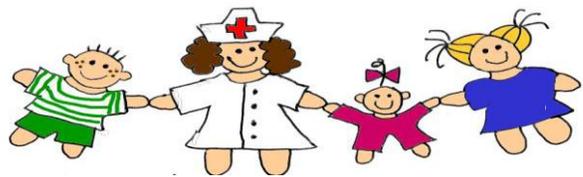


SCHOOL NURSE NEWSLETTER



Welcome to Term 3 newsletter for Peterborough and Cambridgeshire Special Needs Schools. This newsletter will cover topics that refer to issues families are experiencing due to the current Covid 19 restrictions and guidelines. We hope you find it helpful.

Staying safe

We have been put in to a national lockdown again as coronavirus is spreading fast. Some children will be at home again to help reduce the spread and to shield. This can be a stressful environment for families. Here are some tips to looking after your families' mental wellbeing whilst we are all staying at home

1. Keep up to date using reliable sources such as NHS Choices and BBC news. Limit your time doing this.
2. Keep active, great for the mind and body.
3. Keep connected, speak to family and friends.
4. Be prepared, thinking about food, medicines.
5. Keep in a routine.
6. Be occupied; keep busy with crafts, walks.
7. Be helpful, this can make others and yourself feel good.
8. Be relaxed, meditation exercises.
9. Be heard, talk about how you are feeling or even write it down in journal
10. Be positive

Covid 19 vaccination

The Covid 19 vaccine is safe and effective. It gives you the best protection against corona virus.

The NHS is currently offering it to people most at risk from corona virus. You will be contacted when it is your turn to have the vaccine.

You will have two doses in to your upper arm, the second dose given 3-12 weeks after the first. You will have some protection after the first vaccine but the dose is complete after your second. The vaccines have met strict standards of safety, quality and effectiveness. Millions of people have already received the vaccine with very few serious side effects being reported.

You may still be able to spread coronavirus after being vaccinated so it's important to still follow the social distancing guidelines.

For more information please go to

www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/

Keeping active

Exercising is not only good for you physically but it is also good for your mental health and can help us all relax and worry less. www.nhs.uk/change4life website has lots of exercises that can be done inside or out and can be adapted for children with all abilities.

Judy's hopathon

- 1> Mark out a start and finish line. At the finish line, make a pile of your favourite cuddly toys.
- 2> Start a stopwatch and hop from the start to the finish, pick up a toy and hop back to the start.
- 3> Keep going until all of the toys are on the start line, then stop the clock.

www.nhs.uk/10-minute-shake-up/shake-ups/judys-hopathon

Single parents and carers

So many single parent families are worried about the impact of Covid 19 on them and their families. For more information please visit:

www.gingerbread.org.uk/covid-19-response/



Please do visit the GP for other illness and concerns you may have. Some people are seeking medical advice too late and presenting sicker than they would have under normal circumstances.

Did you know...?

If you have a child with additional needs you are within your rights to ask your healthcare provider to make the necessary changes so you can access or use their services. This may mean

- requesting an appointment that suits your child for example, earlier or later when it is quieter and you won't have to wait as long
- A separate room/area to wait.



Healthy Eating

5 A DAY

Fruits and vegetables are full of important vitamins, minerals and fibre. Eating 5 portions a day enables us to get those nutrients and stay healthy. The amount we eat depends on how big we are, generally for children a portion is what they could hold in the palm of their hand.

What counts?

- Fresh fruit and vegetables. Picking fruit and veg that is in season can work out cheaper and taste nicer
- Frozen fruit and vegetables
- Tinned fruit and vegetables (try to use those with no added salt and sugars).
- 150ml of unsweetened fruit juice, vegetable juice or smoothie counts towards your 5 a day.

Below are some veggie packed recipes

www.nhs.uk/change4life/recipes?filter=vegpacked#filters

Useful resources

www.autismlittlelearners.com/search/label/COVID-19

www.nhs.uk/conditions/coronavirus-covid-19/

www.youngminds.org.uk

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

<https://www.mencap.org.uk/advice-and-support/coronavirus-covid-19/coronavirus-ways-keep-busy>

www.autism.org.uk/advice-and-guidance/resources/tips-for-autistic-people-and-families

www.autism.org.uk/about/strategies/visual-supports

Download the NHS Covid 19 app now on apple and google play

<https://covid19.nhs.uk/help-downloading.html>

Sleep tips

Without the usual routine of school, work and activities the whole families sleep may become affected. This can particularly affect children with Developmental disabilities and autism who are often sensitive to changes in routine.

We can try to keep our body clocks in the same rhythm by:

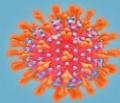
- Keeping within an hour of when you would all normally wake.
- Getting as much daylight as possible by going for walks, opening curtains/blinds first thing.
- Using a daily timetable to create structure. Visual timetable can be used for children with autism.
- Exercising.
- Sticking to the same bedtime and routine.
- Turning off screens an hour before bed.
- Talking about how we are feeling, anxieties can cause sleep disruptions.
- Using body relaxation exercise.

For more information please visit:

www.evelinalondon.nhs.uk/our-vices/hospital/sleep-medicine-department/coronavirus-sleep-tips.aspx

Coronavirus

Back in lockdown



5
4
3
2
1



Covid is spreading fast. We are back in lockdown and must all stay at home. Only go out for

- * Food shopping
- * Exercise and wellbeing
- * Health or care needs
- * Work if you need to

If you do go out be careful



Wear a face mask to help stop spreading coronavirus



Keep your distance from other people



Wash your hands to kill Covid germs



Get back home quickly



If you feel unwell
Stay at home
Call 111 or your GP
If life is in danger call 999

Our next newsletter will be sent out after February Half term. Stay safe.

For further information or support please contact us at: CCS-TR.SNSN@nhs.net