

# Newsletter

Welcome to our January 2020 newsletter:

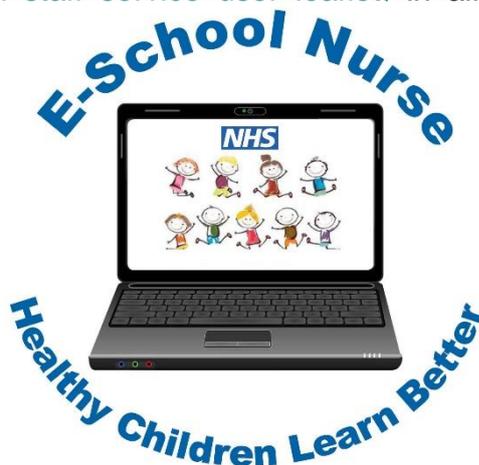
## Keeping Healthy

### E-School Nurse

E- School Nurse is part of our NHS digital innovation project that aims to improve access to health care for children and young people aged 5-19 years and their families.

The service is now running across the county with twice weekly clinics offering professional consultation for teachers and professionals working with children. Support includes pastoral issues, low level or persistent health problems, referrals and health education.

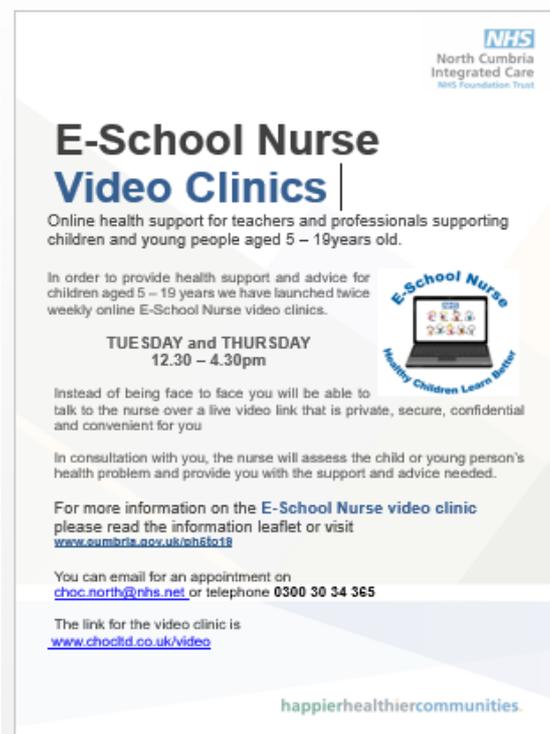
Please display the [E-School Nurse poster](#) and the [education staff service user leaflet](#). in all your staff areas.



Appointments can be made by telephone or email  
Monday to Friday 9-5pm.  
We are hoping to offer parent/carer consultations  
very soon!

#### Topics covered in this issue:

- E-School Nurse Service
- Tips to prevent the spread of illness
- Vaccinations and Local services
- Head lice & threadworms
- Allergies & intolerances
- Happy teeth, healthy smiles
- Promoting good sleep habits
- School Readiness & health surveys
- Public Health 5-19 Pathways



**NHS**  
North Cumbria  
Integrated Care  
NHS Foundation Trust

## E-School Nurse Video Clinics

Online health support for teachers and professionals supporting children and young people aged 5 – 19 years old.

In order to provide health support and advice for children aged 5 – 19 years we have launched twice weekly online E-School Nurse video clinics.

**TUESDAY and THURSDAY**  
12.30 – 4.30pm

Instead of being face to face you will be able to talk to the nurse over a live video link that is private, secure, confidential and convenient for you

In consultation with you, the nurse will assess the child or young person's health problem and provide you with the support and advice needed.

For more information on the **E-School Nurse video clinic** please read the information leaflet or visit [www.cumbria.gov.uk/eh61018](http://www.cumbria.gov.uk/eh61018)

You can email for an appointment on [choc.north@nhs.net](mailto:choc.north@nhs.net) or telephone 0300 30 34 365

The link for the video clinic is [www.choclid.co.uk/video](http://www.choclid.co.uk/video)

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## Healthy habits to prevent the spread of illness

While it's not possible to shield children completely from catching a cold or the flu, you can teach them healthy habits to boost their immune systems and decrease their chances of picking up an infection.

