

COVENTRY SCHOOL NURSING NEWSLETTER

Secondary Schools

ASK, TALK, DECIDE, Vaccination Programme

Keeping up to date with the UK Vaccine schedule is important as it helps protect your child from serious diseases, especially as they begin school and come into contact with more people.

The Coventry Immunisation and vaccination team are holding drop in clinics for children starting school and children presently at school.

Please have a read of the Ask, Read, Talk poster at the bottom of the Newsletter. This a great opportunity to chat with a nurse to check that your child is up to date with vaccinations. This is a free NHS programme and your local GP will be informed.

Sleep Tips

1. **Have good sleep routines - Build a routine with times to begin winding down, going to sleep and waking up.**
2. **Relax, unwind and try meditation to help you sleep - Avoid electronic devices at least an hour before bed, reading or listening to soft music can help relaxation.**
3. **Try mindfulness for sleep - Anxiety, worry and stress can affect how well we sleep try to manage these by talking to someone you trust or writing your concerns in a notebook.**
4. **Create the right sleep environment - Its generally easier to sleep when its quiet, dark and cool.**
5. **Do not force sleep - Instead get up and sit somewhere comfy and do something to help you relax like reading or listeing to quiet music.**
6. **Improve sleep through diet and exercise - A good diet and exercise can help us relax better avoid eating large meals before bedtime and ditch caffeine, alcohol and nicotine if you can.**

Getting Active Be Active Be Healthy

With the weather getting better and exercise outside becoming more readily available it is super important that for parents and carers to promote exercise to their children and family members. Regular exercise is vitally important and has shown a positive effect on both mental and physical health.

ACTIVE FAMILIES

Multi sport and fitness sessions designed to welcome every member of the family. We hold regular sessions, so come and join us for some enjoyable fitness activities!

ACTIVE TEENS

Active Teens is a FREE weekly activity session tailored for children and teenagers aged 11-14

- A range of sports and fitness activities
- Improve health and fitness whilst having fun
- A chance to meet new friends
- Health checks are available, and additional support for parents / carers.



MORE INFORMATION

For any enquiries regarding our programmes and sessions, please contact us via email or phone:



beactivebehealthy@swft.nhs.uk



07852 921406

SCAN



Chat Health for Parents and Young People

Chat health for Parents

Chat Health is a free service for parents to send confidential SMS messages to School Nurses for impartial health advice and support. Available anytime, replies are provided during opening hours (9am – 4:30pm, Monday to Friday) for various health issues.

Chat health for Young People 11-18

Chat Health is a free service that enables 11 - 18 year olds across Coventry and Warwickshire to send confidential SMS text messages to School Nurses who will provide impartial advice and support. You can message outside these times, but you will get a reply during opening hours. All chats are confidential. You can message for advice on all kinds of health issues, including General Health & Emotional Well-being.

Contact us (Monday to Friday, 9:00 AM - 5:00 PM, excluding bank holidays)

 01926 495321 Ext 7494

 swg-tr.contactschoolnursescoventry@nhs.net

Text via  ChatHealth
07507 329 114 (Parent Line)

Linktree*

<https://linktr.ee/coventryschoolnursing>



[Coventry School Nursing Team](#)



[COVSCHOOLNURSES](#)

COVENTRY

SCHOOL NURSING NEWSLETTER Secondary Schools

Hay Fever

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it but there are things you can do to help your symptoms, or medicines you can take to help.

Symptoms of hay fever include: Sneezing and coughing, A runny or blocked nose, itchy, red or watery eyes, itchy throat, mouth, nose and ears, Loss of smell, Pain around the sides of your head and forehead, headache, feeling tired.

Symptoms are usually worse between late March and September especially when its warm, humid and windy. This is when pollen is at its highest.

Hay fever can last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

Do

- Put petroleum jelly (such as vaseline) around your nostrils to trap pollen
- Wear wraparound sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- Shower and change your clothes after you have been outside to wash pollen off
- Keep windows and doors shut as much as possible
- Vacuum regularly and dust with a damp cloth
- Try to use a pollen filter in the air vents of your car, if you have one, and a HEPA filter in your vacuum cleaner

Don'ts

- Do not cut grass or walk on grass
- Do not spend too much time outside
- Do not keep fresh flowers in the house
- Do not smoke or be around smoke - it makes your symptoms worse
- Do not dry clothes outside - they can catch pollen
- Do not let pets into the house if possible - they can carry pollen indoors



SPRING FOOD IS HERE!

Now the weather is improving and lots of delicious fruits and vegetables are coming into season this will help us to improve our food choices our families and ourselves.

Here is a list of fruits and vegetables coming into season:

Rhubarb, Artichoke, Beetroot, Cabbage, Carrots, Chicory, New Potatoes, Kale, Morel Mushrooms, Parsnips, Radishes, Rocket, Spinach, Sorrel, Spring Onions, Watercress

Experiment with fruit and vegetables and try to cut down on processed sugary, fatty foods. Eating a more varied diet of fruits and vegetables can help you feel more active and happy.



Download the free
NHS Food Scanner
app

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Nursing Team



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