



School Nursing

Immunisations:

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

Vaccine	Year Group
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.

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.



If you're **11-18 years old**
TEXT your school nurse on
07507 331620
We can help with all kinds of things like...

MENTAL HEALTH
BULLYING SELF HARM
BEREAVEMENT
ALCOHOL SMOKING
HEALTHY EATING CONTRACEPTION
SEX AND RELATIONSHIPS

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/>

Educational Independent Domestic/Sexual Violence Advocate (IDSVA)



- ▶ Covering North Lincolnshire and North East Lincolnshire.
- ▶ To support educational settings to identify those individuals with needs arising from sexual violence/abuse and domestic abuse, ensuring that they receive appropriate, multi-agency support and are referred into appropriate pathways.
- ▶ To increase awareness and understanding of healthy and unhealthy relationships.
- ▶ Provide drop ins and surgeries.
- ▶ Advice and training for staff and teachers.
- ▶ Develop and support structured care plans.

Please contact Hannah Smith
07796618344 - hannah.smith@thebluedoor.org
or The Blue Door 0800 197 4787
info@thebluedoor.org

For further information about the Educational IDSVA role and how we can support you in your role.



8th September

9am-4pm

Grimsby Town Hall

Mental health & emotional wellbeing conference for schools

2023

Join us for a day of informative sessions, local service updates & training opportunities that can help you better support your students' mental health & emotional wellbeing.

Contact hnyicb-nel.fmhd@nhs.net to register your interest so you don't miss out!

SAVE THE DATE!



Humber and North Yorkshire
Health and Care Partnership



Upcoming dates



May 1 - May 31

May is National Teen Self Esteem Month and it's a great opportunity to raise awareness of the importance of ensuring our teens are self aware and feel confident about themselves.

[Program – National Teen Self Esteem Month – I AM WORTH MORE](#)



National Share-a-Story Month – May 2023

National Share-A-Story Month (NSSM) is an annual celebration of the power of storytelling and story sharing, providing a fantastic opportunity to fulfil the core aim of the FCBG of bringing children and stories together. Across the country Federation book groups and individuals run a whole host of events. Each year we are inspired by a specific theme and work with different organisations to provide people with resources and opportunities.

[National Share-a-Story Month – The Federation of Children's Book Groups \(fcbg.org.uk\)](#)



Sun Awareness Week 2023

The dates of Sun Awareness Week 2023 are **Monday 1st to Sunday 7th May**. Skin cancer is the most common form of cancer in the UK and rates continue to rise. At least 100,000 new cases are now diagnosed each year, and the disease kills over 2,500 people each year in the UK - that's seven people every day.

Ultraviolet (UV) radiation from the sun can cause damage to the skin and lead to skin cancer. In fact, UV exposure is the main preventable cause of skin cancer.

Experiencing severe sunburn, particularly in childhood, increases the risk of developing skin cancer in later life, so it's very important to protect yourself and your family from the sun.

the key is raising awareness around sun protection and skin cancer – the most common cancer in the UK to date.

Our Sun Awareness Week marks the start of a summer long campaign to provide people with information so they can practice sun safety.

[How to stay safe in the sun | British Skin Foundation](#)

TALKING TO YOUR DEAF FRIENDS



Some deaf people speak, some use sign language and some use both.

Find out what your friend does.



Five top tips

- 1 Get their attention. Try waving or tapping their shoulder.
- 2 Speak normally. Not too slowly or too loudly.
- 3 Face them when you talk. Make sure they can see your mouth.
- 4 Use your hands. Point at what you're talking about.
- 5 Keep trying. Try texting on your phone or writing a message down.

Deaf Awareness Week takes place annually, in 2023 taking place from the **2nd to the 8th of May**, to promote the positivity of living with deafness. The aim of Deaf Awareness Week is to raise awareness of hearing loss in the UK and its impact on people's lives.

[Deaf Awareness Week - Event Information and Resources \(twinkl.co.uk\)](https://www.twinkl.co.uk)

15 to 21 May 2023

Mental Health Awareness Week



[Mental Health Awareness Week 2023 | Mental Health Foundation](https://www.mentalhealth.org.uk)

On the theme of 'anxiety', this year's Mental Health Awareness Week is from 15 to 21 May.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.



15 – 21st May 2023

Click here for some great recipes:

[National Vegetarian Week 2023](https://www.nvweek.org)

National Smile Month
15th May - 15th June 2023

Brush your teeth for two minutes, twice a day

Have less sugary foods & drinks

Brush for Better Health

Visit your dentist regularly

Clean between your teeth every day

www.smilemonth.org

© Oral Health Foundation, Registered Charity Number 263198

Oral Health Foundation
Better oral health for all

National Smile Month is a charity campaign all about championing the benefits of having good oral health and promoting the value of a healthy smile.

Between 15 May and 15 June, the Oral Health Foundation will be raising awareness of important health issues and ready to put a smile on everybody's face.

We want you to join us and make a positive difference to the oral health of millions of people.

[National Smile Month](http://www.smilemonth.org) | [Home](#) | [Oral Health Foundation \(dentalhealth.org\)](http://www.oralhealthfoundation.org.uk)



May 16, 2023 - May 20, 2023. Get moving and encourage kids to be more active during Walk to School Week 2023. The 5-day challenge takes place from the 16th to the 20th of May and is designed to help children reach their minimum 60 minutes of exercise per day.