### 1. Promoting handwashing in schools

Almost 22 million school days are missed due to the common cold alone, according to the Centre for Disease Control and Prevention. Hand washing is one of the most effective ways of preventing the spread of common school-age child illnesses such as cold, flu, pinkeye, and more.



[e-Bug](http://www.e-bug.eu) is a free educational resource for classroom and home use, it makes learning about micro-organisms, the spread, prevention and treatment of infection fun and accessible for all pupils. Throughout these teacher sections you will find:

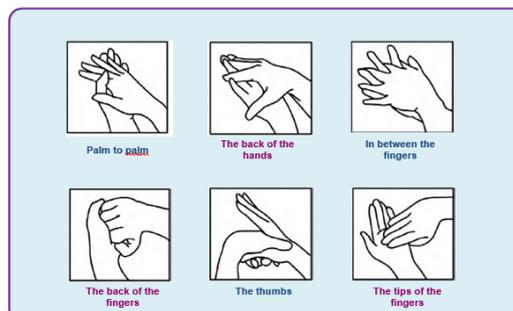
- detailed lesson plans
- fun student worksheets
- extension activities
- animations
- activity demonstrations
- PowerPoint presentations to assist with the more difficult aspects of microbiology.

All activities and plans have been designed to complement the National Curriculum. The student pages complement the teacher resources by providing online games, revision pages and lots more to continue the learning experience at home.



Schools should also ensure that education materials are in plentiful supply throughout the school. Posters for pupils on how and why they should wash their hands with soap are crucial to reinforce the message. This provides teachers with well thought-out lesson plans and activities on the topic.

#### The 6 Steps of Hand Washing



## Healthy habits continued

### 2. Show them how to cough and sneeze properly

Cold and flu viruses can become airborne on droplets of saliva when someone sneezes or coughs. Teach children to cover a sneeze or a cough with a tissue or with the inside of their elbow. A recent study showed that most people cover their sneezes, but do so with their hands (a bad habit that can spread the illness to others).



### 3. Tell them to avoid touching their eyes

If children touch something that someone with a cold has previously touched and then goes on to touch their own eyes or mouth the cold virus can enter their body. Other infections such as conjunctivitis and impetigo can also be transmitted through touching eyes or mouth after touching an object that has been handled by someone with that infection e.g. a facecloth or towel

### 4. Encourage them not to share utensils and cups with friends

Children naturally love to share, but it's not a good idea to share eating utensils with friends especially during cold and flu season. Viruses and bacteria are easily transmitted through saliva, so this is one type of sharing that you should teach your pupils to avoid.



## Supporting our local services

Better Care Together have produced some helpful short self-care films covering [High temperature](#) [Coughs, colds and breathing](#) [Sore throat](#) [Gastroenteritis](#) and [Ear ache](#)

**Choose Wisely...**  
Help to keep pressure off A&E by choosing the right service level for what you need. #HelpUsHelpYou

**NHS**

Common ailments, such as coughs & colds, can't be treated with antibiotics & are best dealt with at home with rest and a well-stocked medicine cabinet.

Your local pharmacist is a trained healthcare professional & can give you advice on common illnesses without the need to go to your GP.

Call 111 when you need medical advice fast but it is not an emergency.

If you have a persistent illness that won't go away, make an appointment with your GP.

A & E is for serious and life-threatening injuries and conditions only.

A high number of A&E attendances are considered to be inappropriate.

By displaying this poster on your noticeboards or adding to your website and newsletters. It will really contribute to support us in promoting proper use of our emergency services.

