

# COVENTRY

## SCHOOL NURSING NEWSLETTER



A big welcome to the autumn 2023 term! We hope you had a lovely summer and have settled into the back-to-school (or, for some of you, new to secondary school) routine.

We look forward to seeing some of you in schools as Year 9 pupils complete their Health Assessments in the coming weeks.

The Coventry School Nursing service works all year round, Monday to Friday, excluding public and bank holidays.

Did you know you can refer yourself to the school nursing service? Call us on one of our numbers below or, message us via our ChatHealth text service (number below).



**07507 331 949**  
Line for 11-19 year olds

We are not an emergency service. If your concern is urgent, please call **999** or **111**.

### CATCH IT

Germ spread easily. Always carry tissues and use them to catch your cough or sneeze.



### BIN IT

Germ can live for several hours on tissues. Dispose of your tissue as soon as possible.



### KILL IT

Hands can transfer germ to every surface you touch. Clean your hands as soon as you can.



NHS

Alongside the cooler weather, you can expect this season to bring more cold/flu outbreaks, and other bugs, such as Norovirus. With that in mind, we wanted to remind everyone of the importance of using good handwashing techniques and to catch it, bin it, kill it! Remember to wash your hands after blowing your nose, sneezing and/or coughing to help stop the spread of germs!

**HAVE YOU VISITED  
OUR HEALTH FOR  
TEENS WEBSITE YET?**

**HEALTH FOR TEENS**

Check out our Health for Teens website. This website has been created especially for young people and is full of help and advice with; relationships, bullying, emotional health, anxiety, sleep, puberty, and more.

[www.healthforteens.co.uk/coventry/](http://www.healthforteens.co.uk/coventry/)



Supporting children, young people & families

## Secondary Schools

## WHO WE ARE

We wanted to remind you what the team can do for you. We support with the following:

- Sleep
- Challenges with eating and diet
- Changes to your body (puberty)
- Emotional health and how to relax
- Managing behaviour
- Hygiene
- Sexual Health

### Confidentiality

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

### Consent

In secondary schools, young people can access the School Nurse independently for advice and support without parental consent. However, we always encourage young people to speak with their parent/carer.

### Contact Us

**Moat House School Nurse Team:**

01926 495321 Ext 7494

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

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

**Charter Avenue School Nurse Team:**

01926 495321 Ext 7417

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



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### Secondary Schools

#### WATER SAFETY REMINDER

Whilst you settle into the coming months, we wanted to take this opportunity to remind you about water safety in the cooler seasons.



- Stay away from the edge of waterways, lakes and ponds. At this time of the year, these can be more slippery and hidden beneath fallen leaves, frost, ice or snow.



- When not walking in daylight, ensure you are walking in well-lit areas. Avoid walking near waterways in the dark.



- Remember to stay off ice! It's important to teach children the importance of staying off ice as early as you can. When waterways, lakes and ponds freeze over, we don't know how thick the surface ice is; it could break and plunge you to the depths of the water beneath it. Under no circumstances should you risk treading on ice!



- Keep your dog on a lead so they do not slip on the edge of waterways and/or tread on ice, risking falling into water.

If someone (including a pet) has fallen through ice, call for help and contact 999 or 112 – do not walk on the ice to attempt to rescue them yourself. For more information about what to do if someone has fallen through ice and about water safety visit <https://www.rlss.org.uk/pages/category/winter-water-safety>

#### WHAT TO DO IF YOU FALL THROUGH FROZEN WATER

1. Keep calm and shout for help.
2. Spread your arms across the surface of the ice in front of you.
3. If the ice is strong enough, kick your legs to slide onto the ice.
4. Lie flat and pull yourself towards the bank.
5. If the ice breaks, work your way to the bank.
6. If you cannot climb out, wait for help and keep as still as possible. Preserve heat by pressing your arms by your side and keeping your legs together. Keep your head clear of the water.
7. Once you are safe, go to hospital immediately for a check-up.

