



Welcome to our fifth edition of the School Health newsletter

The hot topic this issue is safety

School Nurses are experienced Qualified Registered Nurses who have undertaken further study at degree level for a Specialist Public Health Qualification, making them the most suitable professional to work with Children, families and young people in promoting and protecting health. There are a number of practitioners who can also prescribe from the Nurses Prescribing Formulary



School Nurses provide holistic assessment of the health and wellbeing needs of children and young people. Offering health advice and promotion, signposting and referral to other services. Providing a link between school, home and the community. The 0-19 public health nursing service consists of Health Visitors and Specialist Public Health School Nurses. The Health Visitors work with the 0-5 and the 5-19 age group are supported by the Specialist Public Health School Nurses.

The 0-19 service also offers the NCMP (growth measurements for FS2 and year 6 children), Audiology assessments (hearing testing) and classroom based Personal, Social, Hygiene Education.

We can support children and young people aged 5-19 who need additional support around the following areas.

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|--|---------------------------|
| Enuresis (bed wetting), | Sexual health |
| Encoporesis (child pooing their pants) | Body image worries |
| Diet and nutrition | Physical health concerns |
| Behaviour | Eating disorders |
| Sleep | Drug and alcohol support |
| Emotional wellbeing | Relationship difficulties |
| Managing minor illness | Bullying |
| Weight management | Stress management |
| | Parenting |

The 0-19 Integrated Public Health Nursing Service is available

8.30am-5.00pm Monday to Friday

Tel: 01482 336634/344301 Text: 'school nurse' to 61825

email: hull.cypcommunityservices@nhs.net

Hot Topic: Safety

Bonfire Night

If you're having a firework display at home this year, remember these tips:

- 1) Never throw fireworks
- 2) Never return to a lit firework
- 3) Always wear gloves with sparklers, hold at arms length, and hold one at a time
- 4) Stand well back from bonfire and firework displays
- 5) Keep fireworks in a closed box
- 6) Consider our local Covid-19 restrictions, maintaining distance from people outside your bubble



Dark Nights

Now the clocks have gone back, the darker evenings can have a big impact. Follow these simple steps to stay safe:

If your child travels to and from school alone, encourage them to walk with friends on a well lit and familiar route, avoiding dark short cuts



Make sure you know where your child is, and have agreed times to come home

Encourage your child to walk in groups when possible

Some children may feel afraid or unsure in the dark, it may help to sit with them and explain this using a globe to demonstrate the earth's rotations

Have a safety plan with your child if they do have to walk alone in the dark. For example emergency numbers in their

Internet Safety

The internet is a fantastic source of information, but it can be hard knowing how to keep our children safe online

Remember the internet isn't all bad, there are some fantastic resources available for children, and it allows them to keep in touch with friends

Talk to your children about what they do online, and ask them to show you. Remind them if anything makes them feel uncomfortable online to speak to you, or a trusted adult



Check the privacy settings on your child's device, and talk about what is appropriate to share online

There are some fantastic resources online for children and parents about internet safety (www.saferinternet.org NSPCC and www.thinkuknow.org) try looking at these together

Road Safety

1) Children need to be visible to cars, bikes and pedestrians, think about reflective strips on coats, gloves and bags

2) Speak to your children and teenagers about road safety, encourage them to use pedestrian crossings and cross at well lit parts of the road. Look at [The Green Cross Code](#) together



3) Discourage the use of earphones when out and about so traffic can be heard

4) Make sure bikes are fit with lights which work, and your child has a well fitting helmet