It can be found on our website by clicking [here](#)

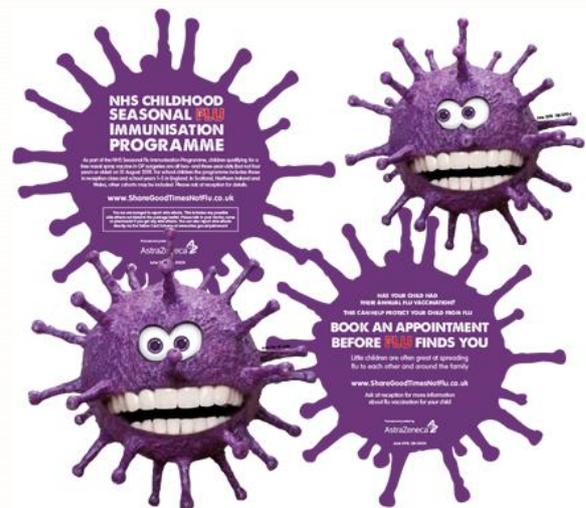
There is also the [Health Builders](#) NHS website that gives you advice on how best to treat common childhood illness.

A massive thank you to all schools for the support you have provided our immunisation teams, in delivering all the different vaccination programmes.

Not only is this a massive undertaking for the immunisation team but also for you. Without your full support we would not achieve our targets and manage to run the sessions so smoothly.

The Flu programme has continued to grow and this year was offered to all children in primary schools. As flu is such a horrible and infectious virus the whole community appreciates the protection we all get from our children being vaccinated.

## Vaccinations



## Head Lice

Many parents have simply given up treating their children's hair assuming this is just a consequence of spending lots of time with class mates in school. Finding a simple, safe and effective way to 'beat the bugs' can become frustrating, time consuming and quite a challenge!

But, there are safe and effective ways to beat the bug. School holidays, yes even Christmas, is the perfect time to promote wet combing and for children to return to school lice free!

Both the **Nitty Gritty** and the **Bug Busting** kits are available from your GP, practice nurse and pharmacist and they are approved for NHS prescription and conform completely to the latest NHS guidelines.

**Nitty Gritty** also offers a discount to schools if you would like to bulk buy combs to sell to parents/carers. They also have downloadable leaflets or you can order leaflets for free to give out to parents/carers.



The **Bug Buster** kit is also available on prescription. The charity Community Health Concern (CHC) has a [video about wet combing for head lice](#). A good idea is to add this link to your school newsletter or text it home to parents. CHC also have a helpline for professionals and parents <https://www.chc.org/for-parents/>

**Threadworms** are extremely common in schools and nurseries.

Approximately 40% of primary school age children will get threadworms at some stage and they can easily go on to infect the whole family.

Threadworms do not cause serious damage but they are irritating.

Children and adults can often be irritable and feel hungry as well as uncomfortable and itchy at night.

As a school you may want to follow some of the advice given to parents/carers in our helpful [factsheet](#).

It gives you advice and information regarding threadworms that you can share with parents/carers



## Allergies and Intolerances

An allergy or an intolerance is a reaction the body has to a particular food or substance.

These are very common and thought to affect more than 1 in 4 people in the UK at some point in their lives.

They're particularly common in children. Some allergies go away as a child gets older, although many are lifelong.

Having an allergy can be a nuisance and affect your everyday activities, but most allergic reactions are mild and can be largely kept under control.

Severe reactions can occasionally occur, but these are uncommon  
[www.nhs.uk/conditions/allergies/](http://www.nhs.uk/conditions/allergies/)



During a recent E-School Nurse appointment allergies and care plans were discussed. Following the video consultation we put together a helpful [questionnaire](#), for schools to use to find out more about the allergy or intolerance that was being reported.

This is available on our website for you to download and use.

There is also online learning you can access about allergies, and if you need epipen or an asthma update then please contact your local Public Health Nurse.

(our contact details are at the end of the newsletter)

**NHS**  
North Cumbria  
Integrated Care  
NHS Foundation Trust

**E-School Nurse**  
Helping Children Learn Better

**Allergy & intolerance questionnaire**

In order to manage your child's allergy/intolerances in school please complete the following questions.

