

# COVENTRY

## SCHOOL NURSING NEWSLETTER



### Secondary Schools



**HAVE YOU VISITED  
OUR HEALTH FOR  
TEENS WEBSITE YET?**

### HEALTH FOR TEENS

Check out our Health for Teens website. This website has been created especially for young people and is full of help and advice with relationships, bullying, emotional health, anxiety, sleep, puberty, and more.

<https://www.healthforteens.co.uk/coventry/>



**GET  
WINTER  
STRONG!**

The spring term has started, but it is still winter, and the temperature has been dropping!

Flu and COVID-19 spread more easily in winter and can cause serious harm to those more vulnerable.

Get winter strong – check if you're eligible and book your vaccination now. More info: <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

## WHO WE ARE

We wanted to remind you what the team can do for you. We support with the following:

- Sleep
- Challenges with eating and diet
- Changes to your body (puberty)
- Emotional health and how to relax
- Managing behaviour
- Hygiene
- Sexual Health

### Confidentiality

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

### Consent

In secondary schools, young people can access the School Nurse independently for advice and support without parental consent. However, we always encourage young people to speak with their parents/carers.



Welcome to the spring 2024 term!

We hope you have had a restful and healthy Christmas break and are back feeling refreshed for 2024.

A reminder that the school nursing service works during school holidays too! We work Monday to Friday, excluding public and bank holidays, and you can contact us on the details below;

Did you know you can refer yourself to the school nursing service? Call us on one of our numbers below or, message us via our ChatHealth text service (number below).



**07507 331 949**  
Line for 11-19 year olds

We are not an emergency service. If your concern is urgent, please call **999** or **111**



### Contact Us

**Moat House School Nurse Team:**

01926 495321 Ext 7494

[Swg-tr.MoatHouseSchoolNursing@nhs.net](mailto:Swg-tr.MoatHouseSchoolNursing@nhs.net)



**07507 331 949 (For 11-19 year olds)**

**Charter Avenue School Nurse Team:**

01926 495321 Ext 7417

[Swg-tr.CharterAvenueSchoolNursing@nhs.net](mailto:Swg-tr.CharterAvenueSchoolNursing@nhs.net)



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Remember to wash your hands after blowing your nose, sneezing, and/or coughing to help stop the spread of germs!

To watch a video reminding you of good handwashing techniques, follow the link below:

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>

## NHS VACCINES

Do you know which vaccines are recommended for your age?

To find out what you are due, visit:

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

Vaccines help protect people from illnesses. It is best to have them on time, but if you miss a vaccine, contact your GP to catch up.



## Ice Safety



Remember to stay off the ice! When waterways, lakes and ponds freeze over, we don't know how thick the surface ice is; it could break and plunge you to the depths of the water beneath it. Under no circumstances should you risk treading on ice!

If someone (including a pet) has fallen through ice, call for help and contact 999 or 112 - do not walk on the ice to attempt to rescue them yourself. For more information about what to do if someone has fallen through ice and about water safety visit:

<https://www.riss.org.uk/pages/category/winter-water-safety>

### WHAT TO DO IF YOU FALL THROUGH FROZEN WATER

1. Keep calm and shout for help.
2. Spread your arms across the surface of the ice before you.
3. If the ice is strong enough, kick your legs to slide onto the ice.
4. Lie flat and pull yourself towards the bank.
5. If the ice breaks, work your way to the bank.
6. If you cannot climb out, wait for help and keep as still as possible. Preserve heat by pressing your arms by your side and keeping your legs together. Keep your head clear of the water.
7. Once safe, go to hospital immediately for a check-up.



Remember to Float to Live! For more information visit RNLI -

<https://rnli.org/safety/float>

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#### Charter Avenue School Nurse Team:

01926 495321 Ext 7417

[Swg-tr.CharterAvenueSchoolNursing@nhs.net](mailto:Swg-tr.CharterAvenueSchoolNursing@nhs.net)

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### CHILDREN'S MENTAL HEALTH WEEK 5TH - 11TH FEBRUARY 2024

The theme for this year's Children's Mental Health Week is "my voice matters", and it's about empowering children and young people to express themselves by giving them the tools they need to do so.



