

**Deborah McKenna RGN RSCN**

School Nurse for Children with Additional Need  
 Pendle Community High School & College, Nelson  
 Lancashire Care NHS Foundation Trust  
 Children's Integrated Therapies and Nursing Service Burnley & Pendle (CIT&NS B&P)  
**Pendle Community High School & College Direct Line 01282 682269**  
 Reception Pendle community High School & College 01282 682260  
 St Peter's Centre 5th Floor, Church Street, Burnley BB11 2DL Tel: 01282 628359  
 Email Special School Nursing Team [SS.NursingTeam@LancashireCare.nhs.uk](mailto:SS.NursingTeam@LancashireCare.nhs.uk) or [CITNS.B&PAdmin@lancashirecare.nhs.uk](mailto:CITNS.B&PAdmin@lancashirecare.nhs.uk)

**WELCOME TO NEW PUPILS AND FAMILIES**

**Please do not hesitate to contact me** to discuss any health issues and concerns. You can leave a message on **01282 682269** on the answerphone with a convenient time and best contact number for me to return your call. There are forms that require completion and updating at times and I thank-you in advance for your co-operation in completing these when I send them home. I work 4 days a week. I am not term time only so I may have leave during term time which also means that I have availability to work in the Holidays also. Emma Sidlow (Teaching Assistant PCHS&C) is responsible for First Aid and Medication management and will contact you or send necessary paperwork home in regard to these issues. You can contact her on my office number 01282 682269.

**SCHOOL CLINICS**

**Dr Williams** (Community Neurodevelopmental Paediatrician) holds a monthly clinic at PCHS&C. If your child is under Dr Williams she will arrange to see your child in these clinics. I can make new referrals to Dr Williams so if your child has not got a Paediatrician and their needs require review please discuss this with me.

**Fiona Shorrock** (Dietitian) holds a monthly clinic at PCHS&C. If your child requires dietetic review she will arrange to see you in these clinics. If you have a different dietitian it may be that your child is transferred over to Fiona or your dietitian liaises with me via letter, telephone, email. If you have concerns around your child's growth and would like support from a dietitian please discuss this with me and I can make a referral.

**Physiotherapy and Occupational therapy.** Paula Richardson is the Therapy co-ordinator for PCHS&C. You can leave a message for Paula by contacting main reception at PCHS 01282 682260 or if you have a named Therapist and want to speak to them directly please contact St Peters centre on the number above or the email for Occupational Therapy. For Physiotherapy contact the Rainbows centre 01282 803605.

**Speech Therapy** Emily Shepherd is the speech therapist linked with PCHS&C. Emily provides advice and support to Class teams. Emily will see pupils at PCHS&C to review programmes, techniques and Assess feeding guidelines as necessary. If you wish to contact Emily please contact St Peters centre on the number above or the email with a message or through the Home School Diary.

**HEALTH MESSAGES**

The Health Profile for Pendle for 2017 is available on the Internet  
<https://www.gov.uk/government/statistics/2017-health-profiles>

**Priorities in Pendle** include encouraging **healthy lifestyles, improving mental health and wellbeing, and improving health outcomes for children and young people** (including reducing infant deaths). My monthly health messages link in with the local health priorities and the curriculum.

There will be assemblies, guest speakers, competitions, focus groups, leaflets as appropriate to support the delivery of these messages.

**SEPTEMBER HEALTH MESSAGE**

is  
**KEEP ON MOVING**



**A brisk 10 minute walk every day can make a difference to your health.**

**Each 10 minute burst of exercise is known as an “Active 10”.**

**Brisk walking is simply walking faster than usual, at a pace that gets your heart pumping.**

**Start with a 10 minute brisk walk a day and then see if you can gradually build up to more.**

**I am encouraging the students to tell their form groups about a walk they have done and to encourage them to want to do the walks others tell them about.**

**It might be a different park to feed some ducks or a different playground with different equipment or a walk around a reservoir to admire the wildlife.**