

School Nurse Service

An Introduction to the School Nursing
Service

Woking School Nurse Team

- Our School Nursing teams are made up of specialist public health nurses, registered nurses, nursery nurses and clinical health practitioners.
- Part of a wide and diverse network of support in Surrey.
- The School Nursing team works across Surrey to promote physical health and emotional wellbeing in schools and in the community. This includes issues such as sexual health, illnesses, healthy eating, exam stress and bullying.



How do school nurses support children, young people and their families?

- **Referrals to the School Nursing Service**

- Led by school or requested by parents via school / 0-19 Advice Line/ One Stop Self Referral

- **Packages of care**

- Sleep
- Toileting
- Healthy Eating
- Behaviour
- Dental Hygiene
- and many more....

- **Supporting development of individual healthcare plans for children with medical diagnoses**

- **Providing training on conditions such as asthma and anaphylaxis for school staff**

- **Safeguarding**

- **Health needs assessments/reviews**

- **Looked after children review health assessments**



How do school nurses support children, young people and their families?

- **Referrals to wide network of support in Surrey:**

- Mindworks (schools based primary mental health arm of CAMHS)
- Early Toileting Team
- Enuresis Clinic
- Continence Team
- Occupational, Physio, Speech and Language Therapies
- Bereavement support
- Family support centre and Surrey early help services
- Specialist dental referrals – children who would otherwise struggle in a typical dental appointment
- Audiology referrals

- **Signposting to online support and advice**



Supporting Schools to deliver the National Curriculum

- Our school nurses work in partnership with parents and schools to provide PSHE (personal, social and health education) to primary and secondary school children.
- In primary school, we cover topics such as personal hygiene, what to expect in puberty and healthy eating.
- In secondary school, we cover topics such as positive relationships, sexual health, emotional resilience and promoting healthy lifestyle choices.
- This school-based programme is part of the National Curriculum.



School Readiness

What is School Readiness?

- Collaborating with schools and parents to deliver key information about school readiness and preparing children and families to make a healthy start to their school journey.
- School readiness is a measure of how prepared a child is to succeed in school - cognitively, socially and emotionally - *Public Health England (2019)*



Necessarily Skills Needed For School

- Confident and independent in using the toilet and washing hands
- Able to dress and undress themselves
- Able to use a knife and fork
- Tidying up after themselves
- No longer napping during the day
- Used to spending time apart from parents
- Happy to socialise with other children
- Adopting a school-time routine at home
- Going to bed and getting-up at appropriate times
- Having meals and snacks at school times



Early Toileting/Enuresis

Early Toileting Advice

- School nurses can provide support for children aged 5 upwards on early toileting issues.
- School nurses can undertake toileting assessments and from this:
 - make a referral to the continence team
 - make a referral to the enuresis team



Bedwetting

Bedwetting is relatively common in children under the age of 7

1 in 5 children at the age of 5 are still wet at night

1 in 7 children at the age of 7 are still wet at night

Advice and support available from **'Be the Boss of your Bladder'** leaflet or via the **ERIC website www.eric.ork.uk**.



Contact details

Please call the One Stop team on
0300 222 5755 option 2

www.sabpsecure.simplifyhealth.co.uk

How this service works

You will be offered help over the phone and, if required, you will be asked to see your GP and your child's name put on the waiting list for clinic appointment.

In the meantime, we will continue to support you over the phone. A useful website to refer to for information is www.eric.org.uk

Once you have an appointment, you will be seen in clinic regularly for up to six months, and then re-assessed.

Need to contact the service?

Please see the Contact details section of this leaflet.

Your experiences

Children and Family Health Surrey is committed to putting people first and continually improving services through listening and responding to feedback.

To share your experiences, please:

Call **01306 646 223**

Email **CSH.patientexperience@nhs.net**

Or write to the Quality and Governance Team address below:

Quality and Governance Team,
Leatherhead Hospital, Poplar Road,
Leatherhead, Surrey KT22 8SD

Large print, audio format or another language

Call **01306 646 223**

or email **ask.cfhs@nhs.net**

to receive this information in large print, audio format or another language.

General enquiries

Visit **www.childrenshealthsurrey.nhs.uk** or email **ask.cfhs@nhs.net** for information and contact details for all other Children and Family Health Surrey Services.

