



Welcome to our twelfth edition of the School Health newsletter

The hot topic this issue is Summer 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 offer to schools from the 0-19 public health nursing service is responsive to the needs of the children, young people and their families. The 0-5 age group are predominately supported by our Health Visiting service, whilst the 5-19 age group are supported by 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 |
| Encopresis (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: Summer Safety

Sun Safety



Summer has arrived and the sun is shining! Remember to protect your skin and eyes from its harmful rays.

Here are some handy tips to stay sun safe:



1. Stay in the shade when possible, especially between the hours of 11am and 3pm when the sun is at its strongest.

2. Use a good sunscreen, SPF 30 to cover all exposed areas of skin. Apply generously 20-30 minutes before going out, and reapply at least every 2 hours.

3. UV radiation can damage eyes, so wear good quality sunglasses with UV filters. Wraparound styles are the best.



4. Cover as much skin as possible with clothing when in the sun especially areas which burn easily such as the shoulders. A wide brim hat will help protect head, face ears and neck.



5. Water. Encourage children and teenagers to drink regularly to stay hydrated.

Take a look on www.britishskinfoundation.org.uk or www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids for more helpful tips.

Water Safety

Trips to the beach, paddling pools in the garden and splashing in streams are fun, but water safety is about keeping children and young people safe both in and out of the home.



Always supervise children when in or around water.



Be aware of the risks in the home, the garden, and your local area.



Empty pools, buckets immediately after use and store upside down.



Talk to older children about the dangers of swimming in open water, strong currents, cold water and hazards under the water.



Consider lessons to teach the lifesaving skills of swimming, floating and entering and exiting water safely.

Useful websites

www.rnli.org have some fantastic resources about water safety for all different ages

www.swimsafe.org.uk offer water safety sessions on the east coast for children aged 7 and up who can swim over 25m unaided.

www.capt.org.uk The Child Accident Prevention Trust provides information on water safety.

<p>Self Care Stock your medicine cabinet</p> <p>Minor cuts and grazes Bruises and minor sprains Coughs and colds</p>	<p>Pharmacy No appointment required</p> <p>Minor illnesses Headache Stomach upsets Bites and stings</p>	<p>NHS 111 24 hours a day</p> <p>Dial 111 for urgent medical concerns</p>	<p>GP Advice Out of Hours call 111</p> <p>Persistent symptoms Chronic pain Long term conditions</p>	<p>A&E or 999 Emergencies only</p> <p>Choking Chest pain Blacking out Serious blood loss</p>
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For confidential health advice and support

We can help you with things such as

BODY WORRIES, ALCOHOL, RELATIONSHIPS, SEXUAL HEALTH, BULLYING, DRUGS, SMOKING, STRESS, ALCOHOL, HEALTHY EATING, SELF-HARM

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From everyone in the School Nursing Team
we hope you have a fun and safe summer!