

# School Nurse Bulletin

Welcome to the Hampshire School Nursing Bulletin for primary school aged children.

Due to the current situation we find ourselves in regards to Covid-19 we are following national guidance and have ADAPTED our service delivery. We currently offer telephone advice/video conference calls regarding the following:

- Advice and signposting for emotional health, healthy lifestyle, relationships, sexual health and substance misuse
- Parenting advice: accident prevention, sleep and toilet training
- Supporting children and young people with complex or additional health needs
- Advice and signposting for schools when managing children and young people with health or behavioural needs
- Support for children and young people not in school in accessing health

## How to contact your school nursing team:

<https://www.southernhealth.nhs.uk/services/child-health-services/school-nursing/find-your-local-school-nursing-team/>

Or speak to your child's school.

## Coronavirus support for parents and carers

### NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

In May 2020 the UK government released information regarding face coverings. They state – “They **do not** need to be worn outdoors, while exercising, in schools, in workplaces such as offices and retail, by those who may find them difficult to wear, **such as children under two or primary aged children who cannot use them without assistance, or those who may have problems breathing while wearing a face covering.**”

<https://www.gov.uk/government/news/public-advised-to-cover-faces-in-enclosed-spaces>

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## Accessing healthcare for the sick child.

Some health and wellbeing concerns may be resolved by visiting the Wessex healthier together website at:

[www.What0-18.nhs.uk](http://www.What0-18.nhs.uk)



At this time, when everyone is preoccupied with COVID-19, it's really important to realise that not every illness your child has is due to COVID-19. All the 'normal' infections that can make children and babies really unwell still remain and there is a major risk that parents may delay bringing their child to the attention of a healthcare professionals even if they are unwell. If you are not sure if your child is unwell and whether they need to be seen by someone, then contact 111 or your GP to help you decide. GPs and hospitals are still providing the same safe care that they always do for children.

	Grazed knee. Sore throat. Cough. Stock your medicine cabinet.	<b>Self-care</b>
	Unwell? Unsure? GP surgery closed? Need help?	<b>NHS 111</b>
	Diarrhoea. Runny nose. Painful cough. Headache.	<b>Pharmacy</b>
	Vomiting. Ear pain. Stomach ache. Back ache.	<b>GP surgery</b>
	Choking. Chest pain. Blacking out. Blood loss.	<b>A&amp;E or 999</b> Emergencies only

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## Keeping safe whilst at home

Home can be an accident hotspot especially for younger children but there are some things you can do to make a difference:

- Keep hot things out of reach. Make sure hot drinks, straighteners etc. are kept in a safe space.
- Cleaning products. Many of us are taking the opportunity for a spring clean but remember to store all products away safely after use.
- Buttons batteries. These can do a lot of harm if swallowed. Check products to make sure they are secure and store spare batteries safely.
- Everyday painkillers are the most common way for children to be poisoned. Keep all medicines out of sight and ideally high up. Be aware of medication left in handbags or on bedside table.



### Prevent Fires



- Keep matches and lighters out of sight and out of reach.
- Stub cigarettes out properly and avoid smoking if very tired.
- Take care not to overload electrical sockets with extension leads and devices.
- Be prepared and make sure you have a working smoke alarm upstairs and downstairs, test that they are working once a month.
- Plan an escape route of the best way out of the house and keep any keys to doors/windows in one place that is easy to find.

### Garden Safety

- Most accidents on the trampoline happen when 2 or more people are using it.
- Teach children never to eat plants or berries that they have picked in the garden or whilst out on a walk.
- Keep gardening tools and products including screen wash locked in a shed or garage. Make sure electrical equipment is unplugged when not in use.
  - Always supervise children in paddling pools. Young children can drown in as little as 5cm of water.
  - With the warm weather, many of us are starting to enjoy BBQs. Remember that these can take many hours to cool down after use and could cause serious burns. BBQs should never be used in an enclosed space as all BBQs produce deadly carbon monoxide.



