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SCHOOL NURSE NEWSLETTER

Welcome to our newsletter for Peterborough and Cambridgeshire Special Needs Schools. The aim of this newsletter is to provide health information and advice on current matters. We hope you find it helpful.

School Nurse Clinics

School nursing clinic are held once in each school every half term. The aim of the clinics is to give children and families the opportunity to seek advice and discuss any concerns they may have in areas such as toileting, diet, emotional health, sleep, growing up/puberty and other general health advice and signposting.

The upcoming dates we will be in schools are >>>

Highfields Ely Monday 13th May

Castle School Monday 20th May

Samuel Pepys Monday 3rd June

Granta School Monday 10th June

Highfields Littleport Monday 17th June

Meadowgate School Monday 24th June

Spring Common Monday 1st July

For further information or to book an appointment please email CCS-TR.SNSN@nhs.net or call 01223 218061

Who we are

Rachel Worbey
Kathy Unwin
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Rachel Hewitt

Special Needs school nursing Team Lead
Special needs School Nurse Sister
Special needs School Nurse Sister
Special needs School Nurse Sister
Special needs School Nurse Sister
Special Needs School Nurse Sister

We provide a specialist nursing service for children and young people with additional needs accessing schools.

How we can help

- * Advice & support in areas such as their child's diet, exercise and sleep.
- * Child specific training and competency assessments and support for school staff.
- * Continence assessments and toileting support.
- * Heights, weights, blood pressures and blood tests.
- * Liaison between specialist services and primary care teams.
- * Safeguarding involvement and support.

You can find out more about our service by clicking on the QR code below



Follow these five sun ready tips to stay safe in the sun

In partnership with
**MACMILLAN
CANCER SUPPORT**



Use 5-star rated, high-SPF sun cream



Drink plenty of water



Cover up with a hat and long sleeves



Wear sunglasses to protect your eyes



Stay in the shade between 11 to 3

Sibling support

Growing up with a brother or sister who has a disability, special educational needs, or a serious long term condition, has much in common with all sibling relationships – rivalry, loyalty, fairness issues, and having fun together. When one sibling has additional needs these feelings can be more intense. There are lots of charities that help support siblings and families who have a family member with additional needs, offering online support/sessions and in person meet ups and activities.

For further information or to register follow these links:

[Sense](#) [Sibs](#) [Scope](#) [Contact](#)

6 ways to help your child with their weight



Small lifestyle changes can make a big difference – try these top tips.

1. Find some support

Speak to your child's school nurse, GP or practice nurse who will help support your family with diet and lifestyle changes if needed.

2. Make some healthier food swaps

There are lots of easy ways to cut back on sugar, salt and saturated fat – get started with our top tips and simple swaps.

[Visit Food Facts](#)

3. Eat balanced meals

Find out what a healthy, balanced diet looks like. [See the](#)

[Eatwell Guide](#)

4. Try some new recipes

Get inspiration to help your family eat well every day. [Browse our healthier recipes](#)

5. Get moving

Try boosting your family's activity levels in 10-minute bursts with our Disney inspired playalong games. [Play a 10 Minute Shake Up game](#)

6. Less screen time, better sleep

Sitting around too much makes it more more likely your child will put on weight, and can affect how well they sleep. Sleeping well helps kids develop, stay healthy and perform better at school. [The Sleep Charity: relaxation tips](#)

Taken from the [Better health Healthier families](#) website,



The Children's Bowel & Bladder Charity

Free
helpline: **0808**
801 0343 Mon to
Thur, 10am - 2pm



www.youngminds.org.uk
www.asthma.org.uk
www.kidshealth.org
www.anaphylaxis.org.uk/
www.autism.org.uk
www.seeability.org
www.cerebra.org.uk/

UK Health Security Agency

NHS

think measles

It's not just a kids' problem

Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

Symptoms such as:

- high fever
- rash – sometimes starting around the ears
- sore red eyes
- cough
- aching and feeling unwell

Remember, if it could be measles – they need to be in an area where they cannot pass the infection to vulnerable patients such as the immunocompromised and pregnant women.

For more information go to www.nhs.uk/vaccinations

immunisation
Helping to protect everyone, at every age

Hospital passports

A healthcare passport is a document about you and your health needs. It also contains other useful information, such as your interests, likes, dislikes and preferred method of communication. Healthcare passports are available to use in all hospitals.

It is a patient held document, often Parent/carers are the best people to help the young person complete this. Anyone who feels this would be helpful can have one, just speak to the contacts at Addenbrookes in the link below, your local hospital or to the school nurse if you need help with this.

This is my **hospital passport**

For people with a learning disability coming into hospital

My name is:

If I have to go to hospital this book needs to go with me. It gives hospital staff important information about me.

It needs to hang on the end of my bed and a copy should be put in my notes.

This passport belongs to me. Please return it when I am discharged.

Further information can be found [HERE](#)

Useful resources

www.mencap.org.uk
[SCIP, information and advice service](#)
[Chat Health Cambridgeshire](#)
www.thesleepcharity.org.uk/
www.healthychildren.org
www.epilepsy.org.uk
www.caringtogether.org

Our next newsletter will be sent out after May half term

For further support and advice please contact us CCS-TR.SNSN@nhs.net

