

# School Health Nursing Service Newsletter

## Welcome

Summer Edition

..... to the first edition of the Warrington School Health Nursing Service Newsletter. This newsletter is for children, young people, families and schools in Warrington. We hope you find the contents informative. If you wish to contribute to future editions or if you have any suggestions, please contact: Helen Young:-

[helen.young@bridgewater.nhs.uk](mailto:helen.young@bridgewater.nhs.uk)

Please share.....

## School Nursing Service

School Nurses are public health nurses who lead and deliver the Healthy Child Programme for school-aged children and young people.

The community based teams work in partnership with school-aged children, young people and their families to address health needs and to promote health and wellbeing with a focus on early help and support. Each primary and secondary school has a named School Nurse who is supported by their team.

## Did you know ?



That every high school in Warrington has a 'drop in' service for young people to use. 'Drop ins' are held every week and young people can talk to the named school nurse or one of the team in confidence.

Young people can come and talk to us about anything that is worrying them, like

- Keeping Healthy
- Immunisations
- Feeling Down
- Relationships

And loads more.....

For more information visit Our Facebook page: School nursing-Bridgewater

Community Healthcare NHS Trust or email [ALWCH.warringtonschoolnurses@nhs.net](mailto:ALWCH.warringtonschoolnurses@nhs.net)



Anne Johnson—School Nurse

## School Nurse High School 'Drop in' for young people

Come and talk to one of the team .....

Bridgewater High	
• Lower site	Wednesday 10.30 – 11.30
• Upper site	Thursday 10.30 – 11.30
Cardinal Newman Catholic High	Monday 10.30—11.20
Lymm High School	Thursday 12.25 – 1.25pm
Sir Thomas Boteler CE High	Tuesday 10.45 – 11.45
Beamont Collegiate Academy	Monday 12.30 – 2pm
Great Sankey High	Tuesday 11.45 – 1.30pm
Penketh High	Wednesday 12.30 – 2pm
St Gregorys High Catholic High	Tuesday 12.25 – 2pm
Future Tech Studio	Wednesday 1.20 – 2pm
Birchwood Community High	Wednesday 12.15 – 1.30pm
Culcheth High	Thursday 1.15—2pm
Kings Leadership Academy	Monday 12.15 – 1.15pm
University Academy Warrington	Thursday 12.15 – 1.30pm
New Horizon	As required. Plus monthly on a Thursday 11-12pm

## Sun safety advice



As this is the summer edition and we are looking forward to the sunshine remember to take care in the sun.

Following the Five S's of sun safety can help children enjoy the sun safely from an early age.

**Slip:** on sun protective clothing that covers your body as much as possible

**Slop:** on SPF 30+ UVA sunscreen (or with a star rating of 5), at least 20 minutes before going outdoors.  
Re-apply every 2 hours

**Slap:** on a hat that shades the face, neck and ears

**Slide:** on sunglasses – look for the European CE mark

**Shade:** from the sun especially between 11am and 3pm



# Head Lice

Head lice are tiny insects that live in human hair. They are particularly common in children.

Head lice are whitish to grey-brown in colour, and smaller than the size of a pinhead when first hatched. When fully grown they're about the size of a sesame seed.

They can't fly, jump or swim and are spread by head-to-head contact, climbing from the hair of an infected person to the hair of someone else.

A head lice infestation isn't the result of dirty hair or poor hygiene. All types of hair can be affected, regardless of its length and condition.

## Head Life cycle of head lice

A female head louse lays eggs by cementing them to hairs (often close to the root), where they're kept warm by the scalp. The eggs are pinhead-size and difficult to see.

After seven to 10 days, the baby lice hatch and the empty eggshells remain glued in place. These remains are known as nits. Nits are white and become more noticeable as the hair grows and carries them away from the scalp.

Head lice feed by biting the scalp and feeding on blood. They take nine to 10 days to become fully grown. Head lice normally only crawl from head to head when they're adults or nearly mature juveniles.

A female head louse may start to lay eggs from nine days after she's hatched. Therefore, to break the cycle and stop them spreading, they need to be removed within nine days of hatching. Lice only affect humans and can't be passed on to animals or be caught from them.

## Treating head lice

Head lice can usually be effectively treated with lotions or sprays designed to kill head lice, or by wet combing, using a specially designed head lice comb (see above).

Wet combing can be used without lotions or sprays, but it needs to be done regularly and can take a long time to do thoroughly.

Lotions or sprays can be used as an alternative. However, to be totally effective they need to be applied correctly and thoroughly. Your pharmacist will be able to recommend an over-the-counter lotion or spray and give you advice about how to use it correctly.

## Preventing head lice

It's difficult to prevent a head lice infestation because head lice are spread by head-to-head contact.

Regular detection combing – for example, on a weekly basis – is the best way to find new lice quickly.

Lotions and sprays don't prevent head lice infestations and should only be used if a live louse has been found on your, or your child's, head.



## Flu Campaign for children in year 1 & 2 in school.

From October 2015, all children in school years 1 and 2 in England will be offered flu vaccination in the form of a nasal spray, and for the majority of children this will be offered in school. Flu can be a very unpleasant illness in children. Annual immunisation will not only provide important protection to individual children but will also reduce the spread of flu to their families and the wider community, protecting younger siblings, grandparents and others who are at increased risk of becoming seriously ill from flu. There is also some evidence to suggest that vaccinating children will have a positive impact on school absenteeism, improving the educational opportunities of children.

The school health team will be arranging with schools how the programme will be managed and parents will be informed about the programme and given the opportunity to ask questions before it starts.



## Child Safety Week

At the beginning of June it was child safety week and here are a few facts to make sure you stay safe all year round!

### The danger of hair straighteners

Hair straighteners get so hot you can cook bacon and eggs on them



### BBQ's

Do you know that a barbecue can stay hot after you have finished cooking for several hours so keep children and pets away.



You can get smoke alarms nowadays that have personal wireless handsets. They can be put right next to your bed to wake you up!



More accidents happen in the lounge/living room than anywhere else in the home.

More than two million children under the age of 15 experience accidents in and around the home every year, for which they are taken to accident and emergency units and boys have more accidents than girls.

(The Royal Society for the Prevention of Accidents)

For more information: <http://www.rospa.com/>