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Parent/guardian \_\_\_\_\_

Contact number: \_\_\_\_\_

Does your child have an allergy or an intolerance? \_\_\_\_\_

What are they allergic/intolerant to? \_\_\_\_\_

Have you had this confirmed by a medical professional?  
YES  NO

Have they been seen at an allergy clinic? If yes please provide more details.  
\_\_\_\_\_  
\_\_\_\_\_

What medical advice have you been given?  
\_\_\_\_\_  
\_\_\_\_\_

Does your child need medication? (if yes provide details)  
\_\_\_\_\_

How much of the food does it take to cause a reaction?  
\_\_\_\_\_

What are the symptoms when they come in contact with the above?  
\_\_\_\_\_

How long does it take for a reaction to start after contact?  
\_\_\_\_\_

When was the last time they had a reaction?  
\_\_\_\_\_

Is there anything else you would like us to know about your child's health?  
\_\_\_\_\_  
\_\_\_\_\_

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## Healthy Teeth, Happy Smiles

Children in Lancashire and Cumbria have poorer dental health compared to children in other parts of England. The Smile4Life Programme was developed in partnership with local authorities to address this problem.

Oral health is important because:

- teeth assist in language development,
- impacted or infected teeth lead to systemic illness
- teeth are related to positive self-image formation.
- tooth decay and pain can interfere with activities of daily living: such as eating, sleeping, attending school, and speaking.



The programme aims to reduce tooth decay in children, laying a solid foundation for their good oral health throughout life.

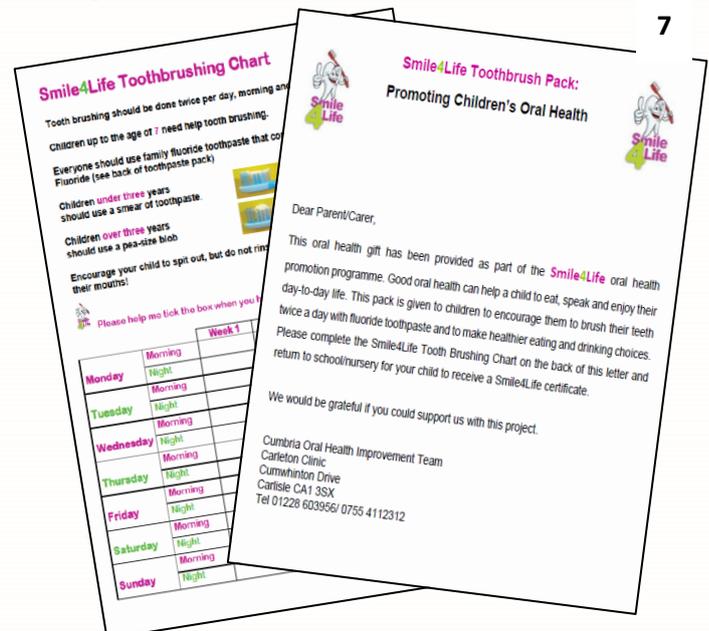
All the work you already do promoting healthy eating will make a positive impact on reducing tooth decay. Lessons and home activities to promote dental health should also be done.

You can order some 'Smile for Life' leaflets from the contact on on the letter.

These resources are also downloadable from our [website](#).

If you have children with special needs and know they struggle with dental care, they can get support from a Specialist Hygienist who works with schools and can offer advice and support.

There is also flavorless toothpaste available if they struggle with strong flavors.



This **Brush DJ** app is great and makes brushing teeth fun.

There is also the **Singing Dentist** on YouTube which is good to watch and gives good messages to teenagers too.

<https://youtu.be/io-VzeB0DEQ>

# Sleep

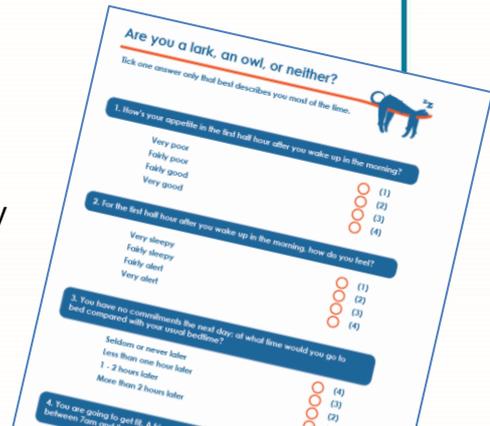
Sleep is one of the most important foundations for health and wellbeing. It is also the factor most forgotten or ignored. Our service has many resources for schools and professionals working with school aged children. These support the improved understanding of sleep and by using the resources will hopefully help improve your pupil/student sleep pattern and quality.

