

Summer 2022



# Somerset School Nurse Team Newsletter

## Welcome to the new Somerset School Nurse Team newsletter!

The school nurse team is made up of Specialist Community Public Health Nurses, Community Staff Nurses and Assistant Practitioners. We specialise in promoting the health and wellbeing of children and young people aged 5–19 years and cover primary and secondary schools across Somerset.

This newsletter will be delivered termly, and is intended to keep you up-to-date on all the things we are doing as a service, and will include topics and links relevant to physical and mental health.

We hope you find this newsletter helpful but please do feedback anything you would like to be added.

### School Nurse Team Contacts

#### South Somerset School Nurse Team

Email: SouthsomersetSN@somerset.gov.uk

Tel: 0300 323 01414

#### West and Taunton School Nurse Team

Email: WestandTauntonSN@somerset.gov.uk

Tel: 0300 323 0115

#### Sedgemoor School Nurse Team

Email: SedgemoorSN@somerset.gov.uk

Tel: 0300 790 9853

#### North Sedgemoor and West Mendip School Nurse Team

Email: NSedgemoorWMendipSN@somerset.gov.uk

Tel: 0300 790 6836

#### Mendip School Nurse Team

Email: MendipSN@somerset.gov.uk

Tel: 0300 790 9852



Parent advice & support

Healthy lifestyles

School transitioning

Emotional health



**is your child  
5-19 and are you**  
looking for confidential  
help and support?

A safe and easy way to contact  
your School Nursing Team

Just send a text or scan me  
**07480 635 515**



Disclaimer: This is not an emergency service; it operates Monday to Friday 9am - 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of a safeguarding issue the School Nurse has a duty of care to

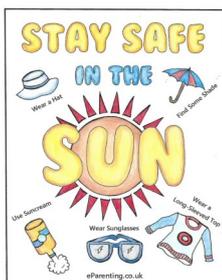


### National Sun Awareness Week

3rd May–9th May 2022



As the nicer weather approaches it is important to remember to stay safe in the sun.



#### Sun Safety Tips

Make sure you:

- \*Spend time in the shade between 11am & 3pm
- \*Cover up with suitable clothing and sunglasses
- \*Take extra care with children
- \*Use at least factor 30 sunscreen



For more advice please visit:

[Sunscreen and sun safety - NHS \(www.nhs.uk\)](http://www.nhs.uk)

### Are you looking for support with your child's bedwetting?

If so please contact your school nurse team for advice or make contact via the Chat Health Text service.

For more information regarding this topic please visit the following website:

**ERIC**





## Will your child be starting school in September 2022?

If so, the **Somerset School Nursing Teams** are here to support parents/carers and their children with this important transition. Starting school is an exciting time in your child's life but we recognise there may be worries about whether they are ready for this next step. The school nurse team are here to help alleviate any worries and can offer support with a wide range of topics including **toileting**, **healthy eating**, **oral health**, **sleep** and **emotional wellbeing**.



For help and advice around school readiness please contact your local school nurse team or via our Chat Health text service: on 07480 635515.

Please also click on the link below to view a video that provides useful information on preparing your child to start school.

[School readiness - YouTube](#)

### School Readiness Q & A Sessions

The school nurse team are running a number of Q & A sessions for parents/carers with children starting school this September.

May 2022	June 2022
09.05.22 @ 4pm	06.06.22 @ 10am
11.05.22 @ 10:30am	09.06.22 @ 7pm
17.05.22 @ 7pm	16.06.22 @ 2pm
19.05.22 @ 11am	20.06.22 @ 10am
25.05.22 @ 7pm	22.06.22 @ 2pm

More information regarding how to join these sessions will be shared by your child's new school in the next few weeks!



### National Smile Month

16th May—16th June 2022



National Smile Month is the world's largest and longest-running campaign to promote better oral health. Due to COVID 19 many people have experienced delays in seeing a dentist for routine check-ups, preventative interventions or dental care, so taking steps to protect and maintain good oral health is increasingly important.

#### Steps to protect and maintain good oral health:

- \*Brush your teeth twice a day with fluoride toothpaste, including last thing at night
- \*Clean between your teeth everyday
- \*Reduce sugary foods and drinks
- \*Register at a dentist and visit regularly

For more information on National Smile Month please visit

[National Smile Month | Home | Oral Health Foundation](#)  
([dentalhealth.org](http://dentalhealth.org))

### MENTAL HEALTH AWARENESS WEEK

Mental Health Awareness Week is happening between 9 –15 May 2022 and the official theme is 'loneliness'.

If your child is struggling with their mental health please contact the school nurse service for advice or contact your GP. Alternatively information can be found via the following organisations:

**Young Minds** — [YoungMinds](#) | [Mental Health Charity For Children And Young People](#) | [YoungMinds](#)

**Young Somerset**— [Wellbeing Support](#) | [Young Somerset](#)

**NHS Every Mind Matters**— [Children's mental health - Every Mind Matters - NHS](#) ([www.nhs.uk](http://www.nhs.uk))

**Kooth**—[Home - Kooth](#)

**NSPCC**— [Signs That a Child Is Suffering From Mental Health Issues](#) | [NSPCC](#)

