



Building a healthy future this Autumn



An information leaflet from the
Wolverhampton 0-19 Service, September 2023

Welcome back to school! A message from your School Nurse

As the summer holiday comes to an end, it brings us immense joy to welcome you all back to another exciting academic year! We hope you had a wonderful summer holiday filled with laughter, love, and cherished memories. Now, as we embark on this new journey together, we, as your Special Educational Needs and Disability School Nursing team, want to extend a warm greeting to each and every one of you.

The return to school after the summer holiday is always a special time, and I know that you, as parents, play an essential role in ensuring the transition is smooth and positive. Whether your child is returning to school this year or just beginning their educational adventure, rest assured that we are here to offer you advice, support, and information to help you and your family to be as healthy as possible.

Throughout the year, we will be working closely with the staff, both in SEND and Mainstream schools, to promote a healthy lifestyle and provide health education lessons and assemblies. Together, we strive to encourage good hygiene habits, good nutrition, and the importance of regular exercise.

Our School Nursing Service is truly honoured to be part of this incredible educational journey with you and your children. Let's make this year a memorable and rewarding one for all!



If you have any questions for our School Nursing Service or need any support throughout the year, please contact us via our Single Point of Access (SPoA) Hub.

Call: 01902 441057



BOOST your immunity this winter

Protect your child against flu this winter.

Having the nasal spray vaccine will help protect your child from what can be a very nasty illness in children.

It will reduce the chance of others in your family, who could be at greater risk from flu, such as grandparents or those with long term health conditions, from getting flu from your child.

Vaccination UK will be visiting your school this winter from late September until Friday 15 December.



Protect your child from measles.

Measles cases on the rise in England and across the whole of Europe. Make sure you and your family are protected against becoming seriously unwell with measles by checking you are up to date with the MMR vaccine.

Across England, on average one in ten children are not up to date with their MMR vaccinations, with some areas of the country as low as two in five, putting thousands of children at risk of catching measles and the disease spreading in unvaccinated communities.

Just two doses of the MMR vaccine gives you and your family lifelong protection against catching measles. The first vaccine is given at age one year and the second at age 3 years and 4 months old. If you've missed any doses, it's not too late to catch up. Contact your GP Practice today to book an appointment to get up to date.

If you are unsure if you or your child are up to date, check your child's red book or GP records and make an appointment to catch up any missed doses.

For more information on the NHS vaccination schedule:

[NHS vaccinations and when to have them](#)



See here for a leaflet explaining about measles, mumps and rubella and the MMR vaccination which helps protect against all three diseases.



Download

There is also a leaflet for anyone who has recently moved into the UK



The Wolverhampton Information, Advice and Support Service (WIASS)

Offer information, advice and support about:

- ✓ Education, health and social care matters and relevant law
- ✓ Support available in schools, early years and post 16 settings
- ✓ Funding arrangements
- ✓ How needs are identified and met
- ✓ Disagreements and moving forward

Their team can offer individual support which may include:

- ✓ Support at and preparing for meetings
- ✓ Help to understand and complete processes and procedures
- ✓ Help to participate in discussions and decision making
- ✓ Liaising with services and organisations
- ✓ Looking at positive outcomes



SEN support

All schools and settings should have a clear approach to identifying and responding to special educational needs and will carefully monitor the progress of all children and young people.

[Read more](#) 📖

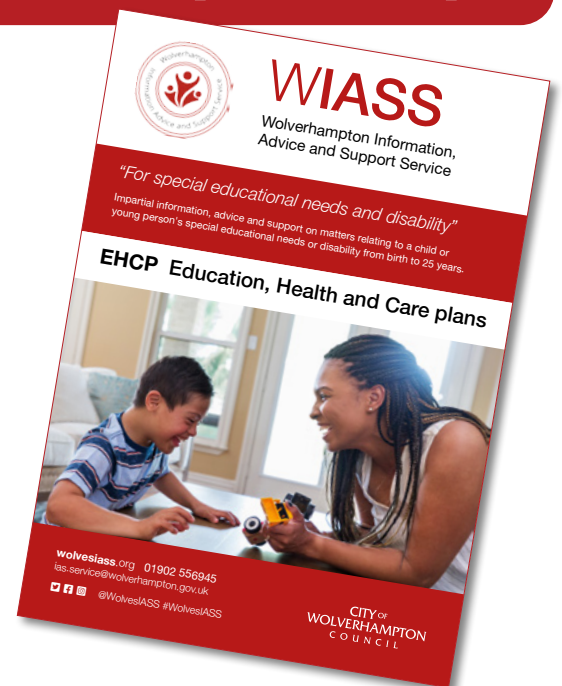
WIASS send a regular e-bulletin to all our registered users. It is full of news and information relevant for parents, carers, young people and professionals.