We have lesson plans and power-points from Sleep Scotland to use within the health and wellbeing curriculum for both Primary and Secondary.

On the topic of school readiness we have a parent power-point for Nurseries as well as resources that can be used on a 1-1 basis and include weekly sleep charts, quiz's and questionnaires.

For parents we have PH 5-19 [factsheets](#) on promoting good sleep routines, and for young people we have a top tips for them to make changes to their routines to increase the amount of hours they sleep on a nightly basis.

Please contact your local PH Nurse Team for school resources, the factsheets are available on our website.



**Sound Sleep**

**Listen**

As always, listen to what they have to say:

- try to see the issue of sleep from teenagers' points of view and what it means to them
- try to understand the obstacles teenagers may face in achieving enough good quality sleep

Give teenagers the time and space to talk about their opinions on the topic properly

# Sexual Health

Cumbria Sexual Health are available to enhance your RSE by delivering assemblies to school years 9-13. They provide young people with the knowledge of how and where to access sexual health clinics and the range of services they offer for contraception, pregnancy, STI's and sexual health emergencies.

David Morris email: [david.morris@cumbria.nhs.uk](mailto:david.morris@cumbria.nhs.uk)

**Cumbria Sexual Health Services Clinic Information**

PLEASE NOTE: Some of our clinics now offer a combination of appointments and walk ins, for this information please call your nearest clinic.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Birchwood Clinic Barrow</b> 01229 404464	CLOSED	11.30am – 7.30pm	CLOSED	11.30am – 7.30pm	9.00am – 5.00pm
<b>Derwent Clinic Workington</b> 01900 765050	09.00am – 5.00pm	11.30am – 7.30pm	CLOSED	CLOSED	08.00am – 4.00pm
<b>Kentwood Clinic Kendal</b> 01539 716706	11.30am – 7.30pm	CLOSED	09.00am – 5.00pm	CLOSED	CLOSED
<b>Peth Walks Clinic Whitehaven</b> 01900 765050	CLOSED	CLOSED	09.00am – 5.00pm	11.30am – 7.30pm	CLOSED
<b>Solway Clinic Carlisle</b> 01228 608989	09.00am – 5.00pm	11.30am – 7.30pm	09.00am – 5.00pm	11.30am – 7.30pm	09.00am – 2.00pm

[happierhealthiercommunities](http://happierhealthiercommunities)

You will find a sexual health section on our [website](#) where you can access the downloadable posters to display in your school to inform pupils of local services.

**Cumbria SEXUAL HEALTH**

**Solway Clinic, Carlisle Opening Times**

Tel: 01228 608989

	Opening Times
<b>Monday</b>	9am – 5pm Emergency walk in 9am – 11am Appointments 1.30pm – 4pm
<b>Tuesday</b>	11.30am – 7.30pm Appointments 12.30pm – 2.30pm 17 and under walk in 3.30pm – 5.00pm
<b>Wednesday</b>	9am – 5pm Emergency walk in 9am – 11am Appointments 1.30pm – 4pm
<b>Thursday</b>	11.30am – 7.30pm Emergency walk in 11.00am – 1.00pm Appointments 3.30pm – 4.30pm
<b>Friday</b>	9am – 2pm Emergency walk in 9am – 12pm

**PLEASE NOTE:**  
If you attend the emergency walk in and you do not meet the criteria, you may not be seen and offered an alternative appointment. Please call if you are unsure.  
The clinic is closed on the 4<sup>th</sup> Tuesday of every month, and will open at 3.30pm This is due to staff training.  
(Update: October 2019)

[happierhealthiercommunities](http://happierhealthiercommunities)

# School Readiness

We are often told by Head Teachers that many children are starting school with a lack of basic self-care skills, including not being toilet trained, not being able to dress/undress themselves or being unable to hold a pen or cutlery.

