



School Nursing

Immunisations:

The school nursing service is commissioned to deliver school-based immunisations across North East Lincolnshire. This includes:

Vaccine	Year Group
Influenza - Flu	Primary school pupils, and years 7,8,9
Human Papilloma Virus – HPV	Year 8 pupils (1 st dose) Year 9 pupils (2 nd dose)
Diphtheria, Tetanus and Polio - DTP	Year 9 pupils
Meningococcal ACWY – Men ACWY	Year 9 pupils

Vaccinations are the most effective way to prevent infectious diseases, or other viruses such as the HPV that helps protect against some human papillomavirus that can lead to cancer in later life.

Having your vaccinations will help to protect other people in the community who may also be vulnerable.

Influenza

Flu season will soon be upon us Children can catch and spread flu easily, the school nursing service will be coming into schools to deliver the vaccination programme. Most children will be offered nasal spray which is safe and effective., however for some vulnerable young people or families where there are vulnerable adults in the home, the injection can be given. [Child flu vaccine - NHS \(www.nhs.uk\)](http://www.nhs.uk).

Any questions please call the school nursing service on 01472 323660 where one of the immunisation nurses will be able to offer you support and guidance around any questions you may have.

[Why vaccination is safe and important - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Handwashing:

Washing both hands with soap and water thoroughly and frequently is the most effective way of removing bacteria and germs.

Handwashing with soap can prevent the spread of germs.

Always wash your hands when you sneeze, cough, blowing your nose, after using the toilet, before and after you eat food, touching animals and pets.

Transition:

Moving from primary to secondary school or even changing classes can be a scary time for both parents and children.

Top tips to help with transition

Ideas for parents:

- Help your child prepare for school the night before
- Try to keep to routines as far as possible.
- Be a listening ear- allow time for your child to talk to you about any worries or fears and how their school day has gone.
- Encourage independence.
- Offer lots of positive reassurance.

Ideas for children and young people:

- Try to prepare the night before school and try to keep to routines.
- Talk to someone about any worries or fears you have (parent/carers/ school staff).
- Look after yourselves by doing something you enjoy.
- Join school-based groups and activities.
- Try to get a good night sleep.
- If it is a new school – make new friends.

CHAT Health.

All children aged 11-18 years of age can contact the confidential school nurse texting service. CHAT health is available between 8830-1630 Monday to Friday (excluding Bank Holidays), in which young people can text a school nurse and can ask questions if they are worried or want advice.



School nurses are here to provide advice support and guidance and if we are not the right people to support then we can help to signpost you to the right people who may be able to support and guide you. If you have any questions or would like support, please call the school nursing service on:

Telephone 01472 323660. (Monday to Friday 9-5pm).

Alternatively, you can email the service or review the support available on the website and complete a referral form.

schoolnursingadvice@nelincs.gov.uk

<https://www.nelincs.gov.uk/health-wellbeing-and-social-care/health-and-wellbeing/maternal-and-childrens-health/school-nursing/>

Young and Safe Youth Bus

Youth sessions for young people aged 8 to 19 years old

Activities, access to services, advice and guidance.

Playstation, wifi, charging points

Monday

Pavillion, New Waltham

Wednesday

Ploggers

Thursday

Royal Park, Immingham

Friday

Sydney Park

Times: 6:30pm to 9pm

for more information email streetbasedteam@nelincs.gov.uk

Twitter: @youngandsafe21



"MAKE ASTHMA EVERYONE'S BUSINESS!"



ASTHMA FRIENDLY SCHOOLS (AFS)

Background

- Asthma is the most common long-term medical conditions in children and young people (CYP) in the UK.
- Approximately 1 in 11 CYP living with asthma.
- Highest prevalence of emergency admissions and death rates for childhood asthma in Europe.
- NHS England have published National Bundle of Care for CYP with Asthma. There are many standards to achieve across health, education, public health, housing and local authority. One area is around Asthma Friendly Schools and education around air quality.

