

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 or 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. 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.

Dr Rakshi (Community Neurodevelopmental Paediatrician) holds clinics at PCHS&C. If your child is under Dr Rakshi he will arrange to see your child in these clinics. I can make new referrals to Dr Rakshi 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. If you have a named Therapist and want to speak to them directly please contact St Peters centre on 01282 628359 for Occupational Therapy and for Physiotherapy contact the Rainbows centre 01282 803605. If you would like to discuss any issues around physical programmes or equipment use in school please liaise with class teacher or Miss Dean.

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 01282 628359 or through the Home School Diary. Emily tends to be at PCHSC on a Tuesday.

Orthotics The number for Orthotics to discuss any problems with specialist footwear and splinting at the Rainbows centre is 01282 804602. They tend to do clinics on a Wednesday afternoon and all day Thursday. If you need a referral your GP must refer to MSK. Your GP cannot refer direct.

HEALTH MESSAGES

The Health Profile for England can be found on the Internet.

You can search from there the Health Profile for Pendle population.

I look at the areas to target from these statistics and link into the curriculum

<https://www.gov.uk/government/publications/health-profile-for-england-2018>

If you would like me to provide any advice on a certain topic please let me know. I also share Health information at the Parent/Carer drop-ins and Parents evenings. Please come along to these. It is a great way to meet other Parents and carers and to ask questions and find out about the support available to you.

October 15th is Global Handwashing Day!

Handwashing is important – It is an important part of keeping food safe, preventing diseases, and helping children grow strong.

Clean hands – a recipe for health, reminds us to make handwashing a part of every meal.

Here are a few ways you can make a difference this Global Handwashing Day: Wash your hands with soap especially before eating, cooking, or feeding others. Remind or help others to always wash their hands before eating.

Good handwashing can protect you and others from food poisoning and flu.

NATIONAL BUG BUSTING DAY 2018 31ST OCTOBER

The aim on National Bug Busting Days is to find all the head lice and zap them in one fell swoop. This stops them from circulating endlessly.

NHS CHOICES have information on Headlice and advice on how to manage an infestation.

<https://www.nhs.uk/conditions/head-lice-and-nits/>

Head lice and nits are very common in young children. They don't have anything to do with dirty hair and are usually picked up from head-to-head contact. Head lice are small insects, up to 3mm long, and can be difficult to spot.

Other interesting days this month-:

National Cholesterol month

Lupus Awareness month

Breast Awareness month

ADHD Awareness month

STOCTOBER

Dyspraxia Awareness week

Did you know that ?? 20th October is International Sloth day- Awareness to the rehabilitation, wellbeing and conservation of Sloths.