By assessing the school readiness of children aged 3-4 years old, it is hoped that the information obtained can be used to inform future public health interventions and support in your school.

We are able to gather this data anonymously via an online school readiness survey, and produce reports which can be used to provide evidence of need within your school.

To help us achieve this goal we need you to help us promote our survey to parents.

The following link can be sent out or included on your website for parents in reception or nursery to complete online.

[School Readiness PH 5-19 Public Health Survey](#)

To view a pdf of the survey [click here](#)

Don't forget we also have public health surveys for other year groups and an employee survey too!

[Employee Survey](#)

[Year 5 Public Health Survey](#)

[Year 7 Public Health Survey](#)

[Year 9 Public Health Survey](#)

[Year 6 Public Health Survey](#)

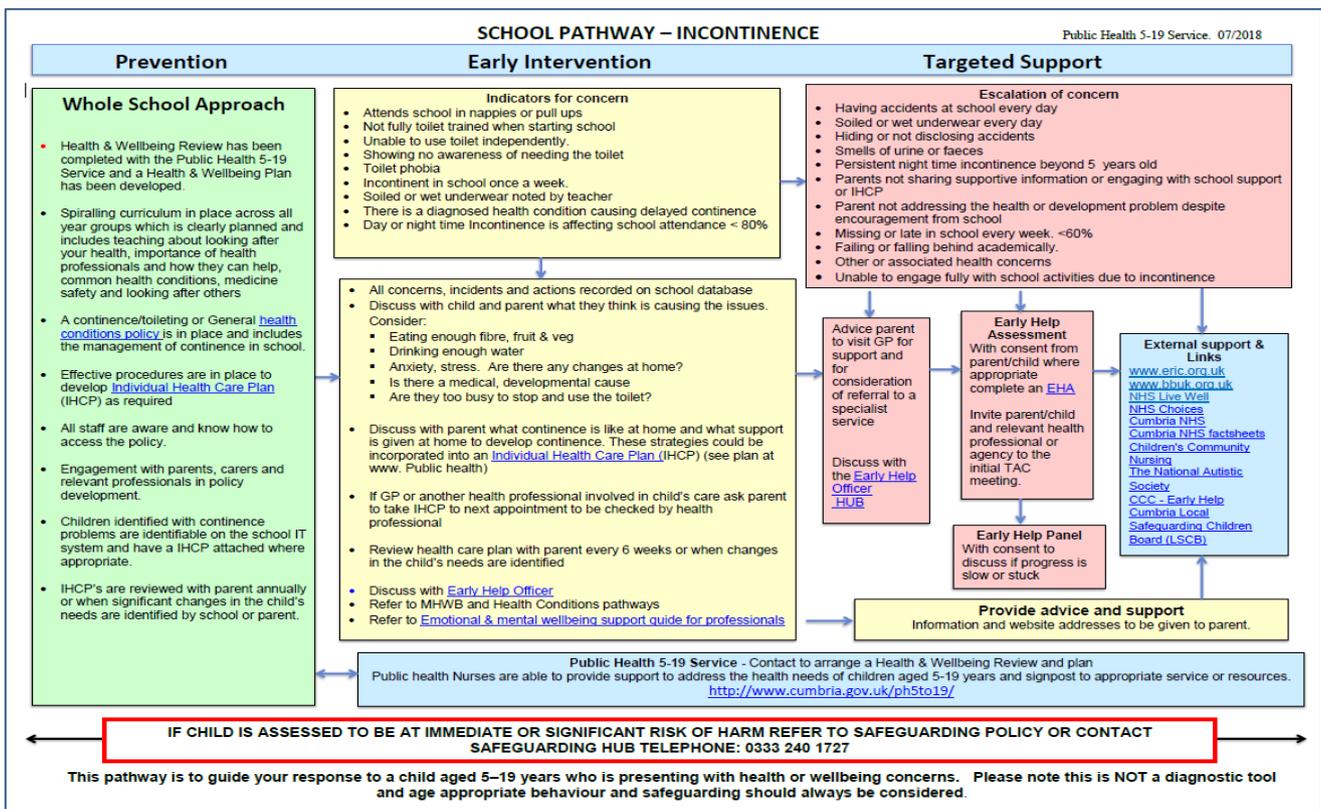
[Year 8 Public Health Survey](#)

