

SUTTON SCHOOL NURSING

Issue 3- Autumn 2025

Sutton
Health & Care

Welcome



The School Nursing team consists of Specialist Community Public Health Nurses (SCPHN), School Staff Nurses and Community Nursery Nurses. We continue the work of the Health Visitor in promoting good health and prevention of illness in the school aged population.

As a team we work with parents, carers, children and young people providing advice and support on the following:

- Children with additional needs and complex health needs
- Sleep
- Behaviour
- Child development
- Healthy lifestyles
- Eating concerns
- Toileting
- Alcohol, drugs and smoking
- Emotional and mental health issues
- Sexual health and relationships

School Nursing team offer:

- Confidential drop in offered in high schools
- PSHE health education in schools
- Enuresis (bedwetting) clinics
- National Child Measurement Programme
- Supporting health needs in school- health care plan where required
- Home visits
- Safeguarding
- Referral to other specialists

Contact us



By phone: 020 8770 5409

By email: hcpadmin@sutton.gov.uk

Ask at your school's office

The School Nursing team are available Monday to Friday (excluding Bank Holidays) 9am–5pm and we can visit you at school, at home, within a community setting or at a children's centre.

Our website has further information about our service:



www.suttonhealthandcare.nhs.uk/school-nursing

School readiness



Your School Nursing Service can give advice on helping your child to be ready for school:



www.suttonhealthandcare.nhs.uk/school-readiness



An alliance between:

Your local **GPs**



Your local **council**



Your local **hospital**



South West London and
St George's Mental Health
NHS Trust

Your local **mental health services**



The Sutton community uniform shop is open to all families who require support.

We have a range of preloved generic uniforms and some uniforms with Sutton school logos. All our uniforms are free for all families.

If you would like to visit for uniform we are open Monday to Friday 09.30- 16.30 pm at:
Carshalton Family Hub Tweeddale Road,
Carshalton SM5 1SW

If you are driving to Carshalton Family Hub and Children's Centre, please be aware that Tweeddale Road is now a school road so you will not be able to drive down it between 8.15am and 9am and 2.45pm and 3.30pm.

If you would like more information please email us on suttoncommunityuniform@sutton.gov.uk or call 020 8770 5801

Handwashing habits

Encouraging your child to wash their hands frequently is one of the most effective ways to prevent the spread of germs.

Teach them to wash their hands for at least 20 seconds—especially before eating, after using the toilet, and after coughing or sneezing. You can make it fun by singing songs like “Happy Birthday” twice to reach the right amount of time.

More resources to help support you and your child with handwashing:

www.healthforkids.co.uk/staying-healthy/washing-hands

www.nhs.uk/live-well/best-way-to-wash-your-hands

Minor Illness



Think pharmacy first

Subject to age eligibility, including 1 year and over for impetigo prescription medicine. Service available at majority of pharmacies.

See your pharmacist
Help us help you

Pharmacy first

Pharmacists can suggest treatments that do not need a prescription for a range of conditions.

Most pharmacies can also offer prescription medicine for some conditions, such as ear ache and sore throat in children, without you needing to see a GP or make an appointment. This is called Pharmacy First.

www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/

Is your child too ill for school?

It's fine to send your child to school or nursery with a minor **cough** or **common cold** if they are otherwise well and do not have a high temperature.

Please see guidance below for advice on common childhood illnesses

www.nhs.uk/live-well/is-my-child-too-ill-for-school/



@suttonschoolnursing



Sutton 0-19 childrens services



Communication - social stories

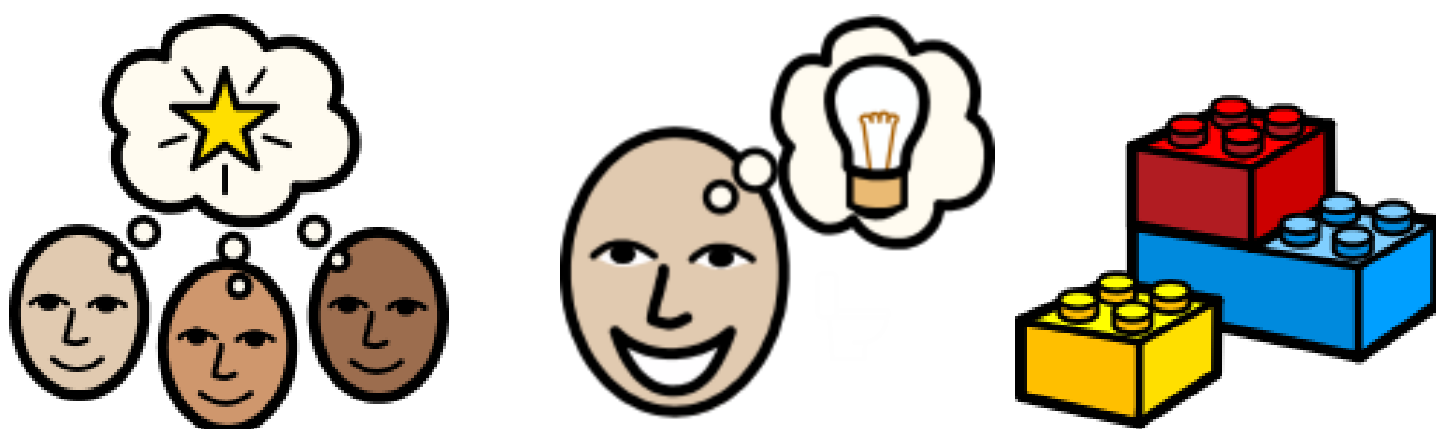
A social story is a short story written in a specific style. It describes what happens in a particular social situation or an upcoming event. They can also be a helpful tool for teaching new skills, such as toilet training or dressing.

