



June 2020

**Welcome to our first edition of the School Health newsletter
A new health topic will be presented with each newsletter**

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 our 0-19 public health nursing service has two strands. The 5-11 age group are supported by our Health Visiting service, whilst the 11-19 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.

- Enuresis (bed wetting)**
- Encoporesis (child pooing their pants)**
- Diet and nutrition**
- Behaviour**
- Sleep**
- Emotional wellbeing**
- Managing minor illness**
- Weight management**

The 0-19 years Public Health Nursing Service is available from 8.30am – 5.00pm,

Monday to Friday on Tel: 01482 336634/344301 Text: 61825

email: hull.cypcommunityservices@nhs.net

Hot Topic: Covid-19 Hygiene

The Covid-19 pandemic has meant people are spending long periods of time at home, it is important to try and maintain positive health during these times. Here are some tips to promote positive health;

Keep a daily routine

Do things you enjoy

Plan things to do

Take time to relax

Keep your mind busy

Look after your sleep

Stay connected

Talk about your worries

Look after your body

Don't stay glued to the news

<https://www.nhs.uk/oneyou/every-mind->

The two main ways to prevent spread of Covid-19 virus is to practice good **hand hygiene**

Respiratory hygiene and maintaining **social distancing**. Social distancing means;

We should maintain **1-2 metres** away from people outside our household

You can meet up in groups of **6 people**, maintaining social distancing

You can meet in private gardens, people should only enter your house to go to the toilet or when passing through to access the garden

www.gov.uk



Hand Hygiene

Have you washed your hands?

Remember to do this ...

- After going to the toilet
- After break and PE
- Before you leave the house
- When you get to school
- Before you eat



The Track and Trace service has recently been implemented in the UK, the new guidance is as follows;

1. **Isolate:** as soon as you experience coronavirus symptoms you must self-isolate for at least 7 days. Anyone else in your household must self-isolate for 14 days from when you started having symptoms
2. **Test:** order a test immediately at www.nhs.uk/coronavirus or call 119 if you have no internet access
3. **Results:** if your test is positive, you must complete the remainder of your 7-day self-isolation. Anyone in your household must also complete self-isolation for 14 days from when you started having symptoms. If your test is negative, you and other household members no longer need to self-isolate
4. **Share contacts:** if you test positive for coronavirus, the NHS test and trace service will send you a text or email alert or call you with instructions of how to share details of people with whom you have had close

www.contact-tracing.phe.gov.uk