[Walk to School Week 2023 - Teaching Resources & Event Info \(twinkl.co.uk\)](https://www.twinkl.co.uk/resources/walk-to-school-week)



National Children's Gardening Week is celebrated across the United Kingdom from the last Saturday of May to the following Sunday and this year, it is held from May 27 to June 4. British children from all over the country come together to celebrate the benefits and fun of [gardening at home](#) and at their schools. Events are promoted throughout the week, and there are various types of gardening competitions for the kids to take part in. The holiday is also held to support a charity that works in children's hospices in the U.K.

[National Children's Gardening Week - Together, we help children grow. \(childrensgardeningweek.co.uk\)](https://www.childrensgardeningweek.co.uk)



Autistic Pride Day is a **pride celebration for autistic people held on 18 June each year**. Autistic pride recognises the importance of pride for autistic people and its role in bringing about positive changes in the broader society.

[Autistic Pride - Autistic Empire](https://www.autisticempire.com)



Training Dates

PSHE Network – PRIMARY

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

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

PSHE Network – SECONDARY

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

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

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 10th May 2023 at 12:30 – 13:30**

This training will be delivered in person at Grimsby Town Hall, Town Hall Square, Grimsby DN31 1HU.

Please book your place on Eventbrite: <https://www.eventbrite.co.uk/e/teacher-training-on-oral-care-tickets-596838208147>

Using data to effectively plan for the needs of your pupils within PSHE

What data and resources do teachers need to support statutory health education? It is clear in the statutory guidance for RSE and HE that the use of data to understand the health and wellbeing needs of local school age population is essential to meet the needs of all pupils.

Key data can really help to understand what is happening in young people's lives, enabling evidence led curriculum that meets the needs of pupils.

There are lots of data out there, but what is the best data to use and how? We will be spending a hour with the local public health analysis and wellbeing programme lead for school to look at how data can best inform practice.

This session will give an overview of what is happening with our young people in North East Lincolnshire and help promote health and wellbeing at the heart of the school to deliver better outcomes for pupils. **This course is FREE OF CHARGE.**

The session will held at Grimsby Town Hall, Town Hall Square, Grimsby DN31 1HU. Joining instructions will be sent prior to the vent. Please make your booking via Eventbrite, link included below.

Bookings at: <https://www.eventbrite.co.uk/e/using-data-to-effectively-plan-for-the-needs-of-your-pupils-within-pshe-tickets-596735169957>

Aims of the session:

- To help find useful data about young peoples health to use in day to day work and planning
- To sign post to national and local data sources
- To provide a picture of local health needs and key issues facing children and young people across North East Lincolnshire.

Upcoming dates & time:

Wednesday 10th May 2023 3:00pm – 4:00pm, Grimsby Town Hall.

For further information, please contact Laura Peggs (NELC) on 01472 325776 or laura.peggs@nelincs.gov.uk

Puberty Session

RSE and HE has the principle of talking to children and young people at an age-appropriate level about growing up, and the changes they will experience.

Puberty, including menstruation, should be covered in Health Education and should, as far as possible, be addressed before onset. This should ensure male and female pupils are prepared for changes they and their peers will experience.

Teaching about the impact of puberty, which will have started in primary school, should continue in secondary school, so that pupils are able to understand the physical and emotional changes, which take place at this time and their impact on their wider health and wellbeing.

The Public Health School Nursing team have created a session addressing puberty and how to teach it.

Available date

Wednesday 10 May, 13:45-14:45

Venue: Grimsby Town Hall, Town Hall Square, Grimsby, DN31 1HU

Agenda:

- What does the guidance say?
- What is puberty?
- Puberty products
- Signposting to resources for primary and secondary pupils

Once your booking has been successfully completed, please add the date to your diary as you will receive a reminder email just before the session is due to take place.

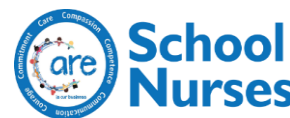
Please make your booking via Eventbrite:

<https://www.eventbrite.co.uk/e/puberty-session-tickets-596828810037>

For further information, please call or email Hayley Holton:

01472 325126

hayley.holton@nelincs.gov.uk



Free Senior Mental Health Lead Training by Anna Freud Centre

Book your **free place** on this CPD accredited training to gain tools to champion mental health across your school or FE college community. Places are fully funded by a Department for Education grant, worth £1,200.

This two-day training has been co-developed by expert clinicians and teachers ensuring a learning experience that is evidence-informed and practical. The training will equip you with the knowledge and skills to implement a tailored, whole-school or college approach to promote the mental health and wellbeing of your pupils and staff.

Places are available to book on our [online Spring 2023 training dates](#), as well as on our [face-to-face training dates](#) in London.

We are additionally running a training starting in late January [exclusively for FE college staff](#) so you have the opportunity to meet and learn with colleagues facing similar challenges and experiences.

Vaping Education



FOR SECONDARY SCHOOLS

<https://intent.evidencetoimpact.com/>

4 NEW VAPING SESSIONS ADDED

- Aimed at Years 7 and 8 but can be repeated in Years 9 and 10.
- Covering the unknown risks of vaping, MODS, the environmental impact, peer influence and more.
- Can be delivered by teachers OR other suitable school staff.
- Sessions include a personal plan to reinforce the main smoking prevention programme.



NORTH EAST LINCOLNSHIRE COUNCIL is now including vaping education in the INTENT smoking prevention programme which your school can access free of charge.

01472 325500 |
laura.peggs@nelincs.gov.uk