The goal of a social story is to understand a situation from a child's perspective.

This approach helps to create a narrative that is both relatable and helpful for the child

Further NHS guidance on how to create a social story can be found here:

<https://www.sheffieldchildrens.nhs.uk/services/child-development-and-neurodisability/autism-home/autism-support/social-stories/>



Toileting

- Do you have a child over 5 years old who wets the bed at night?
- Does your child need help achieving night time dryness?

Sutton School Nursing Enuresis service may be able to help.

We run Enuresis (night time wetting) clinics twice a week offering skilled advice, guidance and ongoing support.

Please contact us on 020 8770 5409 or email hcpadmin@sutton.gov.uk to request a conversation with one of our School Nurses.



YoungMinds provides a range of information, advice and resources including wellbeing activities, toolkits and webinars to help you support the young people in your lives.

<https://www.youngminds.org.uk/parent/>



FIREWORK & BONFIRE SAFETY TIPS

FROM THE FIREMAN SAM TV SHOW AND
CHILD ACCIDENT PREVENTION TRUST



DID YOU KNOW?

Fireworks are exciting, but they **can be very dangerous**. Listen to your grown-up about where is a safe place to stand.

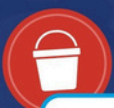


SPARKLERS



TIP #1

Keep your sparkly sparkler safely **away from other people** and don't run with them.



TIP #2

Once sparklers are finished, put them into a bucket of water, **don't pick them back up**.

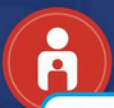


TIP #3

Wear your gloves when you hold sparklers and **keep them away from your body**.



BONFIRES



TIP #4

Stand at a safe distance from the bonfire and **stay close to the grown-ups**.



TIP #5

Don't be tempted to **throw things into the bonfire** or poke at it with sticks.

FIREWORKS



TIP #7

If you're going to a firework display, **hold hands with your grown-up** and stay with them all the time.



TIP #6

Leave your dressing up clothes at home on fireworks night, **wrap up warm instead**.



TIP #8

Put toys and phones away when you're out and about so you can focus on keeping safe and having fun!

DON'T PANIC...

If you do catch your clothes on a flame:

STOP, DROP and ROLL

STOP what you are doing.

DROP to the ground and cover your face with your hands.

ROLL over and over to put out the flames.



Practice your **STOP, DROP and ROLL** before bonfire night. Get your friends to try it too!



© 2022 Prism Art & Design Limited.
© 2022 HIT Entertainment Limited.

Produced in partnership with:



SUPPORTING YOUR CHILD'S ORAL HEALTH

Brush Twice a Day for Two Minutes

Children should brush their teeth in the morning after breakfast and at night before bed. Use a soft-bristled toothbrush and fluoride toothpaste appropriate for their age.

Support for younger children

For children under 7, assist them to ensure they brush properly, using gentle circular motions to clean all surfaces of the teeth and gum line.

Encourage Tooth-Friendly Snacks

Avoid sugary and acidic foods, such as sweets, fizzy drinks, and fruit juices, which can erode tooth enamel and lead to cavities. Water is the best drink to accompany meals and snacks.

Make it fun!

- Try listening to a song that is two minutes long to help keep yourself and your kids brushing for the full duration of time recommended.
- Reward Charts – Create a brushing chart with stickers for each time they brush.
- Let your child choose their own toothbrush that gets them excited about brushing.



How to find a dentist

Scan the QR code below or search 'find a dentist'



<https://www.nhs.uk/service-search/find-a-dentist>

TOP 3 INTERVENTIONS FOR PREVENTING TOOTH DECAY

Reduce the consumption of foods and drinks that contain sugars.

Brush teeth twice daily with fluoride toothpaste

Take your child to the dentist at least once a year

Measles

Don't let your child catch it – make sure they get the MMR vaccine

The number of young people catching measles has risen across Europe and the UK. Children are offered MMR vaccine to protect against measles, mumps and rubella just after their first birthday and a second dose at 3 years 4 months. For the best protection they need both these doses.

It's never too late to be vaccinated.

For more information contact your local GP surgery or visit: **pha.site/mmr**

If you need to contact an emergency or out of hours service, it is important to phone ahead if you are experiencing any of the signs and symptoms of measles.



Parenting Support



Parenting support programmes provide a safe space to share and learn together. Sutton offer a range of parenting courses:

- Small Change, Big Difference ASD course
- Being a Parent
- Being a Parent Together
- Time Out For Parents-Autism
- Time Out For Parents - Managing Anger
- Time Out for Parents - The Teen Years
- Coffee Information Sessions

These can be accessed via:

Sutton information Hub

<https://suttoninformationhub.org.uk/pages/parenting-support-1>

Sutton Health and Care have a selection of informative videos on a variety of topics such as School Readiness, child and adolescent wellbeing and toilet training.

www.youtube.com/channel/UCY7SrKjfgvkkci2vM-6Scg/videos

Feedback

We value all feedback and would like to hear your views on our service

Please use the link below to have your say:

<https://docs.google.com/forms/d/1NDfoOXgjAWGiXX35bIKNamvut5CrtNqy08EUljkGtWo/edit>



Together with you, in your local community

An alliance between:



Your local **GPs**



Your local **council**



Your local **hospital**



Your local **mental health services**