Aims

- Asthma Friendly Schools (ASF) is an initiative which would aim to set out a clear, effective partnership between health, education and local authorities for managing CYP with asthma in primary and secondary schools in Humber and North Yorkshire.
- To reduce:
 - Avoidable harm to CYP from asthma and improve quality of life
 - Reduce asthma related school absence's
 - Promote good asthma management for CYP
 - Increase awareness of asthma and provide education to everyone who comes in to contact with CYP with asthma.
- To work towards making all schools across Humber and North Yorkshire Asthma Friendly

Asthma Friendly Schools Standards

- Have an asthma register of all pupils with asthma
- Have an up to date asthma policy
- Have an Emergency kit and procedure
- Every CYP with asthma to have a personalised asthma action plan (PAAP) and an inhaler and spacer in school
- Every school to have an asthma champion
- Whole school training in management of asthma and the importance of air quality.

Next Steps

- We are in the early planning stages of this project and we would be very grateful for your input and comments on how we can implement the asthma friendly schools initiative to best suit the needs of schools in Humber and North Yorkshire.
- Please kindly select the link below and complete the questionnaire for your school. Do not hesitate to contact us if you have any questions

Google Forms Link:

https://docs.google.com/forms/d/e/1FAIpQLSeMLtoN8fcwRzcDvB1cJtDXd86O6pztoPHkBLKVEPKd-vAFqg/viewform?usp=sf_link

Upcoming dates

Cancer in children and young people is relatively uncommon compared to adult cancers.

About 1,645 children (up to the age of 15) in the UK are diagnosed with cancer each year with leukaemia, brain tumours and lymphomas as the most common diagnoses in this age group.



Around half of all cases are found in the 0-4 year age group. Children's cancers can be quite different from cancers affecting adults and tend to occur in different parts of the body to adult cancers. They also look different under the microscope and respond differently to treatment.

About 2,110 teenagers and young adults (15-24 years old) are diagnosed with cancer every year with carcinomas (breast, cervix and bowel), melanomas (skin) and lymphomas as the most common diagnoses in this age group.

Cure rates for children are much higher than for most adult cancers. The survival rate for children's cancer has more than doubled since the 1960s. More than 8 in 10 children in England now survive their cancer for 5 years or more (all cancers combined); but some cancer groups and cancer types still have much lower survival.

[Raise awareness this September \(cclg.org.uk\)](http://cclg.org.uk)



National Teaching Assistants' Day is an awareness day taking place on **16 September**.

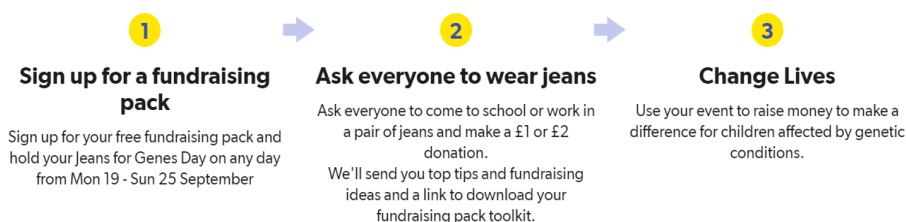
Schools across the UK celebrate their own TAs and nominate their favourites for our Teaching Assistant of the Year award.

[Celebrate With Us - National Teaching Assistants' Day \(nationalteachingassistantsday.co.uk\)](http://nationalteachingassistantsday.co.uk)



19th – 25th September 2022

IT'S EASY TO GET INVOLVED



[Jeans for Genes Day - Take part from Mon 19th - Sun 25th September](#)



Youth Mental Health Day encourages understanding and discussion of mental health in young people, enabling them to live happy and healthy lives all year round. Each year, the day aims to get young people, and those who support them, talking about how to improve mental health.

Mental health concerns for young people have multiplied in recent times. Today, 1 in 6 5-16-year olds have a diagnosable mental health disorder, with 6 in 10 young people saying they are experiencing mental health difficulties such as anxiety, low mood, eating disorders, and self-harming behaviours. Yet only a third are able to access any effective treatment.

Stem4, a charity that supports young people to build positive mental health, is proud to be the founder of Youth Mental Health Day in the UK, which started in 2020.

