone 12 years and over on public transport. Arranged **SCHOOL BUSES** have different rules, but face coverings are recommended.

There are exemptions to the use of face coverings in individual circumstances. The list can be found at www.gov.uk/publications/face-coverings—when-to-wear-and-exemptions.

Exemption Cards can be downloaded onto a mobile device or printed off

[www.gov.uk/Coronavirus\(COVID-19\):Guidance](http://www.gov.uk/Coronavirus(COVID-19):Guidance)

The School Nursing Service offer a **two hour pop in in all secondary schools** to offer advice and support for young people who feel they need someone to talk to or have any worries about their health.

Primary schools also have a public health nursing service/school nurse for families and children.

Contact details ; **01482 344301**

hull.cypcommunityservices@nhs.net