



Monthly Newsletter

December 2024 Edition

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

Let's talk about...

- Christmas Jumper Day
- Flu Vaccines for Children
- Reminder for School Policies:
Autoinjectors (EpiPens)
- C4H Parentline
- NCMP Parent Portal
- Toy Safety During Gifting Season
- Ice Safety and Winter Water Safety
- Health Champions Feedback
- Resource Features of the Month
- Useful Contacts

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Introduction

As we come into the winter months, we're sharing information surrounding ice and water safety, flu vaccinations for children, and Christmas jumper ideas.

There is also some important information for schools following a recent inquest regarding students carrying autoinjectors (EpiPens) at school. Please review the information provided and make any recommended changes to your school policy to ensure the safety of children or young people within your school.

If you need any health support and advice for your child over the winter break, remember, you can contact our service via our confidential Parentline.



Christmas Jumper Day

12th November

Christmas Jumper Day is back – and you could be a part of it!

Join millions of people across the UK and raise money for charity. And the best bit? By having fun, you're creating lasting change for children around the world.

Let's get this Christmas Jumper Day party started!

You could raise money for Save the Children this Christmas!

[Click here to sign up and donate to the Save the Children charity.](#)

Sustainable Christmas Jumper Ideas

1

Firstly, you don't need to buy a brand new jumper to get involved!

There are always options to get a second hand Christmas jumper online or in a charity shop - see what gems you can find for a smaller cost.

2

You could create a Christmas jumper with your child!

Grab an old jumper and cover it with tinsel, decorations, baubles, glitter, stickers - whatever you can get your hands on... and turn it into a fun crafting activity.

3

Swap your Christmas jumpers!

You could encourage your child to swap their old Christmas jumpers with their friends, cousins, or siblings to get a brand new outfit.

Classroom Craft Ideas



Use old newspapers or junk mail to create snowflake decorations for your classroom.



Keep your used cereal boxes and with a few quick snips you can make some reindeer antlers.



Get out for a walk and collect some twigs and pine cones to make your own trees or reindeers.



Public Health
Campaign

Has your child had their flu vaccine?

The NHS flu vaccination campaign launched on the 1st September, with appointments running across autumn and winter. This provides vital protection to prevent people from developing serious illnesses and ending up in hospital during the busy winter months.

NHS England, 2024

How is the children's flu vaccine given?

The children's flu vaccine is usually given as a quick and painless nasal spray in each nostril.

Children who cannot have the nasal spray vaccine will get a different flu vaccine, given as an injection into the upper arm or thigh.

Some children with certain long-term health conditions who have not had a flu vaccine before might need to have a 2nd dose 4 weeks later.

How well does it work & how long does it last?

The children's flu vaccine aims to protect children against the most common types of flu viruses. There's still a chance your child might get flu after getting vaccinated, but they're less likely to get seriously ill or need to go to hospital.

The vaccine usually takes up to 14 days to work.

Protection from the flu vaccine goes down over time and the types of flu the vaccine protects against are updated each year. This is why it's important to get the flu vaccine every year.



2,478

patients in hospital with flu each day. (February 2024)

961 ↑

patients in hospital with flu each day. (February 2023)

Data shows that winter flu cases have increased with it being 2.5 times higher than compared to the year previously.



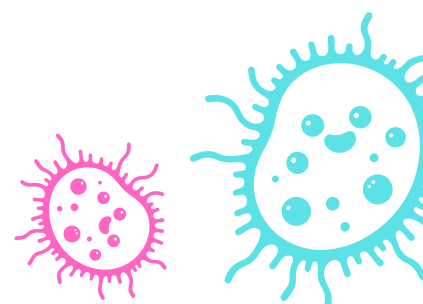
Children can have the flu vaccine at the same time as other vaccines.

Potential side effects

The most common side effects of the children's flu vaccine are mild and get better in 1 to 2 days.

Side effects of the nasal spray flu vaccine can include:

- A blocked or runny nose
- Loss of appetite
- Feeling tired
- A headache





Public Health
Message

Guidance for Schools: Autoinjectors (EpiPens)

A recent inquest in August 2024 into the tragic death of a 13 year old, who died in February 2023 from an anaphylactic reaction, has highlighted several important learning points.

The Assistant Coroner, who held the inquest, issued several Prevention of Future Death (PFD) notices to multiple agencies.

There has been one reported issue which needs addressing **regarding school policies on adrenaline auto-injectors** (often referred to by the brand name EpiPen®)

Schools are encouraged to review their policies and **ensure that pupils have no limitations regarding when they can carry their auto-injector**. Their auto-injectors (EpiPens) are essential and should be carried with them at all times.

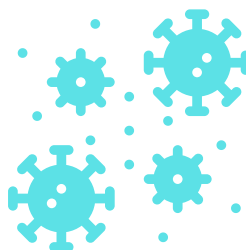
You can review the guidance for schools below:

https://assets.publishing.service.gov.uk/media/5a829e39_40f0b6230269bcf4/Adrenaline_auto_injectors_in_schools.pdf



Please be mindful that as we look ahead to Christmas festivities and possible changes in routine which arise from celebration events, children and young people are at a greater risk of being exposed to allergens and an anaphylactic reaction.

All children and young people who have been prescribed an adrenaline auto-injector are reminded that they should have two unexpired devices with them at all times, including on the way to & from school. This is in line with previously published guidance



We recommend that all schools review their policies and ensure they do not prevent children and young people from carrying these life-saving auto-injectors to & from school.