[Youth Mental Health Day - stem4](#)



Recycle Week 19-25 September

2022 theme: 'Let's Get Real' : The 19th annual Recycle Week will aim to inspire people to 'Get Real' to improve recycling by tackling "myths" such as so-called 'wishcycling'

This year, the campaign will hope to demonstrate that recycling "really is worthwhile" by using insights from citizen research carried out by resources charity WRAP, which delivers Recycle Now. Wishcycling is the practice of putting something in the recycling bin in the hope that it will be recycled, even though it might be unsuitable, contaminated or only partially recyclable.

The campaign will guide people to Recycle Now's 'recycling locator' to help them discover more about how to recycle in their own area.

[Recycle Week | WRAP](#)

[Recycle Week 2022 - Event Info & Teaching Resources \(twinkl.co.uk\)](#)



Black History Month 2022

Theme is: **Time for change: Action not words**

This year's Black History Month in October is more important than ever. It's not just a month to celebrate the continued achievements and contributions of Black people to the UK and around the world. It's also a time for continued action to tackle racism, reclaim Black history, and ensure Black history is represented and celebrated all year round.

[Black History Month 2022 - Time for Change: Action Not Words](#)



ADHD:
UNDERSTANDING
A SHARED EXPERIENCE

ADHD (Attention Deficit Hyperactivity Disorder) is a very common disorder which affects children and adults. It has for many years been recognised as a childhood issue that affects focus, self-control and many other important skills. However, it has only recently been recognised as an adult problem too. The cause is an imbalance in the brains anatomy and its wiring.

ADHD Awareness Month is a 31-day period of time, annually occurring for the month of October, which is dedicated to raising awareness of and educating the public about Attention Deficit Hyperactivity Disorder. In raising awareness, the event aims to dismantle any harmful stereotypes or misinformation, and spread reliable key facts and information based on scientific evidence and peer-reviewed research.

[ADHD UK | ADHD UK](#)

<https://www.twinkl.co.uk/event/adhd-awareness-month-2021-2022#:~:text=October%201%2C%202022%20-%20October%2031%2C>



In 2022, we will be celebrating Dyslexia Awareness Week with our theme of **Breaking Through Barriers**.

Dyslexia Awareness Week will take place between **03-09 October 2022**. The theme this year will allow us to reflect on the barriers that those living with dyslexia often face, while also focusing on how individuals, organisations and the education system have continued to succeed and break through these obstacles.

[Dyslexia Awareness Week 2022 - British Dyslexia Association \(bdadyslexia.org.uk\)](https://bdadyslexia.org.uk)



National Coming Out Day is an annual celebration for the LGBT+ community, supporting them in the disclosure of their sexuality or identification. The day allows hundreds of people to celebrate being a member of the LGBT+ community or to openly reveal to their friends, family or colleagues that they are LGBT+.

The day champions the idea that homophobia thrives in silence, and so thousands of allies and members of the LGBT+ community group together to abolish the silence.

[National Coming Out Day 2022: Top 10 LGBT Speakers To Book \(lgbt-speakers.com\)](https://lgbt-speakers.com)



**DYSPRAXIA
FOUNDATION**

Incorporating Developmental
Co-ordination Disorder (DCD)

Dyspraxia Awareness Week

10th – 16th October 2022

[Home \(dyspraxiafoundation.org.uk\)](https://dyspraxiafoundation.org.uk)

[Dyspraxia Awareness Week -
Information & Teaching Resources
\(twinkl.co.uk\)](#)

Dyspraxia (also known as developmental coordination disorder – DCD) is a surprisingly common condition affecting movement and coordination in children and adults. It is a hidden condition which is still poorly understood.

Dyspraxia affects all areas of life, making it difficult for people to carry out activities that others take for granted. Signs of dyspraxia/DCD are present from a young age but may not be recognised until a child starts school – or even later in adulthood.

Dyspraxia/DCD is the result of a disruption in the way that messages are passed between the brain and the body. The cause of this disruption is not yet clear although being born early, having a low birth weight and a family history of coordination difficulties increases the likelihood of someone having the condition. Dyspraxia/DCD is not caused by brain damage, illness or injury.



