

Monthly Newsletter

October 2024 Edition

Designed for parents, carers and schools in Warwickshire.
Created by Connect for Health, your School Nursing Service.

Let's talk about...

- Anaphylaxis Awareness Week: 1st-6th October
- Germ Prevention & Handwashing
- National Hygiene Week: 7th-13th October
- ADHD Awareness Month
- Dyslexia Awareness Week: 7th-13th October
- NCMP Parent/Carer Portal
- Resource Feature of the Month

Subscribe to Our Newsletter!

Subscribe and get our monthly newsletter sent straight to your inbox.

[Click here to subscribe](#)



Introduction

In this issue, we're exploring a selection of health needs that could impact a child or young person, and how you can help to support them.

In particular, we have information and advice for families who are dealing with anaphylaxis and allergies.

As we move into the colder months, we're exploring top tips for germ prevention and national hygiene week, as well as raising awareness surrounding ADHD and dyslexia.

If your family or a child in your school, needs additional support for a medical condition or health need, please contact your school nursing service.





Public Health Campaign

Anaphylaxis Awareness Week

1st - 6th October

What is anaphylaxis?

Anaphylaxis (pronounced anna-fill-axis) is a serious and often sudden allergic reaction, requiring emergency treatment.

Any allergic reaction, including anaphylaxis, occurs when the body's immune system wrongly identifies a food or substance as a threat.

Did you know that...

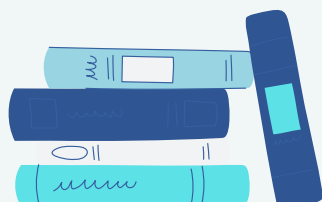
Over the last 2 decades allergic diseases have become alarmingly common and are continuing to grow.

8% Up to 8% of children in the UK are affected...

In the average classroom, 2 children have a food allergy.



3 in 10



Families report that their child's allergy affects their school attendance and education.

4 out of 10

Parents/carers experience moderate - extremely severe anxiety about their child's allergies.



How serious allergies affect schools...



17% of fatal food-anaphylactic reactions in school-age children, happen while they are at school.



20% of serious allergic reactions to food, happen whilst a child is at school, and can occur with no prior history of food allergy.



32% of children surveyed reported being bullied due to a food allergy. *(anaphylaxis UK)*

Recognising the symptoms...

Symptoms of an allergic reaction usually develop within a few minutes of being exposed to the allergen. **Symptoms will vary from person to person, so it is important to understand and be clear about what symptoms a particular individual might display.**



Airway

Swelling in the throat, tongue or upper airways (tightening of the throat, hoarse voice, difficulty swallowing).



Breathing

Sudden onset wheezing, breathing difficulty, noisy breathing.



Consciousness

Dizziness, feeling faint, sudden sleepiness, tiredness, confusion, pale clammy skin, loss of consciousness.

Other symptoms could include...

Other symptoms that might be present include:

- a red raised rash anywhere on the body
- a tingling or itchy feeling in the mouth
- swelling of lips, face or eyes
- stomach pain or vomiting

Anaphylaxis Awareness Training

For professionals in education

You can access our online training video for anaphylaxis awareness and top tips for supporting children and young people in school with anaphylaxis.

[Access your training here](#)



Schools: top tips

Keeping children and young people safe



- ✓ Be familiar with an individual child or young person's specific signs and symptoms of anaphylaxis.
- ✓ Be aware of an individual's allergen triggers and how to reduce this risk at school.
- ✓ Never separate the medication from the child or young person - do not lock away in an office.
- ✓ Do not leave an individual alone if they are having an anaphylactic reaction.
- ✓ If an individual has had adrenaline administered, they **MUST go to hospital, and they must go in an AMBULANCE.**

Parents/Carers: top tips

Keeping your child informed and empowered

- ✓ Ensure that your child's school has all the information and the medication that they need for your child.
- ✓ Ensure that your child carries their own medication where appropriate.
- ✓ Involve your child when teaching others about their allergies - encourage your older children to discuss this with their friends.
- ✓ Encourage your child to start reading food labels with you to check for allergens.



Transitioning to University next year?

Preparing and managing allergies at University



Learn to Cook

Encourage your child to practise cooking safe meals for themselves which they could make in their university accommodation.



A Mini Fridge

Check whether they can request a mini fridge for their room to avoid cross contamination in a communal fridge.



Check Food Labels

Encourage your child to always check food labels for allergens, even on familiar products as they can change without warning.