If your school needs advice about their policies relating to autoinjectors and anaphylactic support, please contact your school nursing service:

03300 245 204 or connectforhealth@compass-uk.org

Do you need support or advice for your child's health and wellbeing

You can text a member of our school nursing team about any concerns you have related to your child's health and wellbeing - **even over the winter school break, we'll still be here to support you.**

Our Parentline hours are:

Monday: 9am - 5pm

Tuesday: 9am - 5pm

Wednesday 9am - 5pm

Thursday 9am - 5pm

Friday: 9am - 4:30pm



**Text your school nurse today using:
Parentline: 07520 619 376**

The National Child Measurement Programme (NCMP)

For Reception and Year 6 Students

If your child has already 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.



Toy Safety During Gifting Season

Keeping your child and other children safe during the winter gifting season.

The Child Accident Prevention Trust is raising awareness about toy safety and identifying any risks around gifts during this gifting season.

While you're shopping this year, you should consider that:

Toys from reputable brands are made to be safe. But if they've come from an unknown seller on an online marketplace, a market or small discount store, they could be dangerous.

Tips for buying safely

Buy toys from brand names you know. If you've never heard of the seller or the brand and price is really tempting, it could be dangerous.

Watch out for cheap copies of popular toys. They may not be made to UK safety standards.

Check if the toy has been removed from sale because it's unsafe. Visit gov.uk and search 'product recalls'.

If you buy something that looks unsafe, trust your instincts and send it back.

Which toys are most dangerous?

Toys with: accessible button batteries that can burn through your child's food pipe, super strong magnets that can rip through your child's belly, long cords that can strangle your child, or small parts that can choke your small child.

- Water beads that can block your child's bowel if swallowed.
- Electrical toys with exposed wires or chargers that can catch fire.



“I would hate for any other child to go through what Becca suffered because of buying dangerous toys via online marketplaces”.

Mum of two-year-old Becca who swallowed magnets from a toy.

Checking toys

If you're unsure about the safety of a toy, here are some checks you can do:

- Check battery compartments for accessible button batteries or loose spares in the box.
- Check for any loose, small magnets.
- Give the parts on the toy a quick tug and check for small parts that come off.
- Look for long cords or access to stuffing.
- Check if there are any age restrictions or safety warnings on the product.



Ice Safety and Winter Water Safety

Children are often attracted to frozen lakes, canals, and lochs during the winter, as they present natural play opportunities.

However, ice can be a serious hazard and we often here cases on the news about people falling through the ice and getting severely injured or even dying as a result.

Taking care around icy water...

We recommend you:

- Teach children not to go onto the ice under any circumstances.
- Keep dogs on leads near ice and don't throw sticks or toys onto the ice.
- Keep well away from the edge when walking near bodies of frozen water.
- If you need to walk in the evening, only use well-lit areas or take a route which avoids water.

According to the Royal Society for the Prevention of Accidents, **50% of ice related drownings involve the attempted rescue of a dog.**








RSPCA Pet Welfare Specialist Dr Sam Gaines said: "Our advice at the RSPCA is to keep dogs away from frozen ponds, lakes or rivers which can pose a danger and make sure their paws do not get impacted with snow. It is best to walk dogs away from frozen water or keep them on the lead if it's unavoidable. If your dog ventures onto the ice, never follow them onto it, instead call them to come back to you right away, but if they get stuck call fire and rescue services for help."

"Owners should never try to risk rescuing their pet themselves as they could get themselves into a dangerous situation."



It might be tempting to walk or play on frozen water, but the ice can easily break. In December 2022, four children died after falling into an icy lake in the West Midlands.

What to do if you fall through the ice...

-  Keep calm and shout for help.
-  Spread your arms across the surface of ice in front of you.
-  If the ice is strong enough, kick your legs to slide onto the ice.
-  Lie flat and pull yourself towards the bank.
-  If the ice breaks, work your way to the bank - breaking the ice in front of you.
-  If you cannot climb out, wait for help and keep as still as possible. Press your arms by your side and keep your legs together. Keep your head clear of the water.
-  Once you are safe, go to hospital immediately for a check-up.

Health Champions

Empowering children in your school

Delivered by [Connect for Health](#), your school nursing service.

Feedback from our latest Health Champions Trials

Children who have taken part in the new Health Champions trial are thoroughly enjoying taking responsibility of their own research task. Children as young as 4 years old are participating in the sessions and are actively engaging and sharing their vital public health knowledge with their peers.

Studies support the benefits of children researching topics for themselves, as this promotes reflexivity, and allows them to think about what and how they are learning.

One of the teachers supporting the session provided us with the following feedback:

“

"The school councillor in my class has already gone and done some research and presented it to our class before half term! She was definitely enthusiastic to complete her task which was lovely."

If you would like to learn more about the Health Champion Programme and how it could be implemented in your school, please contact connectforhealth@compass-uk.org **FAO: Alison Ruffley.**

Health Features Of The Month

December

Theme: Physical Health



Download the Finch app: Your new self care best friend

Daily self care is finally fun - take care of your pet by taking care of yourself.



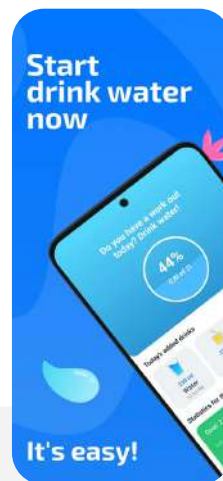
Meet your new best friend!

Finch is a self-care pet app that helps you feel prepared and positive, one day at a time.



Download My Water: Daily Drink Tracker App

Helping you to drink water regularly. Calculate your daily water intake and get notifications!



Water is essential.

Water is essential to good health, yet needs vary between individuals. This app can help ensure you drink enough fluids.

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