

# COVENTRY SCHOOL NURSING

## A GUIDE FOR PRIMARY SCHOOL PARENTS

As your child grows their needs evolve as well. This guide aims to support you and your child during the primary school years, building on the support you received from the health visiting service. The Coventry School Nursing Service provides vital resources enabling you to build their emotional and mental resilience.

### PARENTING SUPPORT

Parenting can pose challenges as you guide your child through the various stages of Primary School. The School Nursing team is here to assist by providing guidance, referrals, and connections to suitable agencies.

We offer audiology clinics for children in reception to assess their hearing, should parents request it. Additionally, we have produced parenting videos covering a range of topics, including behaviours, sleep, eating, toileting, and anxiety.

**WWW.NHS.UK**

Explore the NHS website for detailed information on healthcare services, medical advice and support resources.



SCAN HERE

#### Toileting Advice



#### Sleeping Tips



#### Behaviours Challenges



#### Understanding Anxiety



#### Challenges in Eating



#### Hearing Screening

Did you know that we offer free audiology clinics for children in reception class? For further information, please contact the team via email address in the footer.



**ChatHealth for parents in  
Coventry  
07507 329114**



ChatHealth is a free service for parents to send confidential SMS messages to School Nurses for impartial health advice and support. Available anytime, replies are provided during opening hours (9am – 4:30pm, Monday to Friday) for various health issues.



01926 495321 Ext 7494



[swg-tr.contactschoolnursescoventry@nhs.net](mailto:swg-tr.contactschoolnursescoventry@nhs.net)



ChatHealth: 07507 329 114 (Parent Line)

ChatHealth: 07507 331 949 (For 11-19 year olds)



**Coventry School Nursing Team**



**COVSCHOOLNURSES**

## SCHOOL NURSE SUPPORT SERVICES

- Toileting Guidance
- Sleep Support
- Nutritional and Dietary Support
- Delivering the NCMP for Reception and Year 6 Students
- Puberty Advice
- Year 6 Health Surveys
- Emotional Well-being and Relaxation Strategies
- Behaviour Support
- Hygiene Recommendations
- Hearing Screenings for Reception Pupils
- Social media: we regularly share advice and information about our services on our social media pages (links provided in the footer).
- School Nurse Newsletters: we regularly distribute newsletters through schools, covering various topics and providing health lifestyle suggestions.

### IF YOU HAVE ANY OF THE BELOW CONCERNS, CONTACT...

#### Pharmacist & Self Care

Grazes, cold Symptoms, sore throat, cold sores, diarrhoea or constipation, indigestion, aches and pains, repeat prescription service.



#### Dentist

Tooth pain, swelling to your mouth, injury to your mouth, pain or bleeding gums, and advice on oral hygiene are needed.



#### Optician

Blurred or sticky eye, pain in or around your eye, blurred or reduced vision, flashes, and floaters.



#### GP

A range of clinicians, including doctors, nurses and sometimes pharmacists and physiotherapists to help you with both mental and physical health issues.



#### Minor Injuries Unit

Cuts and minor burns, sprains and strains, suspected broken bones and fractures.



#### 111

If you need non-emergency advice or same-day attention when your GP is unavailable, call NHS 111 - 24/7.



#### A&E or 999

Suspected heart attack or stroke, chest pain, breathing difficulties, severe bleeding, unconscious, serious burns.



### What are the Year 6 Questionnaires?

We offer all year 6 students the opportunity to complete a health questionnaire about them. They will receive a health care plan to support them with making healthy choices. All health questionnaires are reviewed and if required the student will be given the opportunity to speak to one of the school nurses.

### HOW TO CONTACT YOUR SCHOOL NURSING TEAM

The school nursing service operates Monday to Friday 9am - 4.30pm, excluding public and bank holidays. You can reach us using the contact details provided in the footer:



01926 495321 Ext 7494



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