Surrey Healthy Children and Families LLP
Company registered number OC415159

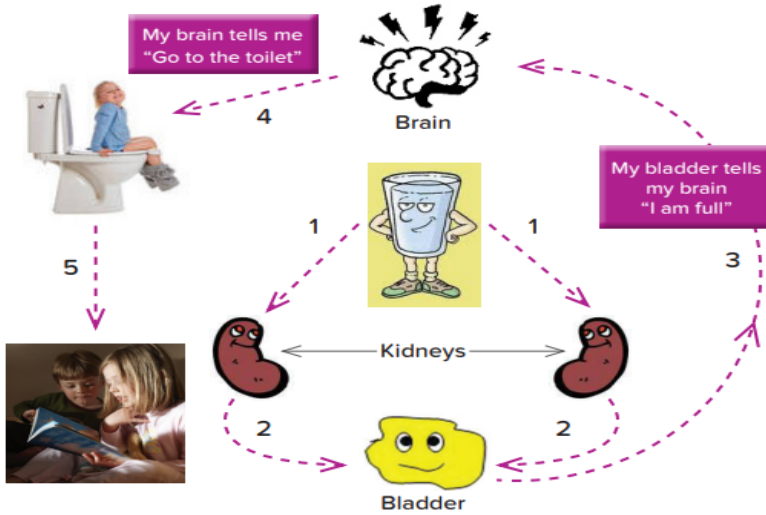
Be 'The Boss' of your bladder

Overcoming bedwetting

Information for children, parents,
carers and relatives



Be 'The Boss' of your bladder!



Bed wetting is very common in children under the age of 7 years.

- 1 in 5 children at the age of 5 years are still wet
- 1 in 7 children at the age of 7 years are still wet

While this can be stressful and embarrassing for children and their families, there is plenty of support available.

Children – Handy tips to remember to be 'The Boss'!

- Go for a wee regularly (about six times a day)
- Try and relax when having a wee
- Make sure you wee before going to sleep
- The more you drink the more your bladder is trained to hold.

To help your bladder hold more wee, it is important that you:

- Have regular drinks (6-8 x 200ml cups) throughout the day to help your bladder learn how to hold larger amounts of wee. Your child's teacher can support you with this during term time.
- Drink whole cups NOT sips as this will help to stretch your bladder
- Experiment with avoiding certain drinks such as blackcurrant juice, fizzy drinks or milk drinks especially before bed.
- Water is best.
- Keep having drinks up until 1 ½ hours before bed
- During the final 1-2 hours before bed it is okay to have a sip of water to drink, if needed.

'The Boss' checklist for _____

My targets		Tick the chart each time you drink a whole cup during the day.						
		8am	10am	12pm	2pm	4pm	6pm	
Am I drinking enough through the day? It could be juice, water or milk. My target is between 5-7 200ml sized glasses a day.								
Recommended fluid intake per day *		Well done if you have drunk 5-7 cups in a day!						
Boys and Girls 4-8 yrs	1000-1400ml							
Girls 9-13 yrs	1200-2100ml							
Boys 9-13 yrs	1400-2300ml							
Female 14-18 yrs	1400-2500ml							
Male 14-18 yrs	2100 -3200ml							
Have I been for a wee before I go to sleep? Tick every time you remember.								
		Mon						
		Tue						
		Wed						
		Thu						
		Fri						
		Sat						
		Sun						

Parents – Helpful pointers

- Is there a regular pattern to the wet nights and if so, is there something you can implement to change the cycle?
- If you want to reward your child, reward changes they can make such as increased drinking in the day and going to the toilet before going to sleep. The reward only needs to be small.
- Talk to your child about making it easier to go to the toilet at night. For example, if your child doesn't like getting up at night because it's too dark, consider using a 'special' torch / light.
- If your child is in a bunk bed or has to go up or down stairs to the toilet, can you change where they sleep for a short while?
- Try and avoid lifting children to the toilet when they are not fully awake and therefore not the 'boss of their bladder'. This leads to their bladder learning to empty when not full which is not the outcome we are looking for.

- If you do use lifting on special occasions, for example, while away on holiday, make sure you wake them at different times each night.
- It may help to stop using pull ups at night; this allows the child to recognise that they are wet and prompt them to use the toilet. Remember to use protective covers for the bed.
- Constipation can contribute to bed wetting so ensure your child has plenty of fruit and vegetables.

Remember bed wetting is not the child's fault



Helpful tips:

- Regular drinks (5-7 x 200ml cups) throughout the day
- Whole cups, not sips
- Avoid blackcurrant juice and fizzy drinks
- Keep having drinks up until two hours before bed



Is your child drinking enough?

