

January 2021

School Nurse Newsletter



@Solihull School Nurses



@Solihull_School_Nurses



@SolSchNurses

EMOTIONAL & MENTAL HEALTH



We hope you are all well and staying safe.

The situation with **Coronavirus** is changing all the time but the best ways to stay safe remain to be wash our hands, stay physically distanced from others and wear a face mask in enclosed shared spaces (unless you are exempt). It's also essential to follow the national guidelines in place and to self-isolate if you are told to or if someone in your household has symptoms.

www.gov.uk/coronavirus



NCMP

(National Child Measurement Program 2021)



As you are probably aware due to the current Covid 19 pandemic this program has been delayed this year. We will update the schools when we have further details.

If you have any concerns about your child's growth and development and would like some support please contact the Solihull School nursing team on the details below.

Lockdown has had a significant impact on some children and young people's mental health. Lots of children and young people may struggle at some point. It is important to know that you are not alone, it's OK to tell someone how you are feeling, and there are lots of people around to support you. If you are worried about your child's behaviour or mental health, there are some excellent resources and advice can be found at:

www.healthforkids.co.uk

<https://youngminds.org.uk/find-help/for-parents/>



EYE TESTS FOR CHILDREN



The NHS recommends vision screening at age 4 to 5 years, the test at your local opticians is simple, free and allows for early identification and treatment of reduced vision. In most cases, reduced vision can be treated successfully if detected early. The test also detects significant eye conditions such as a 'squint'

If you haven't already had your child's vision checked we advise that you make an appointment at the opticians for them to have a free vision test.

The online health questionnaire for year 6 pupils

This time of year normally year 6 pupils would be completing the online health questionnaire, due to schools at present being closed, this is currently delayed. If parents have any concerns or need advice regarding their child's health, wellbeing or transition please contact the school nursing team. Why not use the Chat health parent text line: **07480 635496**

COMING SOON...



The Solihull School Nursing service is excited to be launching

'Chat Health Parent Text line'

07480 635496

This is a new confidential text service available from 1st February 2021 across the Solihull Borough.

Parents of children that attend Solihull schools can text for information, advice and support regarding their child's physical and emotional health

Immunisations.

It is a good time to ensure that your child is up to date with their **childhood** immunisations. If you want more information please contact your GP surgery.

PARENTING GROUPS

Solihull Parenting Team co-ordinate a variety of programmes to support parents. These courses are designed to provide parents and parents-to-be with the opportunity to learn more about supporting their child, as well as to share experiences with other parents, and are all available free of charge to parents and carer's resident in Solihull. For more information please contact the Parenting Team by email to

bsmhft.parenting@nhs.net

Or telephone 0121 301 2773

IF YOUR CHILD IS UNWELL PLEASE CONTACT YOUR GP, NHS 111 OR VISIT A&E



We want you to know that the school nursing team are here to support you and your children.

To get in touch please call us

0121 726 6754 south team

0121 770 1919 north team

Confidential Texting Service for

11-19 years

07520 615 730

Chat health Parent text line

07480 635 496

Monday – Friday 8am – 5pm

You can also follow us on:



@ Solihull School Nurses



@Solihull_School_Nurses



@SolSchNurse

Useful Contact Numbers

**Birmingham and Solihull
Mental Health Trust
0-19 year olds service
Solihull (Solar)
0121 301 2750**

**Birmingham (Forward Thinking)
0-18 years
0207 841 4470**

**Women's Aid Support for Victims of
domestic abuse
0808 800 0028.**

**Children's Services
0121 788 4300 (Solihull)
0121 303 1888 (Birmingham)**

**Bereavement Support
0121 687 8010**

**Solihull Carers Trust Young Carers
0121 788 1143**

**SIAS
Solihull Integrated Addiction
Services 0121 301 4141**

**We also have two websites that you
and your child can access.**

www.healthforkids.co.uk

**(This website is for parents of
primary school age children and your
child)**

www.healthforteens.co.uk

(Secondary school age children)