[Subscribe](#) 📖

What is an Education, Health and Care plan (EHCP)?

See here for a booklet from the WIASS, explaining more about Education, Health and Care plans (EHCP).

[Download](#) 📖



Medication in school

Your child may require medication for a short period of time or for just a single dose. However, for children with ongoing medical needs, it may be for a longer term or on a continual basis. Those that have continuing health needs should have an Individual Health Care Plan (IHCP) that is reviewed annually or earlier if the child's needs change.

As a parent, you should be consulted when developing an Individual Health Care Plan and any relevant health professional should also be involved. Procedures should also be put in place for transition between schools.

Individual Health Care Plans are developed in partnership between the school, parents, pupils, and the relevant healthcare professional who can advise on a child's case. The aim is to ensure that schools know how to support your child effectively and to provide clarity about what needs to be done, when and by whom.

Examples of ongoing medical needs include diabetes, epilepsy, anaphylaxis, and asthma.

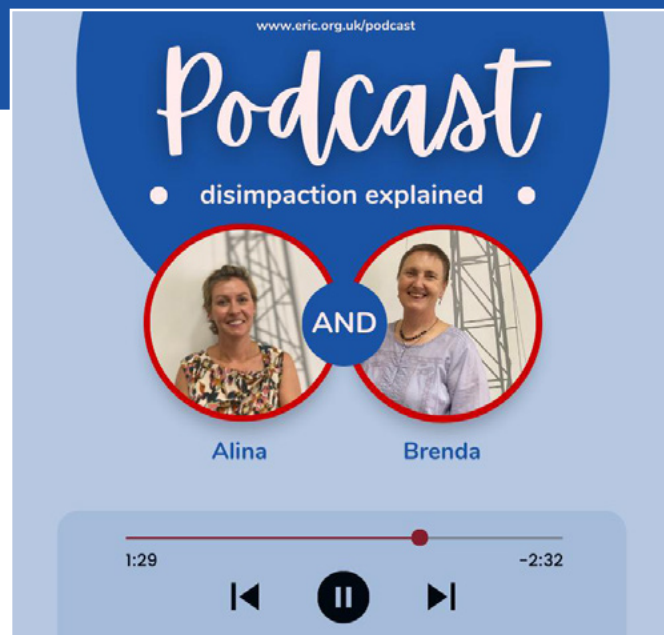


Have you discovered the ERIC Helpline Podcast?

Their most popular episode looks at disimpaction - a treatment for chronic constipation - with guidance and tips from ERIC nurse, Brenda, focussing on:

- Identifying whether your child needs to undergo disimpaction (clearing out the backlog of poo)
- How macrogol laxatives actually work
- Liaising with your doctor and;
- What happens after disimpaction

All their podcast episodes, which focus on the most common issues they support families with on their Helpline, are available to listen to from the ERIC website and on Spotify, Apple and Amazon.



ERIC Helpline Podcast

A Guide for Eating

Issues such as only eating very few foods, not being able to eat at school, going long periods of time without eating and pica (eating non-foods) can feel difficult to understand and manage.



This guide explains what may be causing eating issues and gives you practical strategies to help.

Eating – advice and guidance

The Dog, Duck & Cat Trust aims to help your child stay safe and healthy, through educating them about both their physical safety and emotional wellbeing.

To find out more, visit our website www.dogduckandcat.co.uk
Here you will find lots of stories to read and fun activities to do with your child.

We are also on **Instagram, Facebook and Twitter**, so follow us and you will be kept up-to-date with all of our latest news.

The Dog, Duck and Cat Trust
 ddc1world
 @dogduckcat

If you would like to discuss your child's health with a school nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on 01902 441057.

We'd love to hear your thoughts on topics you'd like to be included in future bulletins.

Please email rwh-tr.0-19marketing@nhs.net

