



COVENTRY SCHOOL NURSING SUMMER NEWSLETTER 2017



Being Aware of Second-Hand Smoke

Over the summer holidays please be mindful of second-hand smoke around children, when travelling long distances in cars and visiting abroad in countries where smoking is accepted. Children who are exposed to smoke are more likely to contract a serious respiratory infection that will require treatment in hospital? For information on FREE stop smoking programmes and services in Coventry, please call 0300 200 0011 or visit:

<https://www.covwarkpt.nhs.uk/coventrystopsmoking>



Internet and Mobile Phone Safety Awareness

The internet can be a great educational resource for children but can also sometimes be a danger to them. To protect them:

- Monitor what your child is doing online.
- Most parents will trust what their children are accessing but they may accidentally come across something that could upset them. Use parental control software which uses filter and moderation packages is an excellent way to stop your child from accessing dangerous or harmful material.
- Talking to children and setting boundaries is also a great way to protect them – for example; not giving out personal details such a phone number or address to people they don't know and limiting the amount of time they spend online.
- It is important that they know who they can talk to if they are concerned about anything online.
- Mobile phones can have tracker devices on certain apps that children download, they are updated regularly. Be aware of social media apps that show the location of your child's phone. Apps such as: Facebook, Instagram, Snapchat, Twitter.
- Nearly 400 children under the age of 12 have been spoken to by police in the last three years in England and Wales. Figures obtained by the BBC show the number of cases where children have taken explicit pictures of themselves and sent them to others. It is illegal to possess, take or distribute images of someone who is under 18, including of yourself. This is called Sexting. More information <https://www.thinkuknow.co.uk/>



Sun Safety



Sunburn can increase your child / young person's risk of skin cancer and can cause considerable pain and discomfort in the short term. That's why babies and children need to have their skin protected.

Tips to keep you child safe in the sun

- Encourage your child to play in the shade – for example, under trees – especially between 11am and 3pm, when the sun is at its strongest.
- Keep babies under the age of six months out of direct sunlight, especially around midday.
- Cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days. Use one that has a sun protection factor (SPF) of 15 or above and is effective against UVA and UVB. Don't forget to apply it to their shoulders, nose, ears, cheeks, and the tops of their feet. Reapply often throughout the day.
- Be especially careful to protect your child's shoulders and the back of their neck when they're playing, as these are the most common areas for sunburn.
- Cover your child up in loose cotton clothes, such as an oversized T-shirt with sleeves.
- Get your child to wear a floppy hat with a wide brim that shades their face and neck.
- Protect your child's eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the "CE" mark – check the label.
- If your child is swimming, use a waterproof sunblock of factor 15 or above. Reapply after toweling.

Coventry School Nursing Team would like to wish all the Year 6 children Good Luck moving up to Secondary Schools in September and new reception children starting their new journey through school.

The School Nursing Service is available to contact throughout the school holidays on:

Paybody & Longford 024 76 96 1418, Tile Hill 024 76 472982, Willenhall 024 76 217352, Wood End 024 76 843139.

Chat Health (confidential texting service for teens) 07507 331949, Parent Line 01926 626590

Kids website (age 4 yrs – 11 yrs) www.healthforkids.co.uk Teens website (age 11 yrs – 19 yrs) www.healthforteens.co.uk

