



Welcome to our seventh edition of the School Health newsletter

The hot topic this issue is: A Different Kind of Christmas

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 |
| 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: A Different Kind of Christmas

Christmas Bubbles

Between the 23rd and 27th December, you may choose to form a Christmas bubble with up to three households. Whilst this is a time to enjoy the company of our loved ones, safety measures are there to protect us and the vulnerable. Some things to remember are

- ◆ You can only be part of one bubble
- ◆ You cannot change your bubble
- ◆ Continue to wash your hands frequently
- ◆ Clean touch points regularly, such as door handles



Helplines

If you are struggling this Christmas, speak to someone.

Below are some useful numbers.

The Samaritans offer a safe place to talk, anytime you like telephone 116123 or email jo@samaritans.org

Kooth is an online mental wellbeing service for young people aged 11-24 years. Open 365 days a year. 12-10pm weekdays, 6-10pm weekends. www.kooth.com

Young Minds offers information for young people on emotional wellbeing and mental health for young people and parents. It has an online chat function and also has a parents helpline 0800 802544

If you are struggling to put food on the table contact Hull.foodbank.org.uk and they can put you in touch with the relevant agencies.



The Spirit of Christmas

Christmas 2020 will be very different for many people, try and focus on the things you can do. Why not create some new memories and traditions! Try some of these ideas:

Create a Christmas scavenger hunt

Make a Christmas time capsule and seal until a later date

Create a hot chocolate bar with marshmallows and sprinkles

Take lots of photos and create a Christmas album

Have a walk or go for a drive to see the Christmas lights



Missing Loved Ones

For those who are unable to see their loved ones make use of technology to keep in touch. Be creative, perhaps surprise family or friends with a telephone or video call and perform a mini carol concert for them.

Light a candle for loved ones no longer with us, and take a moment to think of special memories. If you can talk, remember and celebrate their life.



From all of us in the School Nursing Team, we wish you a Happy Christmas and good healthy for 2021

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