



**CORNWALL
COUNCIL**
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Together 
for Families

School Nursing service

The School Nurse team would like to offer you some ideas, information and ways to contact us, for us to support you and your children to achieve Physical and Emotional, health and well being during their time at school.



www.cornwall.gov.uk





Contents

- Speech and Language
- Immunisations
- Toileting and Continence
- Handwashing
- Healthy Lifestyle
- Headlice
- Dental Hygiene
- Sleep Hygiene
- NCMP, Vision and Hearing Screening (child health programme)
- Emotional wellbeing

Check your child's immunisations are up to date

1 year

[Hib/MenC](#) (1st dose)

[MMR](#) (1st dose)

[Pneumococcal \(PCV\)](#)

[vaccine](#) (2nd dose)

[MenB](#) (3rd dose)

2 to 10 years

[Flu vaccine](#) (every year)

3 years and 4 months

[MMR](#) (2nd dose)

[4-in-1 pre-school booster](#)

<https://kernowhealthcic.org.uk/primary-care-services/school-age-immunisation/>

Public Health England

Starting a new school?

- ☒ Buy uniform
- ☒ Get school shoes
- ☒ Check pre-school jabs are up to date

Pre-school jabs are:

- ☒ 2nd dose of MMR
- ☒ 4 in 1 Pre-school booster

Pre-school immunisations
A guide to the immunisations your child should have

Your child will be learning and playing with more children when they start their new school and could be at risk of catching preventable diseases if they haven't had all their childhood jabs.

If you are not sure if your child has had all their routine vaccinations, check their personal health record (Red Book) or contact the GP surgery. To get the best protection for your child, they need to have had two doses of MMR vaccine. For a checklist of the vaccines and the ages at which they should ideally be given visit www.nhs.uk/vaccinations

Protect yourself, protect others

EXCLUSION PERIODS FOR INFECTIONS AND ILLNESS IN SCHOOL

www.nhs.uk/live-well/is-my-child-too-ill-for-school

Exclusion Table

The table below is correct at time of printing. The current exclusion table can be found in the [Health protection for school, nurseries and other childcare facilities guidance](#).

Infection	Exclusion period	Comments
Athlete's foot	None	Athlete's foot is not a serious condition. Treatment is recommended.
Chickenpox	Five days from onset of rash	Blister on the rash must be dry and crusted over
Cold sores (herpes simplex)	None	Avoid kissing and contact with the sores. Cold sores are generally mild and heal without treatment
Conjunctivitis	None	If an outbreak or cluster occurs, consult your local health protection team
Diarrhoea and vomiting	Whilst symptomatic until 48 hours after resolution of symptoms	See diarrhoea and vomiting section of guidance. Seek further advice from your local health protection team if unsure
Diphtheria*	Exclusion is essential. Always consult with your local health protection team	Preventable by vaccination. Family contacts must be excluded until cleared to return by your local health protection team
Flu (Influenza)	Until recovered	Report outbreaks to your local health protection team
Glandular Fever	None	
Hand foot and mouth	None	Contact your local health protection team if a large number of children are affected. Exclusion may be considered in some circumstances
Head lice	None	Treatment only recommended when live lice are seen
Hepatitis A*	Exclude until seven days after onset of jaundice (or seven days after symptom onset if no jaundice)	In an outbreak of hepatitis A, your local health protection team will advise on control measures
Hepatitis B*, C*, HIV	None	Hepatitis B, C and HIV are blood borne viruses that are not infectious through casual contact. Contact your local health protection team for more advice.
Impetigo	Until lesions are crusted/healed of 48 hours after starting antibiotic treatment	Antibiotic treatment speeds healing and reduces the infectious period
Measles*	Four days from onset of rash and recovered	Preventable by vaccination (2 doses of MMR). Promote MMR for all pupils and staff. Pregnant staff contacts should seek prompt advice from their GP or midwife
Meningococcal meningitis/septicaemia*	Until recovered	Meningitis ACWY and B are preventable by vaccination. Your

