

Coventry School Nursing Newsletter

January 2021

A warm welcome to 2021

School Nursing has been working as normal supporting children and families at home and at school. We are thinking of you all and would like to remind you that our team are still here to support you.

A very warm welcome to 2021 from everyone in the School Nursing and Be Active Be Healthy teams. Let's hope we can return to enjoying the socialising with friends and family that we took for granted before the Covid-19 pandemic started. Luckily the vaccines are being rolled out and we can look forward to this year and to make some new year's resolutions!

Each year the children in Reception and Year 6 are measured and currently we are unable to start this due to Covid-19. Please be reassured that once it is safe to do so we will and be following all the infection control guidance.

However if you have any concern regarding your child's height and weight or other worries please text on 07507 331 949.



The New Year is a traditional time to reflect back and then look forwards to start thinking of healthy changes we can make. It's really important that we live as healthily as possible and we can add some small changes to our lives at any time throughout the year by adding an extra portion of vegetables to our diets and moving more. Try to mix things up with your child (ren) and when on walks jump to the next lamppost or hop or skip together. It's always funny to do this and exercising outside is always fun.

Who We Are:

When your child first enters school, health advice is transferred from the Health Visiting Service to the School Nursing Service.

This service continues until your child leaves education. The School Nursing Team provide an accessible service to children, young people, families, carers and members of the local community.

Confidentiality

Whilst we offer confidentiality, members of the School Nursing Team work in partnership with other agencies, where information may need to be shared in the best interest of your child.

Consent

The School Nurse Team will obtain consent from parents and carers before supporting children and young people. In secondary schools young people can access the School Nurse independently for advice and support without parental consent, although we would always encourage young people to speak with their parent / carer.



CONTACT US:

Moat House School Nurse Team:

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Charter School Nurse Team:

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Fruit & Veg in Season for January

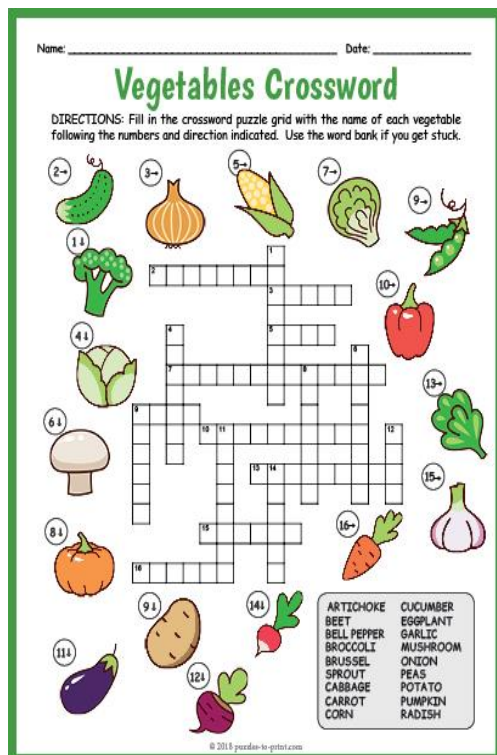


How about trying to use a new fruit or vegetable each week of January and cook up something different!

Apples, Beetroot, Brussel Sprouts, Carrots, Celeriac, Celery, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Red Cabbage, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, Turnips, White Cabbage

See the weblink below for tasty vegetarian recipes for children to try out!

<https://www.bbcgoodfood.com/recipes/collection/vegetarian-kids-recipes>



**Health
for Kids!**

HEALTH FOR TEENS

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RESOURCES

Check out a few of the great resources which may be of help to your School, families, primary and secondary school children:

There are lots of fun things you can do with your child(ren) to keep the family active during the winter months. Going on winter walks together, bike rides, scooter rides are a great way to get outside at least once a day. Mix it up with organising a treasure hunt and have a list of five or more things to find on your walk, for example a robin, a snow drop, a wild animal, ducks on a pond or a horse in a field. Use your 5 senses !

Or make an activity session around the playground doing star jumps, hopping, skipping, and jumping in certain areas in the spaces.

There are also lots of indoor work outs to do including:

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Or search for Joe Wicks or yoga with kids on you tube.

It is a good time to think about the food we eat and add extra portions of fruit and vegetables into our diet. But did you know that when we notice that we are feeling thirsty then that is a sign that we are already dehydrated? Often children especially do not drink enough at school and this can lead them to drinking a lot when they get home and they can have some bedwetting accidents. Offer drinks to the children at regular times throughout the day especially in the mornings and as soon as they have got home from school. Reception aged children need to drink at least 1000mls of water, or diluted squash (ideally not blackcurrant) or milk.

The web site below has some fabulous advice on eating a healthy diet and also some brilliant recipes too.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>



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RESOURCES

Getting your child's eye sight checked is also important, the younger the better.
This eye sight test is free for children. You can attend any optician.

Don't forget that children also should attend the dentist for check-ups too at least twice a year.
It might be a good idea to contact your practice nurse at the doctors if you think your child is not up to date with their childhood vaccinations.

Seasonal affective disorder (SAD) is a type of depression that comes and goes in a seasonal pattern.

SAD is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter.

What causes SAD?

The exact cause of SAD is not fully understood, but it's often linked to reduced exposure to sunlight during the shorter autumn and winter days. For more information go to:

www.nhs.uk/conditions/seasonal-affective-disorder-sad/treatment/

Would you like advice and support during these uncertain times ?

You can visit some of the following websites for more information and support on your mental health and wellbeing.

<https://www.nhs.uk/oneyou/every-mind-matters>

Ben.org.uk


youngminds.org.uk/

www.rethink.org/

www.mind.org.uk/cwriase.com/

The Mental Health Foundation has some helpful tips and ideas about coping with the COVID-19 outbreak and isolating:

www.mentalhealth.org.uk/publications/looking-after-your-mental-healthduring-coronavirus-outbreak

 <https://www.facebook.com/coventryfamilyhealthandlifestyleservice/>

 @CoventryFHLS



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