



School Nursing Weekly Newsletter: Covid19 edition

If your child lives or attends school in London Borough of Hounslow and you would like to speak to the School Nursing Team during the **COVID-19 outbreak**, please phone 020 3691 1012 or email [hrch.hounslow.schoolnurses@nhs.net](mailto:hrch.hounslow.schoolnurses@nhs.net) for free confidential health advice and support between Monday – Friday 9am – 5pm.

School Nurses can offer health advice on Diet & Nutrition, Growth & Development, Physical activity, Toileting, Sleep, Managing Behaviour, Keeping a Routine, Allergies, Stress & Anxiety, Relationships and More!

This week's health message;

★ **Healthy Relationships and Friendships** ★

To children and young people, relationships may play a key part in their well-being. Whilst healthy relationships can help a child feel secure and supported, unhealthy relationships can have a long-lasting, negative impact on children.

Source: <https://learning.nspcc.org.uk/safeguarding-child-protection-schools/promoting-healthy-relationships#heading-top>

**Tips on promoting healthy relationships: Early Years**

- Provide opportunities for children to play in different sized groups.
- Encourage boys and girls to play along side each other and avoid gender stereotyping.
- Talk about personal space; discuss some people may like it more or less than others and teach children to say “no” and if they don't want someone to touch them.
- Help children express their thoughts and feelings; ask children what they like or dislike about an activity.



**Tips on promoting healthy relationships: 5 -11 years**

- Praise children for demonstrating kindness, honesty and respect for others.
- Give children opportunities to voice their opinions and encourage them to listen to other people's views.
- Talk to children about bullying in all its forms and ensure they understand how to get help if they need it.
- Work with children to resolve conflicts and help them understand how others might be affected.

Ensure children and young people know how to get contact **Childline** if they need it.

<https://www.childline.org.uk/kids>  
(Childline website for under 12s)





★ **Try this:** *Saying goodbye to friends or school*

Many children will be finishing school this year or would have finished early due to coronavirus. Although it may be upsetting to children that they may have not been able to say goodbye in the way they would have hoped to, there are some things they can try if they are feeling down about leaving school.

- *Having a virtual goodbye*  
It could be useful to arrange a time for children and their friends to be online and say goodbye to each other.
- *Writing letters to the teachers you liked*  
Teachers can have a big effect on children and it may be tough for them; not being able to say thank you. Try to email or write letters for teachers that meant the most.
- *Letting your feelings out*  
To process and help children let their feelings out, encourage them to talk to someone they trust, or write out their feelings.



Find out more and visit:

[https://www.youtube.com/watch?time\\_continue=37&v=\\_SzbMEVYiyg&feature=emb\\_title](https://www.youtube.com/watch?time_continue=37&v=_SzbMEVYiyg&feature=emb_title) Talk PANTS  
YouTube song and animation (NSPCC)

<https://www.healthforkids.co.uk/grownups/healthy-minds/returning-to-school/>

<https://www.healthforkids.co.uk/feelings/bullying/>

<https://www.anti-bullyingalliance.org.uk/tools-information/advice-parents>

<https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching> Help teach  
children to stay safe online

★ **Remember:** Healthy relationships and friendships should make your child feel safe, happy and comfortable. Seek further help if you feel like something is not right.

