

COVENTRY

SCHOOL NURSING NEWSLETTER

Primary Schools

Welcome to the Summer 2026 term!

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. We can support with the following:

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

WATER SAFETY

WHETHER YOU'RE AT HOME OR ENJOYING A DAY AT THE BEACH, WATER SAFETY IS IMPORTANT FOR EVERYONE!

WATER SAFETY AT THE BEACH:

A day at the beach can be great fun, but it's important to stay safe around water.

- Always supervise children near water.
- Ensure children have appropriate safety gear.
- Check the beach you are going to has lifeguards.
- Look at the flag signs. Around the beach you will find signs telling you which colour flags mean it is safe to go out to sea. These may be placed near to lifeguards. To see the different types of beach flags and signs visit: <https://rnli.org/safety/beach-safety/flags-and-signs>
- Keep an eye on information about the tides- these changes throughout the day.
- Educate children about rip currents/rip tides. Check out the RNLI's (Royal National Lifeboat Institution) website linked below, to watch videos about how to spot rip tides and how to get out of them. <https://rnli.org/safety/know-the-risks/rip-currents>
- Show children the dangers of Tombstoning by watching the linked video, from the RNLI, with them: <https://rnli.org/video-player/17B632B3-79FA-419B-8EFECA0BF001E0E3>
- Learn how to float to live with your child/children by watching the video, linked below, from the RNLI: <https://rnli.org/safety/float>



WATER SAFETY IN YOUR GARDEN:

Even small amounts of water can pose a risk to children.

- Make sure any water storage tanks and drains are covered.
- Turn off garden hosepipes when not in use.
- If you have a garden pond, make sure it has a strong cover/fence or barrier surrounding it, which can keep children safe.
- Empty paddling pools, buckets, and containers after use and store them upside down.
- Ensure hot tubs are securely covered and access to pools is restricted.

SUN SAFETY REMINDER

Take a look at these tips for sun safety!

- Seek shade during the hottest part of the day, between 11 am - 3 pm.
- Drink plenty of water to stay hydrated
- Apply sunscreen regularly, The NHS recommends SPF30 or higher with UVA and UVB protection.
- Wear sunglasses to protect your eyes from harmful rays
- Wear lightweight clothing to keep cool

For more information visit:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>



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**

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WATER SAFETY CONTINUED

WATER SAFETY IN RIVERS, PONDS, LAKES AND CANALS:

- Ensure children stay away from the edge of the water.
- Children should never walk near lakes, rivers or canals alone and should be accompanied by an adult.
- If you see someone in trouble in the water, call 999 and ask for the fire service.
- If you or your child has fallen in, remember to float to live!

For more water safety advice visit:

Royal Life Saving Society UK

<https://www.rlss.org.uk/Pages/Category/water-safety-information>

Child Accident Prevention Trust

<https://capt.org.uk/drowning/>

The RNLI - The Royal National Lifeboat Institution

<https://rnli.org/safety>

Canal and River Trust

<https://canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways/summer-water-safety>



TIPS FOR REDUCING SCREEN TIME

Looking for ways to keep children entertained away from screens?
Try these fun activities:

1. Arts and Crafts - Arts and crafts are a great way to encourage creativity; try, water paints, paint sticks and colouring activities
2. Cook Together - a great way to learn new skills and spend quality time together.
3. Housework - Children love helping with grown up jobs such as matching up socks and tidying toys.
4. Build a Den - Children love a den. Build it together, make it cosy and then read a book in the den together or encourage them to take toys in the den and play a game.
5. Family Game Night - Once a week turn off all devices and enjoy an hour together playing board games.
6. Get Outside - Go for a walk, ride bikes or scooters, visit the park, collect leaves and sticks for an arts and crafts project or try a family scavenger hunt.
7. Exercise Together - Get moving as a family by putting on some music and having a dance or find a child friendly exercise online video.



For more information and tips, please visit:

<https://www.coventry.gov.uk/downloads/file/46987/getting-started-online>

<https://canva.link/lzbsec7pta92g4g>

<https://canva.link/pbbgycnggf84o90>

TRANSITIONING TO SECONDARY SCHOOL

Moving from primary school to secondary school can evoke a mix of excitement and nervousness for both children and parents. These feelings are completely normal. **BBC Bitesize** offers valuable advice for parents with children starting secondary school this year, covering both emotional and practical aspects of this transition. Click the link to find out more:
<https://www.bbc.co.uk/bitesize/groups/c5vpkq1l934t>

For more information on supporting your child transition to secondary school, please visit:

<https://canva.link/eg5bq9ufsc19u6g>

<https://canva.link/u3f22db9bucfo17>

WE WISH YOU A RELAXING AND FUN SUMMER
BREAK! REMEMBER TO GET IN TOUCH IF YOU
NEED US!



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