



SOLIHULL SCHOOL NURSING NEWSLETTER

WELCOME

A big welcome to the autumn 2024 term! We hope you had a lovely summer and have settled into the back-to-school (or, for some of you, new to school) routine. We look forward to seeing you all this term, whether this is for the National Child Measurement Programme (NCMP) or an appointment we have arranged together.

Remember, the school nursing service works all year round, Monday to Friday, excluding public and bank holidays.

Our main telephone line: 0121 726 6754

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



Immunisations

It is important to make sure that your child is vaccinated against different illnesses. The Immunisation team will soon notify your local school about their upcoming visit to give the flu nasal spray. In the meantime, you can check your child's vaccination status by visiting the following link: <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>.

Awareness Days

10th October - World Mental Health Day
Please take a look at a few links below for advice and help for your child's mental health:

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

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

11th November - 15th November

Anti-bullying week. To learn more around acts of kindness and ways to notice bullying behaviours please find below a useful website with some facts:

<https://anti-bullyingalliance.org.uk/anti-bullying-week>

18th - 24th November

National Self Care week. Making time to look after yourself is so important, take a look at the link below: <https://www.selfcareforum.org/events/self-care-week/>

Be Kind

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: 07480635496
Aged 11-19: 07520615730

SOLIHULL SCHOOL NURSING

NEWSLETTER

PAGE 2

Autumn Mindfulness

As the seasons change and we enter into Autumn, you'll notice the leaves changing colour, perhaps conkers on the ground and the outdoors appearing different compared to Summer. Autumn is a fantastic time of year to use the opportunity to practise mindfulness by heading outside with your little ones, family and/or friends and exploring or gathering what you can find in your local park, nature reserve or woodland area.

Mindfulness is another word for taking time to notice things around you. We also have our Health for Kids website which talks about the importance of Mindfulness and the positive effects it has on children.

<https://www.healthforkids.co.uk/feelings/mindfulness/>
<https://www.healthforkids.co.uk/solihull/>



Water Safety

Please remember the following safety tips:

- Stay away from the edge of waterways, lakes, and ponds, especially during this time of the year when they can be more slippery and hidden beneath fallen leaves, frost, ice, or snow.
- If you're walking at night, make sure to stick to well-lit areas and avoid walking near waterways in the dark.
- Teach children the importance of staying off ice as early as possible. When waterways freeze over, we cannot guarantee how thick the surface ice is, and it could break, leading to a fall into the water. Under no circumstances should you risk walking on ice!
- Keep your dog on a lead to prevent them from slipping on the edge of waterways or treading on ice and potentially falling into the water.



Firework, Bonfire & Sparkler safety

Remember to follow these safety guidelines during fireworks and bonfire displays:

- Adults should supervise the activity.
- Stand a safe distance away from bonfires and firework displays.
- Light fireworks at arm's length.
- Do not store or light fireworks in pockets or on streets/roads.
- Never return to a lit firework.
- Ensure bonfires are extinguished before leaving them.
- Wear gloves when using sparklers as they can get hot enough to cause burns.
- Do not wave sparklers near people, and dispose of them in a bucket of water after use.
- If you catch fire, stop, drop to the floor, cover your face, and roll to help put out the fire. Share this method with others to raise awareness.

Handwashing

With the cooler weather, we can expect more cold and flu outbreaks, as well as other bugs like Norovirus. It's important to remember to use good handwashing techniques and to remember "catch it, bin it, kill it!" Remember to wash your hands after blowing your nose, sneezing, or coughing to help stop the spread of germs. You can watch a video demonstrating good handwashing technique by following this link: <https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>



Moving onto Secondary?

Our website has information and some advice from new starters in year 7.

Visit www.healthforteens.co.uk click the growing up section, and search Making the Move: Primary to Secondary.