

COVENTRY SCHOOL NURSING NEWSLETTER

Primary Schools



Welcome Summer !

As the summer break approaches, we want to take a moment to wish you a safe and joyful time. Whether you are looking forward to a well-deserved family vacation, seeking out new and exciting activities, or simply savouring quality time with loved ones, we hope you enjoy your summer!

The school nursing service works all year round, Monday to Friday excluding public and bank holidays! Our details are at the bottom of the page.

Here's a reminder of what the School Nursing team can support you with:

- Toileting
- Sleep
- Challenges with eating and diet
- Delivering the NCMP for Reception and Year 6 pupils
- Puberty
- Emotional health and how to relax
- Managing behaviour
- Hygiene

Confidentiality

Whilst we offer confidentiality, the School Nursing Team works in partnership with other agencies, where information may need to be shared in your child's best interest.

Consent

The School Nurse Team will obtain consent from parents and carers before supporting children and young people.

Is your child starting reception?

Welcome to school nursing! As your child transitions from health visiting to our school nurse service, we're here to help them embrace a healthy lifestyle as part of the Healthy Child Programme for 5-19 year olds.

Starting school is both exciting and overwhelming for kids and parents. But don't worry, there are some simple steps you can take to prepare your child for this new adventure.

Can your child:

- Go to the toilet independently, wipe themselves, and wash their hands?
- Dress and undress themselves?
- Use a knife and fork?
- Follow a simple task or request?



You can also:

- Read books about school
- Share positive memories of your school
- Talk about activities they will enjoy
- Provide a visual aid so they can see which days are school days
- Allow your child to be part of the labelling process for their clothes, boxes, and bags
- Make sure you all get plenty of sleep each night

If you have missed our presentations at your recent parent meetings, we are available throughout the summer holidays for any inquiries regarding school readiness. Additionally, we will be present at local health events and welcome the opportunity to address any questions you may have.

Holiday Activities and Food (HAF) Programme

This government funded initiative aims to provide nutritious meals and enriching activities for students from reception to year 11 who qualify for free school meals during regular school holidays. To learn more about the available options for your child, visit www.coventry.gov.uk/haf

Contact Us

Moat House School Nurse Team:

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Swg-tr.MoatHouseSchoolNursing@nhs.net

ChatHealth 07507 329 114 (Parent Line)

Charter Avenue School Nurse Team:

01926 495321 Ext 7417

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[Coventry School Nursing Team](#)



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Dog Safety

Did you know that most dog bites involving children happen at home, and surprisingly, by a familiar dog? Shockingly, over 1,700 children ended up in the hospital last year due to dog bites. To keep your child safe, the Dogs Trust recommends:

Stay close: Watch, listen, and stay close so that you can respond before anything bad happens.

Step in: Intervene if your dog or your child is behaving unsafely or if either one looks uncomfortable.

Separate: Keep children and dogs separate when you know you're likely to be distracted, like during the morning rush, making dinner, or answering the front door. You can use a safety gate, put your dog in another room, or take your child or dog with you.

Remember:

- Do not approach, pet or stroke a dog that isn't yours without permission of the owner.
- Do not run or shout around a dog. Always walk past calmly.
- Learn about dog body language.

For more information, visit www.dogtrust.org.uk and search "child safety".



Road Safety

In Key Stage 1, children aged 5-6 can begin to learn the "Stop, Look, Listen, and Think" sequence. They can also learn the importance of using these skills on driveways, both at home and while out walking.

In Key Stage 2, children aged 7 can begin to learn the Green Cross Code and how to put it into practice. If they carry a phone, they should be reminded to put it away and remove anything covering their ears or obscuring their vision so that they can be attentive to their surroundings, whether on the pavement or road. www.roadwise.co.uk provides guidance on the Green Cross Code.

Young people from the age of 11 need to understand the importance of walking directly to their destination without stops or diversions. They should remember to put their phone away and remove their earphones. If they are wearing a hood or earphones, they won't be able to hear traffic or others properly. The pavement isn't always safe, either from strangers or road traffic accidents.

Visit ROPSA for [guides on how to help your children learn about road safety](http://www.ropsa.com), there is also a [guide for supporting SEN children and those with additional needs](http://www.ropsa.com). www.ropsa.com



For more about safe places and guidelines for travelling around the city with children visit www.childfriendlycov.co.uk


Moving onto Secondary?

Our website has information and some advice from new starters in year 7. Visit www.healthforteens.co.uk click the growing up section, and search Making the Move: Primary to Secondary.

Summer Safety Reminders

As the summer holidays approach, you'll likely be spending more time outdoors. In our previous newsletter, we provided some great tips on staying safe in the sun and around water. To read these valuable tips, visit www.healthforkids.co.uk and head over to the news page.

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