SCHOOL NURSE NEWSLETTER



Welcome to our newsletter for Peterborough and Cambridgeshire Special Needs Schools. The aim of this newsletter is to provide health information and advice on current matters. We hope you find it helpful.

Who we are

We provide a specialist nursing service for children and young people with additional needs accessing schools.

Kathy Unwin - Special needs School Nurse Sister Lisa Flowers - Special needs School Nurse Sister Tracy Whitwell - Special needs School Nurse Sister Sarah Jeyes - Special needs School Nurse Sister Gemma Farrand - Special needs School Nurse Amy Gannon - Special School Nursing Assistant

How we can help

- Advice & support in areas such as their child's diet, exercise and sleep.
- Child specific training and competency assessments and support for school staff.
- Continence assessments and toileting support.
- Heights, weights, blood pressures and blood tests. Liaison between specialist services and primary care teams.
- Safeguarding involvement and support.

You can learn more about our team and service on our website

https://www.cambscommunityservices.nhs.uk/what-we-do/childrenyoung-people-health-services-cambridgeshire/contact

Covid 19

England has moved to Plan B in response to the risks of the Omicron variant.

- Get vaccinated and get your booster dose
- Wear a face covering in most indoor public places and on public transport
- Work from home, if you can
- Let fresh air in if you meet indoors. Meeting outdoors is safer
- Get tested and self-isolate if required



Useful resources

www.youngminds.org.uk www.gingerbread.org.uk www.anaphlaxis.org.uk www.healthychildren.org www.caringtogether.org

www.asthma.org.uk www.kidshealth.org www.autism.org.uk www.epilepsy.org.uk www.eric.org.uk

www.nhs.uk/healthier-families www.mencap.org.uk www.seeability.org www.pinpoint-cambs.org.uk



FOR YOUNG PEOPLE AGED 11-19 YEARS OLD

NHS

OPEN Monday - Friday 9.30am - 4.00pm

Text: 07480 635 443 to start a conversation

Keep Moving

For children to lead a healthy lifestyle they need to move as much as possible. Being active for at least 60 minutes each day helps keep their hearts healthy and their bones strong - and if they have additional needs, this is just as important.

Activity Alliance and Disability Rights UK have developed an everyday guide to being active for people living with an impairment or medical condition, to download this click here

Other sites to visit:

Join **SCIP** where you will receive email updates on local groups, clubs and provisions.

Living sport provides information on local clubs and activities, including activities for children and young people with special educational needs and disabilities.

Level water provide free swimming lessons for children with disabilities in Cambridgeshire.





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Toileting

Using a toilet/potty is a new skill for your child to learn, just because your child has learning or physical disability doesn't necessarily mean they will not be able to use a toilet. When they are ready most children are able to control their bladder and bowel, it may be hard work for them and you but it will be worth it in the end. If your child isn't showing the usual signs of toilet readiness there are ways that you can encourage this. ERIC the Children's Bladder and Bowel Charity has lots of useful information around toilet training for children with additional needs. Our team has put together a Continence workshop which provides further information on toileting, if

Top tips for sleep issues in children

CCS-TR.SNSN@nhs.net

you would like to watch this please contact us:

- Explore reasons for your child's sleep issues.

 Sensory processing difficulties, lack of understanding about night and day or medical issues.
- Record what is happening by using a <u>Sleep Diary</u>.
 Share this information with professionals
- Use visual clues to support your child's understanding. Visual timetables
- Avoid Screen time an hour before bedtime. Screens have been shown to hinder the melatonin production making it harder for your child to fall to sleen
- Review your child's diet. Ensure that they are not eating or drinking anything sugar loaded before hedtime
- Ensure that your child is in a routine. Children thrive on a regular routine such as bath, reading/gentle music and bed.
- Review your child's bedroom. Assess whether it is a good environment to promote sleep and meet their sensory needs.

For a printable advice sheet from the sleep charity click here



Keeping our teeth healthy
Oral health day 20th March 2022



5 steps TO GOOD ORAL CARE



Brush your teeth twice a day
Use a soft toothbrush, fluoride toothpaste and brush

once in the morning and once at night.

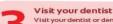
Don't swallow the toothpaste – spit it out in the basin!





Limit sugary snacks & drinks

Remember to eat lots of fruit and vegetables! Try to limit sugary drinks – water or a glass of milk is healthier for your teeth.



Visit your dentist or dental hygienist regularly to help keep your teeth and gums healthy.

Mom and Dad: Start dental visits early & build enthusiasm





Floss

As soon as you've got 2 teeth that touch, you (along with you Mom or Dad) should floss to remove the plaque.

Hold the floss between your fingers, and gently rub the floss between your teeth.

Change your toothbrush every 3 months
If the bristles on your toothbrush are looking worn, they won't
remove as much plaque so it's time for a new one!
Ask your Mom or Dad for a new toothbrush every 3 months.



Go to www.colgatebsbf.com for more information

Healthier Families

The Change for life website now has a new look and name, <u>Healthier families</u> but the aim is still to help families eat better and move more.

Give your family a fruit and veg boost this new year by following one of the Healthier families fruit and veg plan. By boosting the fruit and veg in your daily diet you're helping to protect yourself and your family from diseases like heart disease and some cancers, plus you don't need to make any big changes to your current diet or go without all the foods you love. Sign up here to take the first step towards healthier eating.



healthier families

Our next newsletter will be sent out after February half term.

For further support and advice please go to CCS-TR.SNSN@nhs.net

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