Place2Be (the mental health charity that launched Children's Mental Health Week in 2015) has worked alongside young people to share ways you can look after your mental health. See some of these below:

- Don't keep worries to yourself; express yourself. Keeping things to yourself may make you feel like worries are piling up, making you feel worse.
- Talk to a trusted person, and if you feel you can't talk to them, you can contact charities/organisations such as Shout (text SHOUT to 85258), ChildLine or the NSPCC.
- Do things you enjoy to help you relax, like listening to music, dancing, playing sports or games.
- Don't isolate yourself.
- Focus on the positives in your life.

- Distract yourself when you are feeling low or feel like harming your self.
- Look after yourself.
- Don't dismiss your feelings; they are valid.
- Remember to ask for help; you're not alone!

Check out the below links for more information and support:

#### Place2Be

<https://www.childrensmentalhealthweek.org.uk/media/vkdnh32i/cmhw-24-top-tips-for-young-people.pdf>

#### NHS - self-care tips

[https://youtu.be/ETSDNcWRyqA?si=d9jYpm\\_WoR\\_k4g4K](https://youtu.be/ETSDNcWRyqA?si=d9jYpm_WoR_k4g4K)

#### Health for Teens - search mental health

<https://www.healthforteens.co.uk/>

#### Young Minds

<https://www.youngminds.org.uk/>

#### Kooth

<https://www.kooth.com/>

#### Childline

<https://www.childline.org.uk/>

#### NSPCC

<https://www.nspcc.org.uk/>

#### Shout

<https://giveusashout.org/>



### Upcoming Awareness Days:

**Eating Disorders Awareness Week -  
Wednesday 28th February 2024 - Tuesday  
5th March 2024**

For information and support about eating disorders, visit:

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>

<https://www.healthforteens.co.uk/feelings/eating-disorders/eating-disorders-just-the-facts/>



**Self-Injury/Harm Awareness Day - 1st March 2024**

For information and support about self-injury/harm, visit:

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/>

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/>

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**Zoe Flanagan**  
School Nurse



My name is Zoe. I trained as a children and young people's nurse 6 years ago and began my nursing career on a children's assessment unit.

I joined the Coventry School Nursing team four years ago as a Staff Nurse. Two years after that, I completed my Specialist Community Public Health Nursing, becoming a School Nurse.

I love how varied the role is, how no day is the same and that I'm always learning.

### Candle Safety

Whether you are lighting candles for relaxation, lighting or religious/spiritual purposes, remember to follow the safety guidance below:

- Candles should be placed on a heat resistant surface as they can get hot enough to melt plastic. This includes tea lights and night lights.
- Candles should be placed upright in a stable candle holder.
- Don't place candles near curtains, furniture or other fabric.
- Keep candles away from draughts - fires can start with flames being blown onto objects.
- Don't place candles on shelves - heat rises.
- Keep children and pets away from candles.
- Never leave a candle burning - always put them out before leaving them, and make sure they are out, if they smoulder they can still start a fire.
- Snuff candles out with a spoon or snuffer. If you blow candles out hot wax and/or sparks can fly out causing burns/fires.
- Never go to sleep with a candle still burning.
- Never leave a burning candle/oil burner in a child's room.
- Don't move candles while they are burning.

**For more information visit:**

<https://www.fireservice.co.uk/safety/candles/>

### Do you have a hidden disability?

Do you have a condition that is not obvious? If so, did you know you can apply for a sunflower lanyard?

Wearing the sunflower is a discreet way of letting someone know you may need additional support when you are out and about.

Click below for more info:  
<https://hdsunflower.com/uk/>

**Autism Support**  
<https://www.daisychainproject.co.uk/>  
[www.https://www.autism.org.uk/](https://www.autism.org.uk/)



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