Visit <https://www.capt.org.uk/> for more information.

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## Keeping safe whilst on your daily exercise

We are all making the most of our daily exercise and getting out with our families. Here are some tips and information to help you keep safe.

- Children copy what we do as adults so try to avoid stepping into the road without checking for traffic.
- Younger children will often forget to follow the green cross code especially if excited or if they see a friend.
- Children find it difficult to judge the speed or distance of cars until about 8 years old with accidents peaking at 12 years as they start to be more independent.
- Children and young people can be absorbed in their mobile phones so remind them to not talk/text or listen to music whilst crossing the road.



### Cycling

- Get your child into the habit of wearing a helmet and if you are out as family, remember to wear yours too.



### Driving

- Keep an eye on your speed whilst out driving. A child is 3.5 times more likely to die if they are hit by a car doing between 30 – 40 mph.

### Tics

- Ticks are small, spider like creatures that are mainly found in areas with long grass.
- They attach themselves to the skin and feed off human/animal blood.
- Ticks can sometimes transmit microbes that can cause diseases such as Lyme disease.
- If you have been bitten then remove the tic as soon as possible. Using fine tipped tweezers or a tic removal tool, pinch the tic as close to the skin as possible. Pull upwards slowly and firmly. Once removed, clean the area and observe over several days.
- Contact your GP promptly if you start to develop flu-like symptoms or a red, bullseye rash.

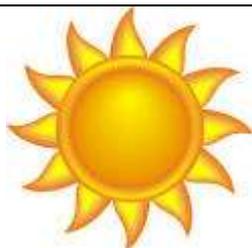
More information at: <https://www.nhs.uk/conditions/lyme-disease/>



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## Sun Safety



Skin cancer is now the most common form of cancer in the UK and cases are rising. Ultraviolet (UV) radiation from the sun can cause skin damage that leads to cancer but exposure can be easily prevented.

- Consider using clothing even when in the water for children and adults who can burn easily. Wear a hat with a brim to shade the head, face, neck and ears.
- UV radiation can also damage the eyes so wear sunglasses with a good quality lense.
- Generously apply sunscreen of SPF 30+ 20 – 30 minutes before going outside and reapply at least every 2 hours. Look for a sun cream with a 4 or 5 UVA rating on the bottle.
- Keep cool in the shade especially between 11am and 3pm.



### School Nursing Text Message Advice Service

Advice for parents and carers of children 5-19 in Hampshire

We can help you with all kinds of things, like:



**THIS IS NOT AN EMERGENCY SERVICE**  
For urgent attention please contact your GP or call 111 or 999

We support messaging from UK mobile numbers only, which will be charged at your normal rate.

The Chat Health text service is an easy way for young people 11-19 to confidentially ask for help with a range of issues. The service is manned by qualified school nurses who have a wealth of experience of working with young people. Chat Health is available Monday to Friday from 9am-4.30pm (excluding bank holidays).

***New Chat Health service for parents and carer's of 5 – 19 year olds launching on 01.06.2020.***



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## Mental Health Awareness Week 18 – 24 May 2020

Mental health problems can affect anyone at any time. The mental health foundation campaign every year around a certain theme to raise awareness. This year's theme is kindness.

**Kindness could transform our schools, places of work, communities and families. Let's shape a society that tips the balance in favour of good mental health, for all of us, but especially for those who are most vulnerable.**

During the week, we would like you to carry out or reflect on an **act of kindness**. Take a photo or video (with permission!) and use the hashtags: **#KindnessMatters**

**#MentalHealthAwarenessWeek**



### Emotional health and wellbeing pack

We have put together a pack of advice and signposting for your families' health and wellbeing during this difficult time.

If you have not received this from your school via email please contact them to request a copy.

You can also find advice and support at: <https://hampshirecamhs.nhs.uk/>

We would love your feedback on our School Nursing newsletter. Please click on the link below to complete a very short survey:

<https://www.surveymonkey.co.uk/r/YHYD2GD>

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