



## February 2018 NURSES NEWSLETTER

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**Britain's tooth decay epidemic saw around 170 youngsters have teeth extracted in hospital every day last year, with sugar blamed for creating an "oral health crisis"**

**"This concerning trend shows there is an urgent need to introduce measures to curb our sugar addiction which is causing children's teeth to rot."**

**Half the sugar children are having comes from snacks and sugary drinks.**

**Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay.**

**Fruit and vegetables are always the best choice, but if you're shopping for packaged snacks for your children, use this helpful tip: look for 100 calorie snacks, two a day max!**

### IDEAS FOR 100 CALORIE SNACKS

**Malt loaf slice, fresh or tinned fruit salad, one crumpet, one scotch pancake, sugar free jelly, plain rice cake or crackers with lower fat cheese, chopped vegetables and lower fat hummus**

Read more at <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids>

### OVER THE COUNTER MEDICATIONS IN SCHOOL

**Guidance supporting Clinical Commissioning Groups in making decisions locally about what is prescribed on the NHS has had to be made in light of the financial challenges faced by the NHS. Some medicines which are of relatively low clinical value or priority or are readily available 'over the counter' and in some instances, at far lower cost, such as paracetamol, treatment for coughs and colds, antihistamines, indigestion and heartburn medication and suncream will not be available on prescription.**

**Non-prescription /over the counter (OTC) medication does not need a GP signature/ authorisation in order for school to give it. The previous working resulted in some parents making unnecessary appointments to seek a prescription for an OTC medicine so that it can be taken in schools. Medicine (both prescription and non-prescription) must only be administered to a child where consent for that particular medicine has been obtained from the child's parent and/or carer. Lancashire County Council has provided schools with advice.**

**The School/College Medication Policy has been amended and will be available when passed by Governors. Medications will be kept to a minimum as per policy advice previously. All medication whether prescription or nonprescription should be sent into school/college in the original packaging with the advice leaflet.**

**Your Special Needs school nursing team are available for staff and parents/ carers to give advice and support around medications in school and college. Please do not hesitate to contact us.**



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# Defibrillator Heart Restarter

Anyone can use it  
No training necessary

For an unconscious person  
NOT breathing normally

Call 999 → Start CPR → Switch on defibrillator → Follow its instructions



♥ THE MONTH OF THE HEART ♥

The British Heart Foundation helped sponsor the Defibrillators at Pendle Community High School & College. There is 1 at main reception and 1 on the main teaching corridor.

In many towns and villages there are defibrillators situated.

Near pubs, in old phone boxes, train stations, in shopping centres.

Do you know where the one nearest to where you live is?