		local health protection team will be able to advise
Meningitis* due to other bacteria	Until recovered	Hib and pneumococcal meningitis are preventable by vaccination. Your local health protection team will be able to advise
Meningitis viral*	None	Milder illness than bacterial meningitis. Siblings and other close contacts of a case need not be excluded
MRSA	None	Good hygiene, in particular handwashing and environmental cleaning are important to minimise spread. Contact your local health protection team for more information
Mumps*	Five days after the onset of swelling	Preventable by vaccination with 2 doses of MMR. Promote MMR for all pupils and staff
Ringworm	Not usually required	Treatment is needed
Rubella (German measles)	Four days from onset of rash	Preventable by vaccination with 2 doses of MMR. Promote MMR for all pupils and staff. Pregnant staff contacts should seek prompt advice from their GP or midwife
Scarlet fever	Exclude until 24 hours of appropriate antibiotic treatment completed	A person is infectious for 2-3 weeks if antibiotics are not administered. In the event of two or more suspected cases, please contact your local health protection team for more advice
Scabies	Can return after first treatment	Household and close contacts require treatment at the same time
Slapped cheek/Fifth disease/Parvovirus B19	None (once rash has developed)	Pregnant contacts of case should consult with their GP or midwife
Threadworms	None	Treatment recommended for child and household
Tonsillitis	None	There are many causes but most cases are due to viruses and do not need an antibiotic treatment
Tuberculosis (TB)	Always consult your local health protection team BEFORE disseminating information to staff, parents or carers	Only pulmonary (lung) TB is infectious to others. Needs close, prolonged contact to spread
Warts and verrucae	None	Verrucae should be covered in swimming pools, gyms and changing rooms
Whooping cough (pertussis)*	Two days from starting antibiotic treatment or 21 days from onset of symptoms if no antibiotics	Preventable by vaccination. After treatment, non-infectious coughing may continue for many weeks. Your local health protection team will organise any contact tracing.

READINESS FOR SCHOOL

www.pacey.org.uk

STARTING
SCHOOL
TOGETHER

pacey
professional association for
childcare and early years

PREPARING YOUR CHILD FOR STARTING SCHOOL



START
SCHOOL
WITH A
SMILE

Starting school is an exciting time for young children and their parents. It can be a daunting time, too. But with a little preparation and encouragement, most children will settle in easily at school.

PACEY childcare professionals have a great deal of experience in helping children to cope with times of transition. Here are some top tips, put together by some of our most experienced members, to help you prepare your child for starting school.

We hope they help you both start school with a smile!

TOP
TIPS

FLIP TRICK

Have you heard of the 'flip trick' for putting a coat on?

Put your child's coat upside down on a table in front of them.

They can then put their hands in the armholes and flip the coat over their head – a handy way for your child to put their coat on by themselves!

SELF-CARE

It will make life easier for your child (and school staff!) if your child can master these self-care skills before they start school:

GOING TO THE TOILET

Support your child to be confident about getting to the loo in time and wiping properly, using toilet paper rather than moist wipes. Do you have a different phrase for going to the toilet at home? Letting the class teacher know what this is will ensure they understand what your child is trying to ask.

WASHING THEIR HANDS

Chat about the importance of good handwashing with soap and water, especially after going to the toilet or handling animals. A good way of showing how germs can linger is to let your child cover their hands in paint (pretend germs!) and then try to wash it all off.

DRESSING AND UNDESSING

Let your child practise putting on their school clothes, taking them off and folding them neatly in preparation for PE lessons, especially if there are fiddly fastenings such as shirt buttons and zips. Clothes with elastic bands and shoes with Velcro are easier to handle for young children. Teach your child tricks such as putting labels at the back, holding cuffs to stop sleeves riding up, and wrinkling tights to put toes in first.

FEEDING THEMSELVES

From September 2014, free school meals will be available to all children from reception to year 2, but many schools will offer the option of packed lunches, too. Children having school dinners need to be able to use a full-sized knife and fork and carry a plate or tray. If your child is taking a lunchbox, make sure they can open it as well as any containers and packets inside.

USING A TISSUE

Introduce your child to the routine of 'catch it, bin it, kill it' – catching their sneeze or runny nose in a tissue, putting it in the bin straightaway, then washing hands to kill germs. Some children find nose-blowing difficult, so play games to practise nose control – blowing a feather into the air, for example.

TIDYING UP

Get your child into the habit of hanging their coat up, putting their toys away, clearing the table, and so on, to prepare them for doing these things at school. Why not turn it into a game? Many schools use a piece of music to indicate tidy up time and motivate children to help. Try this at home and ask which song your child would like. 'Mission Impossible' is a popular one!



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Remember, all children need help to make sure they have a...