[Year 10 Public Health Survey](#)

# Public Health 5-19 Pathways

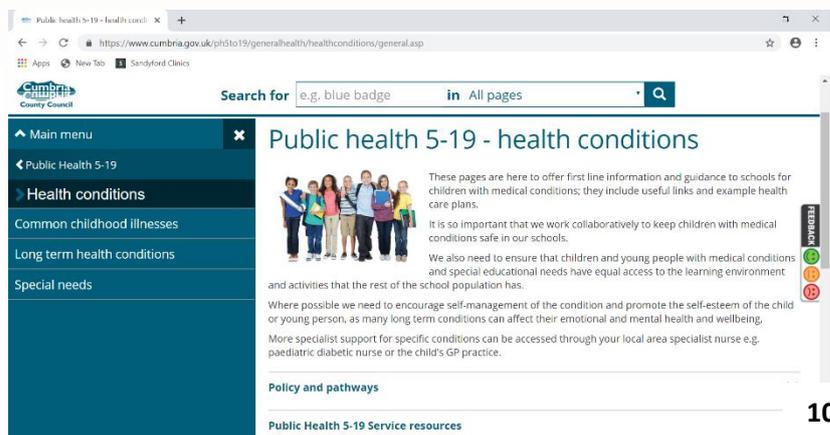
To help you support your pupils and students with low level or persistent health problems we have designed pathways that outline guidance, useful interventions and strategies as well as local and national support services and referral pathways. As we are all aware local resources and services change frequently so if you note any omissions or errors please let us know. We do our best to keep up to date but can't always be perfect!

You will find 11 pathways on our [website](#) which are all downloadable and include: Sexual Health, Emotional Health, Eating Issues, Healthy Weight, Health Conditions, Contenance and Asthma.



Our website has many useful links and information on a range of childhood health conditions and links with many other local and national websites

[www.cumbria.gov.uk/ph5to19](http://www.cumbria.gov.uk/ph5to19)



# Healthy Body Healthy Mind Boxes



Cumbria County Council

**Our new Healthy Body, Healthy Mind boxes are now available for you to borrow!**

**New for Autumn 2018**



This carefully chosen selection of books will support and enhance your PSHE teaching, covering the following areas:

- Understanding emotions and feelings
- Healthy diet and nutrition
- Exercise
- Staying safe, including digital safety
- Confidence, self-esteem, being 'different'
- Looking after your teeth
- Sleep
- Family and friends

To help you get the most out of the books, guidance and suggestions for discussion are included where appropriate.

Developed by Cumbria LSS staff, in partnership with the Cumbria Public Health 5-19 Team.  
(Any boxes borrowed will be included in your usage of your annual topic box entitlement).

To order a box (EYFS, KS1 or KS2) please contact Library Services for Schools t: 01228 227277  
e: [library.servicesforschools@cumbria.gov.uk](mailto:library.servicesforschools@cumbria.gov.uk)

Serving the people of Cumbria [cumbria.gov.uk](http://cumbria.gov.uk)

We have been working with the library service supporting them with the production of Healthy Body, Healthy Mind boxes. These topic boxes are carefully chosen to support and enhance your PSHE.

## Public Health 5-19 Website

We have lots of information on our [website](#) related to Cumbria's public health priorities of mental health, digital wellbeing, risk taking behaviour and healthy weight.

We are on Twitter - follow us  
[@healthy5to19](https://twitter.com/healthy5to19)



You can email your public health nurse direct for any staff training needs.



### [NORTH](#)

[Claire O'Neill](#)

[Sam Fell](#)

[Michelle Young](#)

### [SOUTH](#)

[Yvonne Rowlinson](#)

[Donna Moore](#)

### [WEST](#)

[Charlotte Thompson](#)

[Louise Pearson](#)