



School Nursing Service Update

The School Nursing service across Devon has been working to improve access to information and support for all school aged children. We would like to take this opportunity to let you know of some of the changes that have taken place, or are due to take place, and remind you of your local School Nurse team contact details. **Find us online at: www.devonintegratedchildrensservices/public-health-nursing**

For anyone who hasn't received this newsletter before, we work in partnership with schools to:

- Support the schools in the development of health policies that impact on all children and young people.
- Identify and support children and young people with medical conditions, to ensure they access the whole curriculum and are not disadvantaged.
- Ensure that school staff have the information they need to support children with health concerns. The training package we offer is now accredited and includes epilepsy awareness, asthma, and management of medicines in schools in addition to anaphylaxis and use of auto-injectors (epipens)
- Plan for support at transitions as required which includes transitions in and out of the school within the school year
- Provide drop in sessions in arrangement with secondary schools
- Provide targeted hearing screens where a concern has been identified and consent gained for screening.
- Complement health related classroom based programmes.
- Deliver school based immunisation programmes with the immunisation team (HPV, final school booster (Diphtheria/Tetanus/Polio) and Meningitis ACWY).

If your child has missed these vaccinations please contact the immunisations team on 01392 356144.

Centralised contact points for PHN Services (PHN hubs)

We are in the process of developing 4 PHN hubs to improve access and responsiveness. The first hub has gone live for the Southern Devon area with further hubs for Northern Devon, Exeter and Eastern Devon due to follow in the next few months. All calls, referrals and correspondence will be directed to the hubs where business support are co-located with duty clinicians.

**Southern Hub: 0333 234 1901 Lescaze
Offices, Shinnars Bridge, Dartington, TQ9 6JE**

SINGLE POINT OF ACCESS (SPA) ACCESS TO SPECIALIST SERVICES IN DEVON

www.integratedchildrensservices.co.uk

Tel: **0330 024 5321** Email: vcl.devonspa@nhs.net

This includes services such as: CAMHS, Autistic Spectrum Assessment, Speech and language therapy, Occupational Therapy, physiotherapy, Learning disability Nursing and psychology, Community Children's Nursing, Palliative care, Rehabilitation Officers for Visually Impaired Children, and the Children with Disability Social Work Team.

You can self refer and information to support this is available online or by speaking to one of the team.

FOCUS ON SLEEP:

HOW MUCH SLEEP IS YOUR CHILD GETTING? HOW MUCH IS RECOMMENDED FOR THEIR AGE?

It can be difficult to know what is best and to find the right balance while juggling the demands of busy lifestyles, increased accessibility online and via mobile phones, and homework tasks, as well as the demands of our children who are seeking increasing independence and being influenced by peers.

As an indication **toddlers need about 12-14 hours** sleep (including daytime naps), **preschoolers (aged 3-5) need 11-12 hours** sleep, **school-age children need 10-11 hours** sleep, and **teenagers need 9-10 hours** sleep.

WHY IS THIS SO IMPORTANT?

Evidence shows that night time sleep is just as important as healthy eating and exercise for children to develop.

Improved sleep leads to:

- improved cognitive, emotional and behavioural development.
- reduces incidence of accidents
- enables improved hormone balance which supports better dietary choice and appetite regulation therefore contributing towards strategies to support achievement of healthy weight.

WHAT COULD BE AFFECTING YOUR CHILD'S SLEEP?

- Environmental factors to consider include: room temperature, bedding, noise, light, levels of stimulation (e.g. toys, computer games), and comfort.

- Hunger – could your child be hungry? What time are they having their meal? Does this need to be later and snack given earlier or supper introduced.

Technology –

- Most children if having sleep issues will need to come off all screens at least 1 hour before bed time.
- By over stimulating their developing brain a child will often stay alert during the hours that they should be winding down.
- The light that's emitted from electronic devices often tricks a child's brain into thinking its daytime which in turn depletes their natural hormones.

- Too much or too little day sleeping

- Drinks - Avoid drinks that have caffeine and additives before bedtime (e.g coke, tea, coffee, energy drinks)

- Pets – if the pet sleeps in your child's room or has access, consider if this could be disturbing your child's sleep.

WHAT CAN I DO TO HELP?

Regular times of waking and going to bed will help to get your child into a routine. The routine is to prepare your child for sleep. Therefore it should be calm, relaxing and focused.

- Routine for bed 30 /45 minutes with quiet time 15/30 minutes before routine for bed.
- Prepare bedroom – dim lights, draw curtains/blinds.
- Bath - warm, relaxing and calm where possible - 10 minutes and then straight into bed.
- Read a book/story / massage / calm songs /relaxation music
- No screen time/ television/ computers etc. at least one hour before bed (blue light emitting from these gadgets can stimulate the brain and prevents the production of melatonin – the hormone you need to sleep.
- Keep regular sleeping hours and be consistent with your routine

Additional information can be found on NHS Choices or you can contact your School Nurse team for further support.

Support for ex-armed forces veterans and service personnel who are approaching discharge

NHS transition, intervention and liaison (TIL) veteran's mental health service.

T: 0300 365 033 E: awp.swveterans@nhs.net

Support is available for all members of the military community, including people getting ready to leave the forces, recent service leavers, older veterans and family members via Devon forces family.

<https://www.devonforcesfamily.org.uk/>

Phone: 01392 286261 Email: transitions@stloyes.ac.uk

Visit: The Hub (Armed Forces Community Support), 2nd Floor Beaufort House, New North Road, Exeter EX4 4EP.

Mental health awareness – Heads Together

#OKtosay #therefor me

Do you talk to your child about their mental health and keeping well?

Who do you talk to about your mental health and how do you keep yourself well?

Don't forget your 10 a day:

Talk about your feelings

Keep in touch with the people you care about

Ask for help

Stay active in mind and body

Take a break

Do something you are good at and enjoy

Eat well

Actively care for others

Stay hydrated

Be proud of your very being.

Talking PANTS (The underwear rule and Pantosaurus)

Have you had the conversation with your child yet?

Talking PANTS teaches children important messages, like their body belongs to them and they should tell an adult if they're upset or worried.

Take a look at the resources available on NSPCC website to support you –

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

As your child gets older you may also wish to access further information and support about keeping safe from the following websites:

<https://www.thinkuknow.co.uk/> (section for parents and carers but also age appropriate sections for children and young people – 5-7, 8-10, 11-13, 14+)

<https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/child-sexual-exploitation>

<https://www.brook.org.uk/your-life/consent#sex-tea>

If you have concerns about the safety or welfare of a child/young person call

Devon MASH on 0345 155 1071

Medicines in schools

As we approach the end of the Summer term please remember to collect any medicines you have for your child at school. It is the ideal time to check expiry dates and ensure all medicines are still required.

If your child is changing schools and requires medication in school, or support to manage a medical condition in school, please contact the school to discuss these requirements and set up a health care plan.

Your School Nurse can support with this if required.

Please remember it is recommended that your child usually has an annual check up at the opticians and every 6 months at the dentist.

If you do not have an NHS dentist and are having problems finding one then please contact 0333 006 3300.

If your child is asthmatic they should also have an annual review with the Practice Nurse at your GP surgery.

YOUR SCHOOL NURSE TEAM:

Should you have any questions or concerns regarding your child's health and how they can be supported in school please contact your School Nurse.

By ringing 01884 256655 or 01392 384119

