



SCHOOL NURSE NEWSLETTER

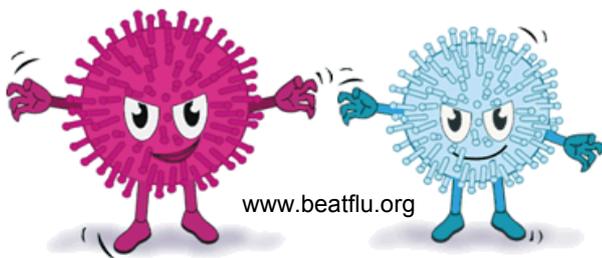
RHONDDA CYNON TAFF AND MERTHYR TYDFIL
SCHOOL NURSING TEAMS
Spring Term 2017



Welcome to the second year of the School Nurse newsletter for primary schools in Merthyr Tydfil and Rhondda Cynon Taf. The aim of the newsletter is to provide health advice and information on a range of topics that as School Nurses we frequently come across. School Nurses are attached to all the primary schools in the RCT and Merthyr area and we take over the care of your child from Health Visitors from the age of 5. The service also covers all secondary schools in your area.

NEWSLETTER AWARD

Congratulations to Rhys Day from Trelewis Primary School who won the newsletter Logo competition. Rhys won a £20 gift card for Argos and a certificate. Thank to all the other students who took part. We had some outstanding entries, and it was very difficult to choose a winner.



School Vaccinations

Nasal Flu Vaccination

This autumn term all children who in Reception class, years 1, 2 and 3 were offered a nasal spray flu vaccine in school. The vaccination rate increased this year to a **whopping 74%**. As well as this amazing uptake the pilot programme to vaccinate nursery children in schools also produced brilliant results with nearly 7 out of 10 children in this age group receiving the vaccine. Flu is still circulating in communities so it is not too late to have your child vaccinated against this nasty infection. Speak to your GP practice about it.

Teenage Vaccinations

Those parents who have children in secondary school please look out for information leaflets and consent forms for the immunisation programmes taking place from January to July for years 8, 9 and 11. Please sign the vaccination consent form and return to school as soon as possible after receiving it.

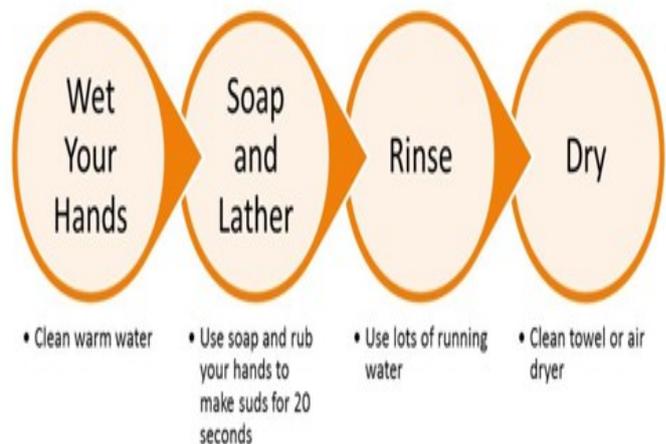
Hand Hygiene

This time of the year the school and home environment are havens for coughs, colds and upset tummies. To reduce the risk of spreading these illnesses' staff and parents should encourage the children to wash their hands frequently.

The most important times are:- **after going to the toilet. Before, during and after preparing food. Before eating food, after coughing, sneezing and blowing noses and after touching animals.**



REMEMBER





Head lice

As we are all aware children (and adults) catch head lice. It is an ongoing issue in both schools and homes.

Here are a few tips to help you avoid/get rid of head lice.

- Check hair regularly when wet using a head lice comb. Conditioner can be used to make it easier.
- If you find a **live walking head louse** treatment needs to be started. Maybe speak to your local pharmacist about suitable treatment if your G.P is very busy?
- Head lice lotion should be applied to the full scalp area. (follow specific product instructions)
- Continue to check you child's hair every day or two with the head lice comb and conditioner.
- Retreat your child's hair after 7-10 days using the same head lice treatment.
- Continue to check your children's (and adults) hair regularly for head lice.



The white bits seen attached to hair are the egg shells. A moving, live louse is the sign of a true infection



Head lice live in clean and dirty hair, long and short. They do not fly or jump. They move from head to head by close contact



If head lice return, it is often because it was not treated correctly first time rather than re-infection by someone



A second treatment 7-10 days after the first is needed to kill those head lice that were still eggs during the first treatment



POSITIVE PARENTING - SCHOOL AGED CHILDREN

"There is no such thing as a perfect parent. So just be a real one" (Sue Atkins)

School age children are continuously learning about the world around them. They may have a great deal of questions that they would like answered. At this age that they will start to have their own views and may become more challenging and push the boundaries.

Remember all children are different and behaviour will depend on how old they are, their personality, if they have any health problems and their level of understanding.

Here are a few tips that might make it easier to manage this challenging behaviour.

- Children learn by watching others, if they see you acting in a certain way they will tend to copy.
- Children will test the limits, this is how they learn what is right and what is wrong - ensure they have regular routines and know what is expected of them.
- Recognise good behaviour and praise the child - saying how well they have done, you are really pleased with what they have done and so on.
- Try to ignore unacceptable behaviour, if the child gets attention for unacceptable behaviour they are more likely to continue with it. Praise the good behaviour and ignore the bad behaviour.

For extra advice and tips you may want to try www.nspcc.org.uk or www.gov.wales/giveittime

If you need to speak to the named School Nurse for your child's school, contact information can be obtained from the school secretary

HEALTHY CHILDREN LEARN BETTER

SCHOOLS NURSES MAKE IT HAPPEN