[World Mental Health Day | Mental
Health Foundation](#)

[Mental health in the workplace | NHS
Employers](#)

The [World Health Organisation](#) recognises World Mental Health Day on 10 October every year.

The theme of 2022's World Mental Health Day, set by the [World Federation for Mental Health](#), is 'Make mental health and wellbeing for all a global priority'.

For over 70 years, we've been working to make sure that mental health is treated on a par with physical health. Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. We need to do as much as possible to prevent mental ill-health – as individuals and as a society. We will continue to call on national and local government to prioritise reducing the factors known to pose a risk to people's mental health, enhancing those known to protect it and creating the conditions needed for people to thrive.

World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.



"Representation and normalization of stuttering in the mainstream"
International Stuttering Awareness Day
October 22, 2022
www.isad.live

[International Stuttering Awareness Day \(isad.live\)](http://www.isad.live)



**3RD WEDNESDAY OF OCTOBER
OCTOBER 19, 2022**

International Pronouns Day seeks to make respecting, sharing, and educating about personal pronouns commonplace.

Referring to people by the pronouns they determine for themselves is basic to human dignity. Being referred to by the wrong pronouns particularly affects transgender and gender nonconforming people. Together, we can transform society to celebrate people's multiple, intersecting identities.

[International Pronouns Day](#)



Training Dates

Adolescent Lifestyle Webinar

Wednesday 21st September, 2022 - 15:30 – 16:30

Thursday 29th September, 2022 - 12:00 – 13:00

[Adolescent Lifestyle Survey Webinar Tickets, Multiple Dates | Eventbrite](#)

PSHE Network – PRIMARY

Thursday 29th September, 2022 - 15:30 – 16:30

Wednesday 25th January, 2023 - 15:30 – 16:30

Thursday 11th May, 2023 - 15:30 – 16:30

[PSHE Network - PRIMARY Tickets, Multiple Dates | Eventbrite](#)

PSHE Network – SECONDARY

Thursday 6th October, 2022 - 15:15 – 16:15

Wednesday 1st February 2023 - 15:15 – 16:15

Thursday 18th May, 2023 - 15:15 – 16:15

[PSHE Network - SECONDARY Tickets, Multiple Dates | Eventbrite](#)



Talk Suicide Training

TAKE THE TRAINING. SAVE A LIFE. #TALKSUICIDE

Anyone can suffer from suicidal thoughts but every one of us can make a difference.

A life is lost through suicide every two hours in the UK but suicidal thoughts and feelings affect thousands of us every single day.

The #TalkSuicide campaign has been created by the Humber and North Yorkshire Health and Care Partnership to reduce the stigma around talking about suicide by raising awareness of free suicide prevention training available from the Zero Suicide Alliance.

- FREE 20 minute online suicide prevention training
- Learn how to spot suicide warning signs and have a conversation with someone you're worried about
- www.talksuicide.co.uk

elfh

elearning for healthcare

[Making Every Contact Count -
elearning for healthcare \(e-
lfh.org.uk\)](http://elfh.org.uk)

MECC e-learning

- To understand public health and the factors that impact on a person's health and wellbeing.
- It focuses on how asking questions and listening effectively.
- A 'MECC interaction' takes a matter of minutes and is not intended to add to existing busy workloads, rather it is structured to fit into and complement existing engagement approaches.
- NEL Training academy being developed-will include holistic MECC

Teacher Training on Oral Care

Increase your knowledge of dental disease and prevention.

You will be able to provide evidence-based material /advice to help facilitate planning and promotion of good oral care at an appropriate level for primary school children as part of their RSE curriculum.

Dates available: Wednesday 5th October, 2022 at 15:30 – 16:30
 Wednesday 16th November, 2022 at 15:30 – 16:30

The presentation will be delivered by a power point via Teams Meeting.

Please book your place on Eventbrite: <https://www.eventbrite.co.uk/e/teacher-training-on-oral-care-tickets-396427965717>



Working together we will deliver the highest quality, innovative, safe and compassionate healthcare services