Healthy Bladder and Healthy Bowels

Check your child has plenty of fluids - a minimum of 6-8 drinks every day.

Don't limit their drinks to help them stay dry... it doesn't work! The bladder needs to be filled and emptied to behave properly.

If your child is struggling to get dry in the daytime despite plenty of work on healthy bladder and bowels, read...



ERIC's Guide to Childhood Daytime Wetting

The bladder and bowels are closely related - if your child is constipated their tummy may be so full of poo that it makes their bladder misbehave! So, constipation can cause wee problems as well as poo problems. Learn to spot it and know what to do about it.

What about night time?



Your child may still be wet at night - if so don't worry! This is quite normal. Some children are dry at night soon after achieving success in the daytime - for others it is much later.

The first step for everyone is to work on a healthy bladder and healthy bowels - so keep an eye on those drinks and always watch for constipation.

Make sure your child gets into the habit of having their last drink an hour before bedtime, and then doing a wee last thing before sleep.

Make sure their mattress is protected with a waterproof cover so accidents don't matter. Look at the bedding protection in the [ERIC online shop](#).

Some children do struggle to get dry at night - check out the ERIC website or read this leaflet for more information...

ERIC's Guide to Night Time Wetting



BEDWETTING

Bedwetting (enuresis) is a Health condition which can be treated in children from age 5. Around 15% of all 7-year-olds regularly wet the bed.

If your child has any signs or symptoms of daytime wetting and/or constipation these need to be addressed before bedwetting can be addressed

ERIC Free helpline:
0808 801 0343

Mon to Thur, 10am - 2pm



www.cornwall.gov.uk

Bedwetting Video





Healthy urine colour

WEE CHECKER Hydration chart



1	GOOD Keep up the good work! You're drinking really well. You've got a happy, healthy bladder!
2	GOOD Keep up the good work! You're drinking really well. You've got a happy, healthy bladder!
3	FAIR Watch out! You could do with drinking a bit more please.
4	DEHYDRATED You really need to have a drink soon!
5	DEHYDRATED You really need to have a drink soon!
6	VERY DEHYDRATED Ouch! Your bladder and kidneys are getting worried! Have a big drink as soon as you can!
7	SEVERELY DEHYDRATED Thirsty? You should be – you're way overdue several big drinks. Get drinking as soon as you can – your bladder and kidneys are NOT HAPPY!!

SO HOW MUCH SHOULD YOU DRINK?

6 - 8 cups every day, more when it's hot, or if you're exercising.

Remember to spread the drinks out!

Bladder muscles like to keep fit by stretching and squeezing throughout the day.



HOW BIG SHOULD THE CUP BE?

A sensible size for your age would be:

- >> 2 year old – 120 / 150mls
- >> 5 year old – 175mls
- >> 7 year old – 200mls
- >> 11 year old – 250mls

What is a healthy bladder?

The bladder should be emptied 4-7 times a day about every 2 hours

How much should my child drink?

Children should have 6 – 8 water-based drinks each day. The size of the glass should be relative to your child's age and size: about 200ml for a 7 year old and 250ml for an 11 year old.

Barriers to a healthy bladder:

- Being constipated
- Not drinking enough.
- The wrong drinks.
- Not getting to the toilet in time.
- Urinary tract infections (UTI)





Handwashing



Scrub
your hands



Backs
of hands



Between fingers



Back
of fingers



Thumbs



Tips of fingers



Soap



20 seconds



Healthy
Cornwall

Weight Management and Physical Activity - Children and Young People

If you're looking for support to help your family eat healthier, be more active and manage their weight, we're here to help.

Below you'll find a variety of information, tools and support:



Your Local Offer



Helpful Apps & Tools



Additional Advice & Support



5 Top Tips For Getting Active



Healthy Families Bitesize Resources



Healthy Pregnancy

PHONE: 01872 324200

Website: healthy.cornwall@cornwall.gov.uk

 www.cornwall.gov.uk



BETTER HEALTH

Better Health
Let's do this

NHS

Top tips to keep your family healthy and happy



Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.



Remember kids are smaller than adults so give them a smaller portion to begin with, if they're still hungry they'll ask for more.



Sugary snacks can all add up! Fruit and veg are a good snack choice, but if the kids are having packaged snacks, just remember to aim for 2 a day max.



