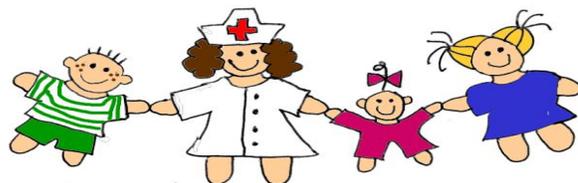


SCHOOL NURSE NEWSLETTER



Welcome to Term 2 newsletter for Peterborough and Cambridgeshire Special Needs Schools. The aim of this newsletter is to provide health information and advice on topics that as school nurses we frequently see.

Who we are

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

Our service is provided through Cambridgeshire Community Services NHS Trust and we work as part of the Children's Community Nursing Team.

Kathy Unwin - Special needs School Nurse Sister

Hollie Carlisle - Special needs School Nurse Sister

Tracy Whitwell - Special needs School Nurse Sister

Gemma Farrand - Special needs School Nurse

Amy Gannon - Special School Nursing Assistant

How we can help

- Telephone advice/support for families
- Child specific training and competency assessments for school staff
- Continence assessment/workshops
- Heights, weights and blood pressures (following referral from an appropriate professional)
- Thyroid function tests
- Liaison between specialist services and primary care teams
- Safeguarding involvement and support

Flu Jabs

The Flu Jab is available each year to protect children and adults at risk from flu and its complications. This year, more than any, it is important to make sure this is done. Not only for those at risk, but for the families around them. If your child is in the 'at risk' category, it is so important for parents, siblings and other family members to be vaccinated also.

All Children will be vaccinated in schools by the immunisation team but for family members please get in contact with your GP who will advise you further.

For more information please visit:

www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine

Keeping active

Each newsletter we will attach different exercise you can do at home from the change4life website. Activities can be adapted for different abilities.

Bo Peep has lost her sheep can you race around and head them back home?

1. Grab 10 toys and 2 towels.
2. The toys are your sheep. Share them equally between yourself and a friend. Use the towels to make a home for your sheep
3. Pretend the toys are sheep and the blanket is a farmer's sheep pen.
4. You hide your friend's 5 toys, and then they hide your toys. On the count of 3, both go and find your sheep and bring them home to the pen. The first one to find their 5 toys wins! Keep playing for 10 minutes.



Emotional health & wellbeing

Having a good emotional health is as important as being physically healthy. It's about how we think feel and behave. It's feeling positive about life/work/school and having good relationships with family and friends. Throughout childhood and adolescents big events occur that can affect mood such as toileting, starting school, hormonal changes and relationship difficulties. Talking to our children and seeking advice and help is crucial to maintaining good emotional health and wellbeing.

For further information visit

www.nhs.uk/oneyou/every-mind-matters/

Toileting

Using a toilet/potty is a new skill for your child to learn, just because your child has a learning or physical disability doesn't necessarily mean they can't be toilet trained. 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. For the majority of children with mild to moderate learning disabilities the best advice is to start by simply treating them as you would any other child.

ERIC the bowel and bladder charity has lots of information and guidance around toilet training for children with additional needs.

If you require further support or advice please contact us at CCS.TR.SNSN@nhs.net

We are currently in the process of filming our Continence workshop so that we can still provide further information remotely to families that require it.



Useful resources

www.eric.org.uk

www.youngminds.org.uk

www.changeforlife.org.uk

www.asthma.org.uk

www.epilepsy.org.uk

www.anaphlaxis.org.uk

Take care of your teeth and gums-NHS Choices

Looking after your eyes-NHS Choices

How to wash your hands-NHS Choices

www.kidshealth.org

www.autism.org.uk

www.healthychildren.org

Healthy Eating

Sugar swaps

Cutting 1 or 2 sugary foods in your child's diet can make a huge difference. Here are some ideas of how you can do this.

Cereal swap

Look out for cereal that has all green traffic lights on the food label. You can then add chopped bananas or berries to sweeten it and they'll be getting part of their 5 a day too!

Lunch box swaps

Instead of chocolate bars/biscuits you could replace this with malt loaf, fruit teacake, fromage frais yoghurt or sugar free jelly.

Snack swaps

Instead of sugary after school snacks try a scotch pancake or crumpet, plain rice cakes or popcorn, veggie sticks and hummous.

Look out for the change for life 'Good Choice Badge' on food items when in supermarkets.

Our next newsletter will be sent out in the New Year. We hope you have a lovely Christmas.

For further information the School Nursing email address is: CCS.TR.SNSN@nhs.net

CHECK IT OUT!

Did you know that you can get a free yearly health check if you're aged 14 or over?

- ✓ Do you have a learning disability?
- ✓ Are you aged 14 or over?

Ask for a **free learning disability health check** at your local GP practice.