



Eastleigh School Nursing Team Autumn Newsletter

Eastleigh School Nursing Team would like to say *hello*, we hope you had a lovely summer break. For those of you who haven't met us before, let us introduce ourselves, we are a varied team consisting of specialist community public health nurses, community staff nurses a community nursery nurse and school nurse assistants who cover all of the local schools in your area, we offer a variety of support from vaccinations in school, health advice and support. Over the academic year we will be offering school nursing drop in sessions for any 1:1 support or health advice, please look out for an email with details of how to book an appointment.

Be a Flu Fighter- Flu immunisations in school

The team will be in school this term offering the nasal spray flu vaccine to children in Year R through to Year 5. Please complete and return the consent form as soon as it is handed out by your school.

In areas where flu vaccine was piloted amongst primary school aged children, there was a 94% reduction in GP influenza-like illness consultation rates; 74% reduction in A&E respiratory attendances, and 93% reduction in hospital admissions due to confirmed influenza in primary school

Reception Year – School Entry Health Review

If you have a child in Year R you will be receiving a school entry health questionnaire the term that your child turns 5 years. Please complete and return this form to your school, this will allow the team to offer your child a routine vision, hearing and growth review.

Supporting your child with Transition

- ✚ Talk to your child about the changes i.e. starting school, moving up a year or transitioning to senior school.
- ✚ If your child is anxious try to remain calm yourself, remember young people will often look to the people around them for reassurance, by remaining calm you will reassure them that they are safe and do not need to panic.
- ✚ It's good to name the different emotions that your young person may be feeling by helping them recognise emotions they are more able to learn how to manage them.
- ✚ Explore coping strategies such as mindfulness, muscle relaxation, distraction and visualisation to help your young person find something that works.

By helping our children to manage their emotions we give them the confidence to ask for help when they are struggling.

Useful resources:- www.youth.anxietybc.com www.youngminds.org.uk
www.southernhealth.nhs.uk/schoolnursing www.hampshirecamhs.nhs.uk