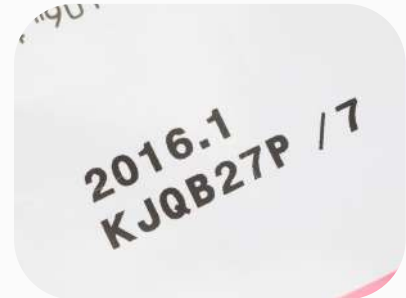
Managing Medication

Encourage your child to take responsibility for their doctor's appointments and collecting their prescriptions.



Allergy Action Plan

Sit with your child and create an up-to-date allergy action plan for them to use while they're studying away from home.



Monitor Expiry Dates

Your child should regularly check the expiry dates on their adrenaline auto-injectors and could consider signing up for an alert service to remind them.

Top tip: Educate your housemates

You could encourage your child to inform their new housemates and friends about their allergies including, what to do in an emergency and how to use their auto-injector. You can access trainer pens for this purpose.



Germ Prevention & Hand Washing

As we enter into the colder months, it's important to remind children to wash their hands to prevent illness and viruses being spread around schools and households.



"... Here we go wash your hands with me to make them nice and clean let's wet our hands get some soap ..." More >

YouTube

<https://www.youtube.com/channel/UCqjz1t1t1t1t1t1t1t1t1t1>

The Hand Washing Song | Clean Routines for Kids - YouTube

For younger children...

Try to make it fun and memorable for them. Try some fun songs and videos which they can play along to.

Make sure there are reminders and posters in the school bathroom to prompt them to wash their hands.

Lead by example and demonstrate good hand washing skills and germ prevention in front of them.

Remind them when to wash their hands...



After using the toilet



Before and after handling food



After blowing your nose, sneezing or coughing



After handling animals or pets

Always remember to...

- Carry hand sanitiser around with you to use when you don't have access to hand washing facilities.
- Sanitise or wash your hands regularly when you have an illness.





Public Health
Campaign

National Hygiene Week

2nd - 8th October

What is National Hygiene Week?

National Hygiene Week aims to highlight the issue of hygiene poverty and inspire people and communities to come together to tackle this problem.

Hygiene poverty refers to the inability to access essential hygiene and personal care products due to financial constraints. The lack of access not only impacts on an individual's physical health, but also their mental health and self-esteem.

Did you know that...

62% of those experiencing hygiene poverty with dependant children, said that they have had to choose between buying hygiene products for themselves or their child/children.

Why is hygiene so important?

Hygiene is not just about being clean, it is also about protecting your health and preventing the spread of bacteria and diseases.



Personal Health

Maintain your personal health by, regularly washing your hands, brushing your teeth, taking showers. This is crucial to preventing illness and infections.



Food Hygiene

Proper food hygiene is essential to prevent the spread of foodborne illnesses. Ensure that you maintain proper storage, preparation and cook in a clean environment.



Environmental Hygiene

Keep your surroundings clean to reduce the risk of pests and diseases. Maintain a proper waste disposal system and regular cleaning, particularly of communal spaces and touch points.

A clean and organised living environment can also have a positive impact on your mental health - it's good to encourage children to keep their own space clean and tidy to help promote this.



Public Health Campaign

ADHD Awareness Month

The whole of October

Theme for 2024: "Awareness is Key!"

In conjunction with this year's theme, we're raising awareness surrounding ADHD and sharing information and advice which is beneficial for all to access and understand.

Did you know that...

Experts claim that up to **70% of individuals** with ADHD will be treated for **depression** at some point in their lives.

This highlights why it is so important for everyone to understand ADHD and how to support a child or young person.

ADHD Myth Busting...

MYTH: "Everyone has a little ADHD"

Everyone can be forgetful or distracted sometimes, but the vast majority of people (90-95%) do not have ADHD.



The symptoms of ADHD exist within a continuum of typical human behaviour.

People with ADHD can experience and display many challenging behaviours - including forgetfulness, distraction, impulsivity, and an inability to focus.



People with ADHD exhibit these behaviours with greater intensity, severity, and chronicity than people without ADHD.

The structure, volume, chemical activity and communication in pathways in the brains of people with ADHD are different than those without ADHD.



Source: adhdawarenessmonth.org

ADHD Myth Busting...

MYTH: "Only Boys have ADHD"

According to the National Institute for Mental Health, 4.2% of females have received a diagnosis of ADHD.



