

Year 6 Transition 2020

School Nursing

What is a school nurse?

A school nurse is a specialist, registered nurse who supports children's health needs within their educational environment. We are not based in the schools, but are regular visitors.

Developing individual health care plans

Training school staff on medical needs

Supporting Children and their families with health issues

Supporting Children with their Mental and emotional health and well-being

Safeguarding



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Transition

A Child's move from Primary to Secondary school can be an anxious time for children....and parents!

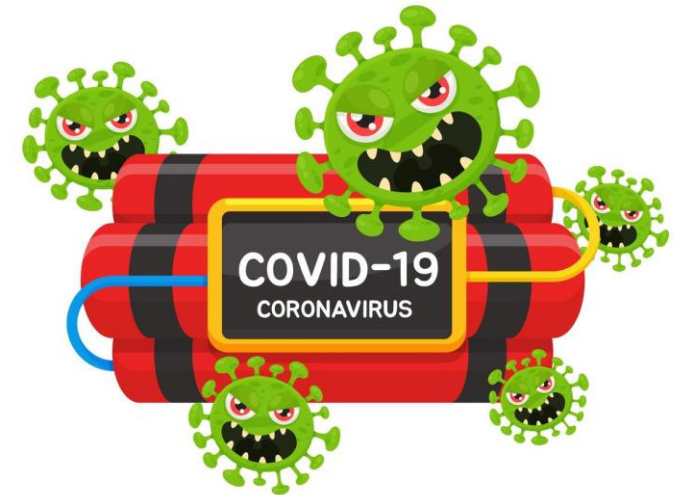
- **Encourage virtual chats with friends over the weeks leading up to their first day.**
- **Drive over to their new school so they can familiarise themselves with it.**
- **Look on the school website together.**
- **Ensure that your child has a good routine, especially bedtime routines. Sleep is important when children are feeling anxious.**
- **Talk with them about lunchtimes. What does a healthy lunchbox look like?**
- **Ask them how they are feeling. Provide them with lots of reassurance.**



COVID 19

This has raised the anxiety levels for lots of children!

- **Talk to your children about good handwashing**
- **Discuss the rules around social distancing.**
- **Reassure them and be positive.**



- **Useful resource for parents:- www.annafreud.org/coronavirus**
- **Fun activities for Children:- <https://www.e-bug.eu/>**



Encourage handwashing

There are lots of fun activities online regarding good handwashing.

Individual Health Care Plans

Does your child have a medical condition requiring medication in school?

All children that need medication in school need to have an individual health care plan. This is a plan that has been completed with parents, school nurses and teachers, providing the relevant personal information regarding the medical condition and treatment for that child. This is especially common for children who have severe allergies, epilepsy, and ADHD.

Children who are diabetic will also need a care plan in school. This is arranged through the specialist nurses from GWH.

It is important that school are aware if your child has asthma, however, unlike primary school, children are able to carry their inhaler (blue one only) in secondary school.

Please ensure you have told a member of staff in school if this is the case or contact the school nursing team to discuss further – details given at the end of the presentation.



Healthy Lunches

Some schools won't be offering food onsite during social distancing so ensuring your child has a healthy lunchbox is really important.

Enough water to last the day is really important too, but being mindful that most children will need to carry it with them all day.

A plastic lunchbox would also be beneficial so that it can be washed thoroughly at the end of each day



School Nurse Clinics

What is a school nurse clinic?

School nurses provide a confidential clinic in the school setting once a week/fortnight, supporting children and young people with their physical, mental and emotional health and wellbeing.

Who can attend a school nurse clinic?

All young people attending a Secondary school in Swindon

Who can refer?

Young people through a self referral

Teachers and other professionals

Parents (contact details at the end of presentation)



Immunisations



Boys and girls aged 12-13 (year 8/year 9) – HPV (2 doses, 6-24 months apart). Protecting them against cancers caused by human papillomavirus (HPV) types 16 and 18 and genital warts caused by types 6 and 11.

Boys and girls aged 13-14 (school year 9) Tetanus, diphtheria and polio (DTP) – 1 dose. Protecting them from diseases including Tetanus, diphtheria and polio.

Boys and girls aged 13-14 (school year 9) Meningococcal groups A, C, W and Y disease (MenACWY) – 1 dose – protecting them from Meningococcal groups A, C, W and Y disease.

These are delivered by Virgin Health Care

Tel:- 0300 2470082.

Swindon Borough Council School Nursing Service 2020



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Dentist/Opticians



Children need to have regular check ups at the dentist and opticians.

Dentist:- This can be as often as every 3 months-1 year depending on what the Dentist has advised.

Its also really important to ensure you continue to encourage your child to brush their teeth twice a day for 2 minutes each time.

Opticians:- This is every year if your child wears glasses, every 2 years if they don't, or as the Optician advised. Ensure you continue to encourage your child to wear their glasses if they have some prescribed.



Please check with your dentist/optician when they re-open

Young Carers

Is your child a Young Carer?

Young carers are children who look after someone within their family home. This may be a parent, brother, sister or other family member who has an illness, physical or learning disability, a mental health illness or misuse of drugs or alcohol. A young carer usually takes on practical and/or emotional caring responsibilities that would normally be expected of an adult.

If your child is a young carer please let a teacher know in school, or contact us so we can arrange support.



Travelling to school

Whether your child is walking, cycling, being driven or using public transport there are precautions that need to be considered.

Cycling

- **Wearing a helmet**
- **Ensuring the bike is in good condition.**
- **Being safe on and near roads**
- **Is there somewhere to store the bike at school?**

Walking

- **Do they know the route?**
- **Walking in groups**
- **Understanding the stranger danger rule.**
- **Communicating when they plan to arrive home.**



They have been in lockdown for a long time. They may have forgotten some of these rules.



Social Media and Mobile phones

- **Reminding your child to be selective of who they give their mobile number to.**
- **Ensuring they understand and adhere to the rules regarding mobile phones in their school to avoid their phone from being confiscated.**
- **Encourage breaks from their phones and consider adopting some home rules regarding mobile phones to avoid your child being on it all the time.**
- **Show an interest in what your child is doing on their phone/social media.**
- **Encourage your child to discuss anything they are worried about.**

Localities

School Nursing is split into 2 localities across Swindon. South and North.

Which locality is your child's school in?

South Locality

**Commonweal
Dorcan
Lawn Manor
LPA
Oakfield Project
Ridgeway
St Joseph's
The Deanery**

North Locality

**Abbey Park
Crowdys
Fernbrook/Riverside
Great Western Academy
Kingsdown
Nova
St Lukes
Swindon Academy
UTC
Warneford**



Any questions?

Please don't hesitate to contact us using the details below

For schools in the South Locality email: SNS@swindon.gov.uk Tel: 01793 465030

For schools in the North Locality email: SNN@swindon.gov.uk Tel: 01793 465050

Remember:- There is always a first aider or pastoral support staff in school too.



**Thank you for
listening**