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January 2017 Health message was "Happy Healthy New Year"

Students have been trying to drink more water, try new fruits or vegetables and to try a little harder in exercise. We had a wonderful display of students having fun swimming, cycling, playing games, running and I have sent those pictures home for the students to keep. An assembly was held and we talked about the health risks with Energy drinks and the importance of plenty of water and regular meals.

February 2017 Health message is "Red for Heart"

Our Scouts are learning about First Aid. We will learn Emergency numbers, CPR and how to manage severe bleeding. It has come to light that students do not know their home addresses. If they needed to phone the emergency services from home they will be asked for the address. Please can you support us in helping your child to learn their home address. I will be taking an assembly and talking about Call, Push, Rescue so don't be surprised if you are rolled over into the recovery position or asked to count to 30! Here is the training video if you want to learn basic CPR with your child.

<https://www.bhf.org.uk/heart-health/how-to-save-a-life/how-to-do-cpr/cpr-training-videos>

<https://www.youtube.com/watch?v=ILxjxB4zNk>

The students have been learning these numbers

999 is the number to ring in life threatening situations . Ambulance, Police and Fire

112 is the European Emergency number. You can also use this in the UK ... it will divert to 999

101 is the non-emergency number for the Police

111 is the number to ring in a medical emergency that is not life threatening. You will be advised how to manage the situation. They will call an ambulance if they feel the situation requires one.

Chickenpox We have had a case of chickenpox last week. The child was feeling unwell and sent home before the spots erupted therefore they were not in School in an infectious state. Advice is on the school website from Health England about infections. Remember we have vulnerable children in our community and it is important to follow this advice. It is advised not to give Ibuprofen for temperature control in cases of chickenpox.

Lunchboxes Can I remind parents and carers that PCHS&C is a **nut free zone**. Sending nut products into School puts some of our students in life threatening situations. There is a great website "Food a fact of life" that has excellent resources supporting healthy choices

See ideas <http://www.foodafactoflife.org.uk/index.aspx> on making packed lunches healthier

Wellbeing & Mental Health The Lancashirecare NHS have launched a new helpline. It is the "Wellbeing and Mental Health" Free Helpline 0800 915 4640 Open Mon to Fri 7pm - 11pm Sat & Sun 12 midday to 12 midnight. They have also lots of help and advice on their website too <https://www.lancashirecare.nhs.uk/Mental-Health-Helpline>

Nitty Gritty comb I have attached a leaflet on this comb. The NHS recommend its use and if necessary it is available on prescription. The leaflet also gives guidance on how to manage headlice. If we suspect a child in your class or your child has headlice we will send a letter home to all the students in that class as all heads will need checking.