- Aim for 5 to 7 cups/glasses (200ml) a day
- Recommended fluid intake per day:

4-8 years old = 1000-1400ml



Dental health

Dentist Appointments

- Your child should be registered at a dentist and attending regular check-ups, usually 6 monthly
- Most dentists accept children from their first birthday onwards
- To find a local dentist go to [nhs.co.uk](https://www.nhs.co.uk)
- Dental care for children up to 18 years old is **free of charge**



Helping Your Child Brush Their Teeth

- Children need help with brushing until at least 7 years old
- Wait 30 minutes after eating before brushing
- Use a pea-sized amount of fluoridated toothpaste
- Brushes should be changed every 2-3 months
- Brush last thing at night and at least on one other occasion, no foods should be consumed after this point (including milk)
- Spit, don't rinse
- Brush the teeth in a circular motion along the gum line, twice a day for at least two minutes

Diet and Tooth Decay

- Too much sugar is not good for dental health (or general health)
- Fizzy drinks containing sugar are one of the main causes of tooth decay. Milk and water are best
- Sugary food and drinks should be limited to mealtimes. Sugars should not be consumed more than four times per day



Healthy Eating

NHS Healthy Eating and Lifestyle Advice for Children and Families



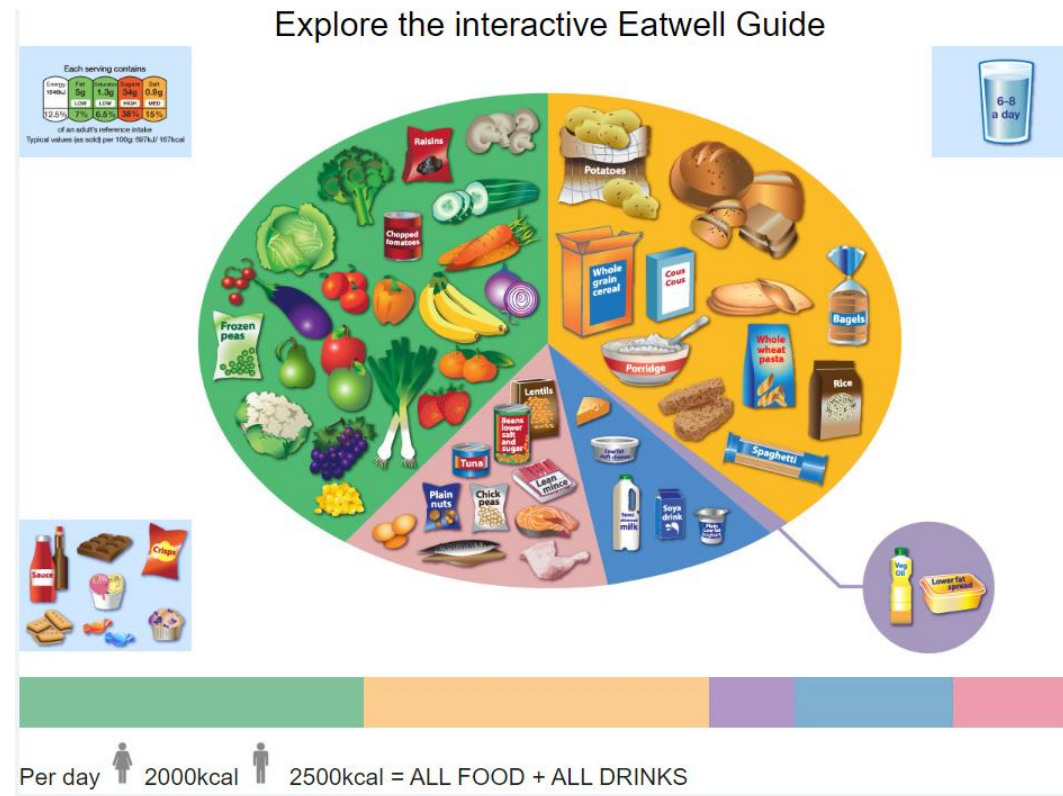
<https://www.nhs.uk/healthier-families>



Children and Family Health
Surrey

The NHS Eatwell Interactive Plate

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>



Hand Washing

1. First, wet your hands



2. Then get your soap



3. Then rub your hands all over



How do we wash our hands ?

5. Then dry your hands



4. Then rinse your hands



A simple guide to demonstrate to children the correct process of how to wash your hands.