Remember to Float to Live! For more information visit RNLI – <https://rnli.org/safety/float>

#### FIREWORK, BONFIRE AND SPARKLER SAFETY

- Adults should supervise fireworks and bonfire displays – ensure you have a responsible adult accompanying you.
- Stand safely away from bonfires and firework displays. Fireworks should be lit an arm's length away from you.
- Fireworks should not be stored in pockets or lit on streets/roads.
- Never go back to a lit firework.
- Ensure bonfires have been put out safely before leaving them.
- Wear gloves when using sparklers; they get hot enough to cause severe burns.
- Don't wave sparklers near people; put them in a bucket of water when you are done with them.
- If you catch fire, don't run – stop what you are doing, drop to the floor, cover your face and roll on the floor to help put the fire out. Share this method with others.

There is lots of safety information about fireworks, sparklers and bonfires, as well as information about fireworks and the law. Please take a look at some of the links below:

<https://www.rosipa.com/home-safety/advice/fireworks-safety>  
<https://capt.org.uk/stop-drop-and-roll/>  
<https://capt.org.uk/firework-safety/>

#### Contact Us

##### Moat House School Nurse Team:

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##### ChatHealth 07507 331 949 (For 11-19 year olds)

##### Charter Avenue School Nurse Team:

01926 495321 Ext 7417

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## SEXUAL HEALTH SUPPORT

Did you know September was sexual health awareness month? As the name suggests, the campaign was created to promote knowledge and information about sexual and reproductive health. We wanted to remind you that you have access to free sexual health services in Coventry via an organisation called ISHS (Integrated Sexual Health Services). You can call them on: 0300 020 0027, or you can contact them online:

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



Join thousands of people quit smoking this Stoptober! If you need support, contact the School Nursing team on the contact details below advising them you want help to quit smoking.

Keep an eye on our social media pages for more advice and motivation! You can do this!



Tuesday 10th October 2023 was World Mental Health Day. We wanted to remind you of some of the ways you can support your mental health.

- Communicate – speak to trusted adults and friends.
- Get active – getting physically or creatively active can help you feel better, so get singing, dancing, painting or playing sport whatever helps you!
- Eat a healthy balanced diet (healthy body = healthy mind) and drink plenty of water.
- Get a good nights sleep.
- Take time for yourself to do mindfulness activities to help you to relax.

For more information and support for mental health see below links:

YoungMinds – fighting for young people's mental health

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

Health for Teens – information about low mood

<https://www.healthforteens.co.uk/feelings/low-mood/>

NHS-Every Mind Matters <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/#top-tips>

RISE/CAMHS

[www.cwriase.com](http://www.cwriase.com)

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HELLO  
Meet the team

**Keri O'Toole**

**School Nurse and Mentor**



My name is Keri. Before working in the School Nursing service, I was a children's nurse and following the completion of my nursing degree, I worked on a children and adolescent ward for a number of years. In 2016, I joined the Coventry School Nursing team as a Staff Nurse, and in 2018, I completed the Specialist Community Public Health Nursing (SCPHN) training and began working as a School Nurse within the team.

The best part of the role is getting to meet children, young people and families at events like the Godiva Festival and Motofest, where the team get to share information, resources and sometimes freebies when promoting public health.

Outside of work, I love spending time with my chocolate Labrador!

### Coventry Holiday Activities and Food Programme

Have you heard about the Coventry Holiday Activities and Food (HAF) programme run by Coventry City Council? HAF provides free activities, experiences, and food for eligible children and young people during the school holidays.

To find out more about visit:  
[www.coventry.gov.uk/haf](http://www.coventry.gov.uk/haf)



### Do you have a hidden disability?



Do you have a condition that is not obvious? If so did you know you can apply for a sunflower lanyard? Wearing the sunflower is a discreet way of letting someone know you may need additional support when you are out and about.

Click below for more info:

<https://hiddendisabilitiesstore.com/about-hidden-disabilities-sunflower>

**Autism support**  
[www.daisychainproject.co.uk](http://www.daisychainproject.co.uk)  
[www.autism.org.uk](http://www.autism.org.uk)

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