

# COVENTRY

## SCHOOL NURSING NEWSLETTER

Primary Schools



## WELCOME

A warm welcome to the Summer 2025 term! We hope you had a wonderful break and are looking forward to the warmer weather that is on its way. We can't wait to see all of you this term, whether it's for the National Child Measurement Programme (NCMP) or for an appointment we have arranged together. Remember, the school nursing service works all year round, Monday to Friday, excluding public and bank holidays.

**Phone: 01926 495321 Ext 7494**

Here's a reminder of how the School Nursing team can support you:

- Toileting
- Sleep
- Eating and diet
- Delivering the NCMP for Reception and Year 6 pupils
- Puberty
- Emotional health and relaxation techniques
- Managing behaviour
- Hygiene



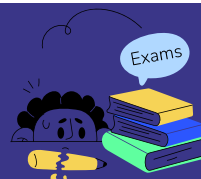
## Chat Health

ChatHealth is our Private and Confidential text messaging service for Parents/Carers/Guardians and also students.

As well as our main contact line, The School Nursing service can offer advice and support via text messaging between the hours of 9am-5pm, Monday to Friday Only (not monitored on bank holidays or weekends)

Parent Line: 07507329113  
Aged 11-19: 07507331949

## Exam Support



As the new term begins, schools will start preparing for exams, including the SATs. It is important for parents and caregivers to work together with teachers and support your child in managing any stress or anxiety they may experience during this time.

Here are some useful tips and advice:

**Make sure your child eats well:**

A balanced diet is essential for your child's health. This can also help them feel energised during exam periods. Remember high-fat, high-sugar and high-caffeine foods and drinks can make children hyperactive and irritable.

**Help your child get enough sleep:**

Good sleep improves thinking and concentration. Children need around 8 to 10 hours of sleep a night. It's important to allow time before bed for your child to wind down between studying, watching TV, or using any electronic device. This will help them settle down for bed and get a better night's sleep.

**Talk about any worries or exam nerves:**

Remind your child that it is normal to feel anxious, and help them by revising and practising any homework together. Encourage them to think about what they know and the time they've already put into studying to help them feel more confident. Practise mindfulness together to enable your child to relax their mind if they start to overthink.

## Contact Us

**01926 495321 Ext 7494**

[Swg-tr.contactschoolnursescoventry@nhs.net](mailto:Swg-tr.contactschoolnursescoventry@nhs.net)

Or text us via  ChatHealth

**07507 329 114 (Parent Line)**

**07507 331 949 (For 11-19 year olds)**



[Coventry School  
Nursing Team](#)



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## Stay Active

The warmer weather is fast approaching, and the clocks have gone forward, which means the official start of British Summer Time! What a great opportunity to start encouraging play outside with games or a walk to your local park. Being active and playing outdoors has many health benefits, which include:

- Vitamin D from the sunshine.
- Improved mental health
- Healthier bodies and improved fitness.



## Moving to Secondary

On March the 1st, you would have been notified of your child's secondary school place. Although this is an exciting time, we understand it can also feel daunting. Your chosen secondary school will be in touch with your child's current primary school to arrange transition days to help with the changes they will soon go through.

## Pet Safety Reminder

Owning a pet offers health benefits and companionship, but it's crucial for children to learn how to interact safely with pets. Resources from the Blue Cross charity provide guidance on ensuring safety for both children and pets. For more information visit: <https://www.bluecross.org.uk/advice/dog/bbehaviour-and-training/be-safe-with-dogs> or watch this video for parents and carers: <https://youtu.be/kgPJclzTKOO>



## Healthy Eating



Healthy eating and a balanced diet are important for growth and development, especially in children. The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. This does not necessarily need to be achieved with every meal, but trying to get the balance right over a day or even a week is a good idea.

## Did you know?

**Most people still do not eat enough fruit and vegetables, which should make up just over a third of the food we eat each day.**

Below is the Eat Well plate for a better idea of the types of foods to include, which will ensure you and your child(ren) get a healthy, balanced diet overall.



Eat at least 5 portions of variety of fruit & veg a day.

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates

Eat some beans, pulses, fish, eggs, meat and other protein foods

Have some dairy or dairy alternatives (such as soya drinks and yoghurts)

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