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>

Videos and step by step picture guide available.

4+ Health Screening & National Child Measurement Programme

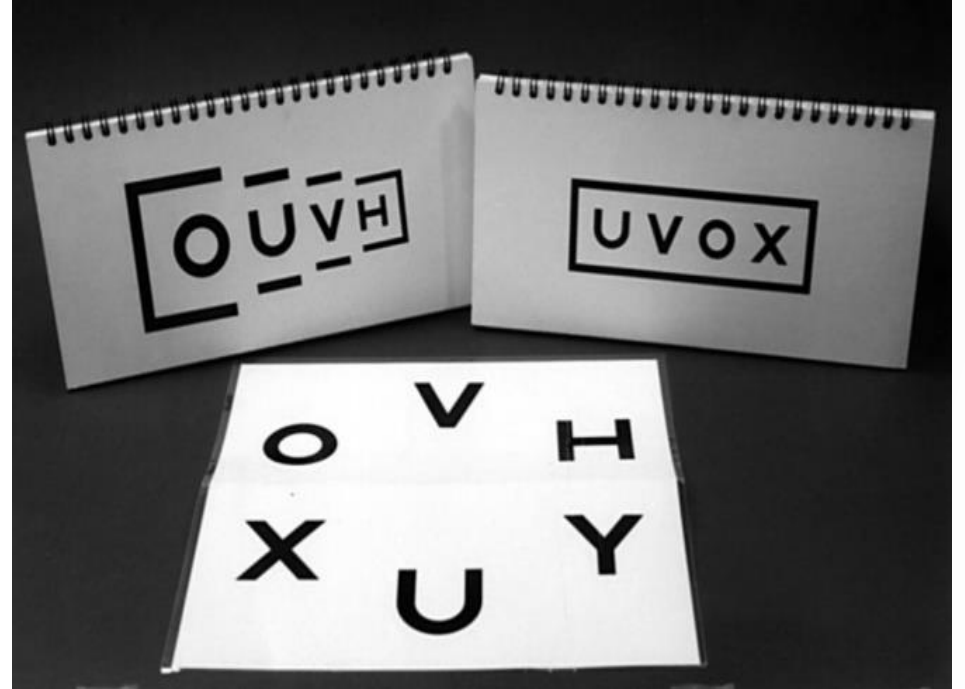
Routine Health Screening

The School nursing service offers routine health screening to all Reception Year children which includes...

- Health questionnaire
- Height and weight measurements
- Audiology checks as required
- Distance vision screening



Distance Vision Screening



National Child Measurement Programme

As part of the National Child Measurement Programme, children are weighed and measured at school in Year R and Year 6.

The information is used by the NHS and your local council to plan and provide better health services for children.

Further information can be found at www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme



Childhood Immunisations

- Routine vaccinations are offered free of charge on the NHS to all eligible children and young people in the UK. The national immunisation programme has meant that dangerous diseases have disappeared but these diseases could come back – they are still around in many countries throughout the world.
- The vaccination programmes are primarily carried out in schools, although we also offer clinics in other community settings for home-educated children and other children depending on their individual needs.
- **Flu Vaccine – Autumn Term**
 - The flu vaccine for children is needle-free and is given as a single dose that is sprayed up each nostril. It is quick and painless and will mean your child is less likely to become ill if they come into contact with the flu virus.
 - The nasal spray is more effective than the injected flu vaccine, especially in young children, which is why children are now routinely offered the nasal spray rather than the flu jab.



Secondary School Support

Safe Space Health Website

- Surrey students aged 11 to 14 can visit the **Safe Space Health website**. The website provides physical, emotional and wellbeing health information in an accessible, fun and interactive way.



Child Health Drop-in and Breastfeeding Support

Eastwood Leisure Centre Albert Drive,
Sheerwater GU21 5RF

Wednesdays 9.30am to 11.30am

Come and meet the team

Soft play area
Coffee shop

Health Visitors (birth-5 years) **School Nurses (5-19 years)**

Referral support, advice and signposting as well as:

Self-weight option
Early years support
Health reviews
Health promotion
Breastfeeding

Dental care
Sleep
Toileting
Healthy eating
Behaviour
Mental health
Eating disorders
And more



In Conclusion

Woking School Nursing Team

Contact details:

Advice Line: 01883340922

<https://childrenshealthissurrey.nhs.uk/>

or contact via school



Any Questions?



Thanks for Listening!

