

## School Nursing Newsletter

### News and Updates for Primary School Parents

#### Your School Nursing Service

This is the first of a termly newsletter to keep you updated with health information and school nursing news.

We are nurses who support children, families and schools to help children to be healthy by:

- Working with you and the school to manage common health needs (asthma, epilepsy, allergies, diabetes and sickle cell disease)
- Seeing children in school to talk about their health, safety and emotions
- Working with other services to help you get the right care for your child.

**Parentline** We are very proud to launch our school nurse texting service for parents of primary school children.

Parentline is a confidential texting service for parent/carers who may have questions about their child's health.

Texting Parentline offers support with children's emotional wellbeing, dental health, medical conditions that need support at school, healthy eating, sleeping, bed wetting, keeping safe and healthy activity.

**Number: 07520 631 130 (text only)**

The service is available Monday-Friday 9am-5pm excluding bank holidays. Texts received outside of these times will receive a 'bounce-back' response reminding them to contact other health support if it is an emergency.

#### Health Spotlight: Dental Hygiene:

Recent studies show that a quarter of five year olds have tooth decay with an average of 3-4 teeth affected. Tooth decay causes pain, infections, difficulty eating and sleeping. Toothache needs treatment by a dentist and may mean your child misses school.

#### What does the school nurse recommend?

1. Make sure your child brushes their teeth twice a day (morning and night) – for two minutes each time.
2. Your child should visit the dentist twice a year for a free check-up.
3. To help your child have less sugary foods and drinks, use the fun sugar swap ideas found on: [www.nhs.uk/change4life-beta/cutting-back-sugar](http://www.nhs.uk/change4life-beta/cutting-back-sugar).

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To contact your school nursing service about your child, you can:

**TEXT**

**07520 631 130**

Messages are charged at your usual rate.

More information about school nursing can be found on our website.

[evelinalondon.nhs.uk/school-nursing](http://evelinalondon.nhs.uk/school-nursing)