

SOLIHULL SCHOOL NURSING NEWSLETTER




WELCOME

Welcome to the spring 2024 term!

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

This is 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;

Call us on: 0121 726 67 54 or, you can message us via our  text service.

Parent line: 07480 635496
Aged 11-19 line: 07520 615730



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/>

Rise in measles cases

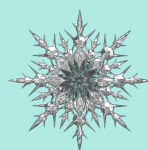
People in the West Midlands are being urged to check that they and all family members are up to date with their MMR vaccine following confirmation that measles is circulating in the region.

For more information please see the link below:
<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

NHS VACCINES

Please look at the link below to remind yourself when you/your child are due NHS vaccines. Remember, vaccines help protect people from illnesses. It is best to have them on time, but if you/your child has missed a vaccine, contact your GP to catch up.

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



Ice Safety



Remember to stay off ice! Teaching children the importance of staying off ice as early as possible is vital. 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.rlss.org.uk/pages/category/winter-water-safety>

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WHAT TO DO IF YOU FALL THROUGH FROZEN WATERWAYS, LAKES OR PONDS

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, try to 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.

Check out our social media pages for more information on water safety and the Float to Live campaign from RNLI - <https://rnli.org/safety/float>

**FREE NHS DENTAL CARE
FOR CHILDREN
(AND SOME ADULTS ON
BENEFITS)**



The NHS recommends we clean our teeth twice a day, with a fluoride toothpaste.

Visit the below links for more information about dental health:

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/how-to-keep-your-teeth-clean/>

Visit the below link to find your local NHS dentist:

<https://www.nhs.uk/service-search/find-a-dentist>



Upcoming Awareness Days



Children's Mental Health Week 5th - 11th February 2024

Take a look at the links below for information about Children's mental health week and ways you can support your child.

Place2Be - search Families

<https://www.childrensmentalhealthweek.org.uk/families/>

NHS

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

BBC

<https://www.bbc.co.uk/cbbc/curations/cbbc-mental-health-awareness>

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

For information and support about eating disorders, visit:

NHS

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

Health for Kids (NHS) - search eating disorder

<https://www.healthforkids.co.uk/grownups/health-y-minds/arfid-what-you-need-to-know/>

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

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

NHS

<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/>