



Welcome to our ninth edition of the School Health newsletter

The hot topic this issue is 'The new normal'

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 integrated public health nursing service consists of Health Visitors and Specialist Public Health School Nurses who are supported by Public Health Nurses and Health and Development Practitioners. 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 |
| | 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

School Nursing updates



Primary Schools

Over the coming weeks the Specialist Public Health Nurses supported by the Public Health Nurses will be linking in with all the primary schools across the city. Building up those strong links between Health and Education.

The 0-19 Integrated Public Health team are here to support children and their parent/carers who require some additional support with health related matters.

Secondary Schools

Throughout lockdown the school nurses have continued to make regular contact with all secondary schools and pupil referral units. The school nurse pop-ins have continued to run within some provisions, following covid19 restrictions.

We are hopeful that all the pop-ins will recommence when schools return in the coming weeks.

Young people aged 16-19

School nurses are also here to support young people aged 16-19. There are no scheduled pop-ins but arrangements can be made to access support.

Other updates

Children/young people who are registered as home educated, children/young people who have an Education Health Care Plan in place and children not in education or training will be offered an annual health assessment. You will be contacted by the 0-19 Integrated Public Health Team to make arrangements for a home visit.

Hot Topic: 'The New Normal'

How are you feeling?

Fear and anxiety are possibly the most common emotional responses any of us will feel as we approach the release from lockdown. Finding a way to pull ourselves through lockdown took a lot of our emotional energy and we may have found a place that lets us cope, and that we don't want to leave behind just yet.



Many of us fear becoming ill with the virus or passing infection on to loved ones, as the risk increases when people interact. This is an entirely normal response, but risk can be reduced by following the guidelines. Every time we go back to something it is going to feel unusual or even scary. We might feel nervous or anxious.

That may be because we haven't done it in a while, and we've forgotten how it feels – like going to school. It might be because things have changed because of the pandemic and the routines have changed – like one-way systems, queues and wearing of masks.

It's important to acknowledge that these feelings are reasonable, and to expect them. It's only by building up tolerance gently that we can move through these fears. More information on how to manage can be found on www.howareyoufeeling.org.uk or www.mentalhealth.org.uk

How can you prepare? Time to re-establish your routine

Reconnect– During the pandemic you may have lost contact with friends and family, now is the time to reconnect. Start by making that phone call you've been meaning to make, send a message, post them a letter, arrange to meet (following government guidelines). Friendships offer a number of emotional health benefits, such as increased feelings of belonging, purpose, increased levels of happiness, reduced levels of stress, improved self-worth and confidence.

Sleep routine - Having a regular bedtime routine is important at all ages, children aged 6-12 need between 9-12 hours sleep per night, children/young people aged 12-16 need between 8-10 hours sleep per night. More information- www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/

Eating habits - Eating three meals per day, breakfast is important for kick starting the metabolism. Ensuring you are making the right choices. More information can be found on www.nhs.uk/change4life

Exercise - Children should aim for 60 minutes of activity each day. We know that may feel difficult right now, moderate intensity exercise will raise your heart rate, and make you breathe faster and feel warmer. Exercise can be done without a cost here are some examples: Walking, running, riding a scooter, skateboarding, rollerblading, walking the dog, cycling on level ground or ground with few hills. Change 4 life have lots of other ideas for fun activities on their website- <https://www.nhs.uk/change4life/activities>

Returning to school– Barnardos Hull have created a useful guide for children 7-11 around returning to school click on the link below:

<https://static1.squarespace.com/static/5d5ab9591f704e0001ea3725/t/5f087639f829965e850c8581/1594390075310/>

[Barnardo s Returning to School Life After Lockdown Guide Final PDF With Editable Boxes.pdf](#)

