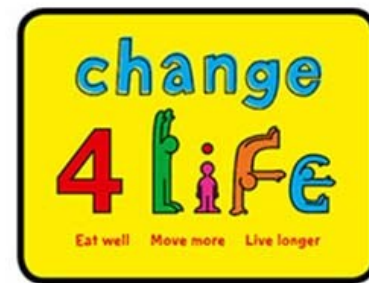


SCHOOL NURSE NEWSLETTER



Meet the Morecambe, Heysham & Carnforth school nurse team:

Claire Dillon- Specialist Nurse Practitioner in School Nursing

Linda Ellis- School Staff Nurse

Kelly-Ann Scarr- School Staff Nurse

Fiona Suart- Specialist Nurse Practitioner in School Nursing

Ellie Richardson- Specialist Nurse Practitioner in School Nursing

Ali McCabe- School Staff Nurse

Liz Atkinson- Specialist Nurse Practitioner in School Nursing

Victoria Gorst- School Health Support Worker

Lindsay Koller- School Health Support Worker

What is a School Nurse and what do they do?

Welcome !! Once your child starts school, the care of him/her is transferred over from the Health Visitor to the School Nurse. School Nurses are the key public health practitioners who specialize in child and adolescent health. School Nurses work in collaboration with schools, GP's and many other community services to support the needs of children, young people and their families. With your consent we monitor your child's health through means such as the National Child Measuring programme in reception and year 6 and the new Electronic Health Needs Questionnaire in year 6 and 9. These help to highlight health needs which may require interventions from a school nurse within the team!

We are increasingly aware of how lifestyle choices are affecting our health, how that is impacting on the care you receive by the NHS and how this effects all our long term health outcomes.

We strongly recommend a healthy diet and keeping active to help stay healthy! Research shows children who eat better are healthier, fitter and have more self-confidence as they are better able to learn. A healthy diet also ensures good oral health, but being registered at a dentist to attend regular checks is also necessary! Children and young people are also entitled to free optical appointments and glasses so if you have any concerns over your child's eyesight, or if you have any other areas of concern, let us know and we can help!

The school nurse team is clinic based and as a team look after schools in each area, we oversee both primary and high schools. We are clinic based and are accessible by phone or via school if you wish to discuss any physical health or mental health concerns you may have about your child. We offer support on a wide range of topics including; eating habits, behaviour, sleep, bedwetting, anxiety, puberty, common childhood illnesses, emotional well-being, immunisations, bullying and sexual health. We are more than happy to discuss anything that is a concern regarding your child and are here to help support you and your child along their journey through school.

Healthy children learn better! So some of the Public Health England's (DoH,2014) main priorities are to give every child the best start, this is why it's important for children to learn the importance of health from an early age and this message of keeping healthy then needs to be reiterated throughout primary and secondary school and beyond.

During secondary school we provide confidential drop-in's as your child now has more freedom and can make the decision to come and speak to us about their own health, as said they are confidential but if we believe your child may be at risk or others are at risk the information would be shared appropriately. Your child will also partake in the Health Needs Questionnaire in year 9 and reviewed by the school nurse team, and if it is felt your child would benefit from being referred to a service or some one-to-one contact this will be arranged to discuss the issues raised by the questionnaire.

Available Health advice:

- Healthy eating / exercise
- Personal hygiene
- Accident prevention
- Sun awareness
- Growing up/puberty
- Drugs/smoking/alcohol
- First aid / resuscitation

What else can you talk to us about?

- Healthy eating and exercise
- Growth and development
- Behaviour and relationships
- Medical conditions in school
- Immunisations
- Dentists
- Bedwetting
- Healthy lifestyles for families
- Local support groups
- Family distress
- Support and Information with:
- Bullying
- Drugs• Smoking• Alcohol
- •Puberty and growing up.

Contact us:

Heysham and Morecambe School Nurses,
Heysham Primary Care Centre, Middleton
Way, Heysham LA3 2LE. 01524 518565

Carnforth School Nurses, Carnforth Clinic,
Market Street, Carnforth, LA5 9JU. 01524
406495

Useful Links & Resources:

- www.eric.org.uk
- www.promocon.co.uk
- Young Minds
- 5 Steps to mental wellbeing (NHS Choices)
- Tips on helping your child deal with exam stress (NHS Choices)
- Bullying (NHS Choices)
- Cyber bullying (NHS Choices)
- Anti-bullying Alliance
- ChildLine
- Advice if you're struggling with your child's behaviour (NHS Choices)
- Helping your child deal with anger issues (NHS Choices)
- Children and bereavement (NHS Choices)
- Dealing with loss (NHS Choices)
- Advice on talking to children (NHS Choices)
- www.youngminds.org.uk
- www.selfharmuk.org
- The Family Information Network Directory
- Asthma UK
- Anaphylaxis
- ChildLine
- ADHD North West
- Autism
- Change for Life
- LGBT
- Lancashire Care Contraception and Sexual Health (CaSH) Services
- Eczema – The National Eczema Society
- NSPCC
- Young Carers – The Children's' Society

