



School Nursing Service Update

The School Nursing service across Devon has been developing their service to improve access to a School Nurse and to information and support for all school aged children. We would like to take this opportunity to let you know of some of the changes that have taken place, or are due to take place, and remind you of your local School Nurse team contact details.

We continue to work in partnership with schools to:

- Support the schools in the development of health policies that impact on all children and young people.
- Complement health related classroom based programmes.
- Identify and support children and young people with medical conditions, to ensure they access the whole curriculum and are not disadvantaged.
- Ensure that school staff have the information they need to support children with health concerns. The training package we offer is now accredited and includes epilepsy awareness, asthma, and management of medicines in schools in addition to anaphylaxis and use of auto-injectors (epipens)
- Plan for support at transitions as required which includes transitions in and out of the school within the school year
- Provide drop in sessions in arrangement with secondary schools
- Provide targeted hearing screens where a concern has been identified and consent gained for screening.
- Deliver school based immunisation programmes with the immunisation team (HPV, final school booster (Diphtheria/Tetanus/Polio) and Meningitis ACWY).

If your child has missed these vaccinations please contact the immunisations team on 01392 356144.

We are working in partnership with a new service, **Early Help for Mental Health (EH4MH)**, to support early intervention and different approaches in schools to tackle mental health problems. EH4MH aims to promote emotional wellbeing and resilience and improve early identification and intervention. The service elements include support for primary and secondary schools teachers delivered by Virgin Care and direct support for secondary aged young people delivered by Young Devon and Xenzone (Kooth.com). Young Devon face to face support and Kooth online both provide counselling support and can be accessed directly by young people aged 11 -18 years. You can find out more about this service at www.eh4mh.co.uk.

We have been working on improving access to information through our website which has now gone live and we will be continuing to develop and improve. Please keep an eye out for this at www.devon.integratedchildrensservices.co.uk/public-health-nursing and we would welcome your views about any information you would to see available. You can also provide feedback on our services via the website www.virginicare.co.uk/feedback.

Our unique Friends and Family Test code is **C8084**

Within Devon we have also been working on a Single Point of Access (SPA) to make it easier for families to access specialist services. You can use the website www.devon.integratedchildrensservices.co.uk to download our referral forms and to find access criteria for our services. Contact details for the single point of access are 0330 024 5321 or by email at vcl.devonspa@nhs.net.

We have been looking at different ways of providing clinics in the community with a mixture of drop-in and appointment based clinics running across Devon. We hope to also explore potential web based clinics and/or advice lines to make it easier to speak to someone when you need to.

Your local Community Clinic is the first Tuesday of every month from 0930 until 1230 at Ottery St Mary Hospital

FOCUS ON HEARING: Some children can experience mild hearing loss which can fluctuate. Children may display some of the signs below on some days but not on others.

- Does not respond when called
- Constantly asks for speech to be repeated
- Watches faces / lips intently
- Doesn't always follow instructions straight away
- Often misunderstands or ignores instructions
- Makes little or no contribution to group discussions
- Watches what others are doing before doing it themselves
- Complains about not being able to hear, especially when there is background noise
- Often needs help from their friends
- Tires easily
- Talks too loudly or too softly
- Becomes easily frustrated
- Appears inattentive or as though daydreaming
- Problems with concentrating, tiredness and frustration that may affect behaviour
- Plays alone and doesn't engage with group social activities
- Mishearing and mispronouncing words
- Difficulties with reading and learning
- Wanting the volume of the TV higher than other members of the family

If you have concerns regarding your child's hearing please contact your school nurse team or discuss with your child's school or GP.

There has been some publicity recently about children's weight. Further information about healthy weight can be found via NHS Choices at www.nhs.uk with lots of ideas and information about healthy lifestyles and choices via Change4Life also accessible at www.nhs.uk. Please contact your School Nurse team if you would like to discuss this further or seek additional support.

Should you have any questions or concerns regarding your child's health and how they can be supported in school please contact your School Nurse.

Our Secondary School drop ins are on **Monday from 1310 until 1410 and Wednesday 0800 until 0900 at Ottery St Mary Hospital**

You can also contact your local School Nurse **Michelle Perryman** By ringing **01404 816020 or 07816956366** or texting **07816956366**

Please remember it is recommended that your child has an annual check up at the opticians and every 6 months at the dentist. If you do not have an NHS dentist and are having problems finding one then please contact 0333 006 3300. If your child is asthmatic they should also have an annual review with the Practice Nurse at your GP surgery.

Information for young people by young people.....Check out **riseabove.org.uk**

