

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/children-young-people-health-services-cambridgeshire/contact>

Useful resources

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| www.youngminds.org.uk | www.ashma.org.uk |
| www.gingerbread.org.uk | www.kidshealth.org |
| www.anaphlaxis.org.uk | www.autism.org.uk |
| www.healthychildren.org | www.epilepsy.org.uk |
| www.caringtogether.org | www.eric.org.uk |
| www.nhs.uk/healthier-families | www.mencap.org.uk |
| www.seeability.org | www.pinpoint-cambs.org.uk |

ChatHealth
Cambridgeshire and Peterborough

NHS

FOR YOUNG PEOPLE AGED 11-19 YEARS OLD

WE HELP YOUNG PEOPLE WITH ALL KINDS OF THINGS LIKE...
 EMOTIONAL HEALTH
 RELATIONSHIPS
 SELF HARM
 BULLYING
 ALCOHOL HARM
 HEALTHY EATING
 DRUGS
 SMOKING

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.



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

HM Government

Let's keep life moving.

FRESH AIR
 TESTING
 FACE COVERINGS
 APP
 HANDWASHING

gov.uk/coronavirus

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 Contenance workshop which provides further information on toileting, if you would like to watch this please contact us: CCS-TR.SNSN@nhs.net

Top tips for sleep issues in children

- Zzz** Explore reasons for your child's sleep issues. Sensory processing difficulties, lack of understanding about night and day or medical issues.
- Zzz** Record what is happening by using a [Sleep Diary](#). Share this information with professionals
- Zzz** Use visual clues to support your child's understanding. [Visual timetables](#)
- Zzz** 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 sleep.
- Zzz** Review your child's diet. Ensure that they are not eating or drinking anything sugar loaded before bedtime.
- Zzz** Ensure that your child is in a routine. Children thrive on a regular routine such as bath, reading/gentle music and bed.
- Zzz** 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](#)

the national sleep helpline

the Sleep Charity Furniture Village

Helping Everyone to Sleep Better

03303 530 541

Available Sunday - Thursday | 7pm - 9pm

World sleep day 19/03/2022

Keeping our teeth healthy Oral health day 20th March 2022



5 steps TO GOOD ORAL CARE

1 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!



2 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.



3 Visit your dentist
Visit your dentist or dental hygienist regularly to help keep your teeth and gums healthy.
Mom and Dad: Start dental visits early & build enthusiasm.



4 Floss
As soon as you've got 2 teeth that touch, you (along with your Mom or Dad) should floss to remove the plaque.
Hold the floss between your fingers, and gently rub the floss between your teeth.



5 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, [Healthier families](#) 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.

Better Health 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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