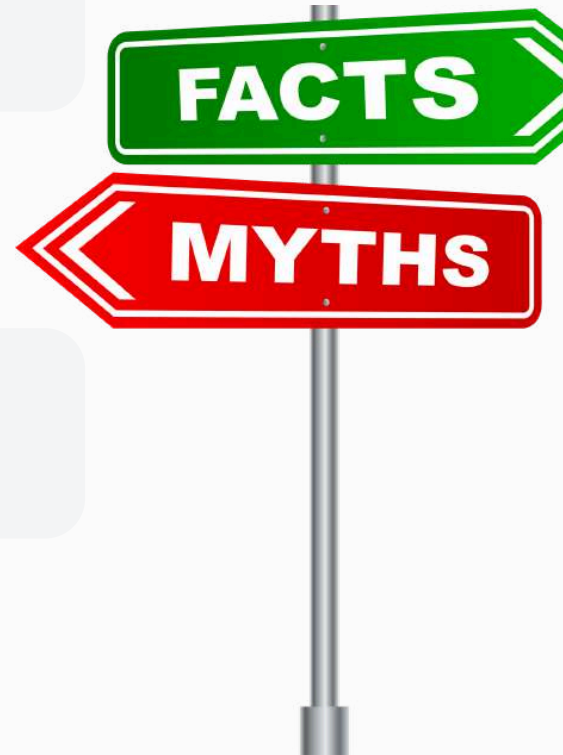
Girls and women are less likely to present with hyperactive behaviours compared to boys - inattentive symptoms can easily be overlooked.

Boys are diagnosed 2-3 times as often as girls and are more likely to be diagnosed early in life.

2/3X



Women and girls with ADHD have a higher incidence of depression and anxiety. When they are referred for treatment, symptoms of ADHD are missed.



Daily tips for supporting your child with ADHD...

- Implement healthy screen time boundaries
- Limit their caffeine and sugar intake
- Encourage and support them to do one thing at a time - using now, next and then boards for example
- Talk to your child/children about ADHD
- Find self-care changes that can make a difference
- ADHD awareness fosters empowerment
- Encourage healthy eating habits
- Encourage a positive sleep routine to aid regulation of ADHD traits



Source: adhdawarenessmonth.org



Public Health
Campaign

Dyslexia Awareness Week

7th - 13th October

Theme for 2024: "What's Your Story?"

Three key messages:

Every story is different - showcasing the unique experiences of the diverse dyslexia community.

A strong opening sets the scene - highlighting the importance of early identification and intervention to ensure each individual will flourish.

It's never too late to change your story - emphasising how the British Dyslexia Association can provide support to help people begin a new chapter.

Did you know that...

10%

of the population are dyslexic.

That's over **6.7 million** stories to tell!



Download the information and resources pack for schools and parents/carers from the British Dyslexia Association.

[Download here](#)

Signs of Dyslexia: Primary Age

If a child appears to be struggling with spelling, reading, writing or numeracy, how do you know whether these difficulties are potential indications of dyslexia? General signs to look out for are:

- Speed of processing: slow spoken and/or written language
- Poor concentration
- Difficulty following instructions
- Forgetting words

[Click here to explore the comprehensive list of signs to look out for.](#)



Source: bdadyslexia.org.uk

Has your child been measured for the National Child Measurement Programme (NCMP)?

If your child has been measured as part of the National Child Measurement Programme, **you will be able to access their measurements by registering your email address in our secure parent/carer health needs assessment and NCMP portal:**

<https://www.compass-uk.org/primary-parent-sign-up/>

If you are struggling to access your child's measurements, please contact our service for further support.



Health Feature Of The Month

October

Theme: Hygiene Habits



Download the free Habit Tracker app

Download to help you build habits and reach your goals - perfect for self-care and keeping on track to stay healthy.



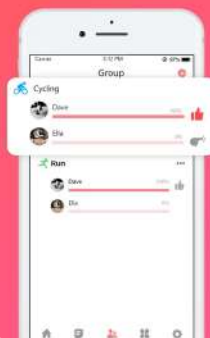
Create, Track & Maintain

Use the habit tracker to help you to maintain a healthier lifestyle and implement good habits throughout your daily routine.

Build Habits
Reach your goals



Friend Habits
Remind Each Other



Useful Contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a children under 5.

[Click here for useful apps and websites for children & young people](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: connectforhealth@compass-uk.org

Visit our website: www.compass-uk.org/services/c4h