When eating out look for child-friendly options that include fruit and vegetables. Try to avoid bigger portion sizes such as "go large" or "supersize" deals.



Kids need 60 active minutes each day. This can be in short 10 minute bursts throughout the day. Try scootering to school, skipping to the shops, or dancing to a song. Keep track of screen time - many parents find it helpful to set a daily limit.

Want more tips to help your kids stay healthy?
Search Better Health Families

Better Health
Let's do this

NHS

Better Health Families is here to help

Search Better Health Families for lots of:

- Easy tips
- Healthier snack ideas
- Tasty recipes
- Easy lunchbox ideas
- Fun activities

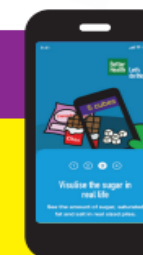


... and much more! Plus, if you sign up to our newsletter, you'll be the first to hear about all the latest hacks, competitions and special offers. Millions of families are making healthier changes with their children - you can too!

Want to know what's really inside your food and drink?




See for yourself and download our FREE Food Scanner app to find healthier options. Use the 'traffic light' labels to choose more greens and ambers, and cut down on reds.



We're on [Facebook](#) and [Instagram](#) too @betterhealthfamilies and want to hear from you!

All about Head Lice

Head lice are tiny insects (see actual size pictures below). Their colour can vary according to the hair colour of the person affected.

Actual size in stages of growth of the head louse. 

Head Lice:

- * crawl from head to head
- * cannot fly, hop, swim or jump
- * are very unlikely to be spread by hair accessories, combs and bedding
- * don't mind if hair is dirty, clean, short or long
- * are only caught from people, not animals

How to find them

The only way to be sure someone has head lice is to find a live louse in the hair. They are difficult to find in dry hair, but in wet hair they lose their grip, move slowly and can be combed out (detection combing).



Signs of head lice include:

- * small white eggs or egg cases (nits) in the hair near the ears or the back of the neck
- * an itchy scalp
- * a rash on the back of the neck
- * feeling of something moving in the hair

How to get rid of them

If you find head lice, there are two main options to choose from, wet combing and lotions.

Option 1: Wet Combing

- * wash the hair, rinse and apply plenty of conditioner
- * comb through with an ordinary comb to remove tangles
- * using a fine tooth head lice comb, part the hair into sections
- * starting at the scalp, comb through to the end of the hair
- * check the comb for lice each time and remove any by rinsing or wiping the comb
- * after combing the entire head and no more lice are found, rinse out the conditioner

Repeat this procedure every 3rd day for two weeks, but you must continue if lice are still being found.

Wet combing works because it interferes with the life cycle of the head louse. Lice take seven days to grow fully, until this time they are unable to lay eggs or move to another head, so infection will be prevented. The three day follow up removes any newly hatched lice before they become mature. It is important to know that eggs are glued to the hair and cannot be removed by wet combing.

Option 2: Lotions and Rinses Using Insecticides

- * please see your local pharmacist who can advise you on products
- * do not use lotions or rinses unless a living, moving louse is found
- * treat anyone who is found to have lice at the same time, to prevent re-infection
- * ensure you have enough product to treat all those affected and follow the instructions on the packet carefully

If the lice appear to be unaffected by the product or the problem persists, then you should take advice from your school nurse, health visitor, pharmacist or GP. These professionals will be able to advise you on alternative treatments.

Before using lotions and rinses always seek advice when whoever is being treated is:

- * under one year of age
- * suffers from asthma or allergies
- * pregnant
- * breast feeding

DENTAL HYGIENE


Better Health

Start for Life





Top tips for TEETH

Children aged 3+


1.

Help them brush TWICE A DAY to keep decay away



Help your child brush **twice a day** from the moment their **first tooth appears** until they're at least 7 years old.

2.

PROTECT THEIR SMILE

with regular visits to the dentist



Under 18s are entitled to **FREE** NHS dental treatment in England.


3.

Encourage them to SPIT, NOT RINSE

Don't **rinse** with water after brushing as it washes away fluoride. As they get older teach them to **spit** instead.




4.

SKIP THE SUGAR

they're sweet enough!

Too much food and drink containing sugar can lead to tooth decay. Swap snacks and drinks containing sugar for healthier options like fruit and veg.




5.

At night, SNACKING STOPS

when the brushing starts

Protect their smile. **Don't** offer food or drink after brushing teeth at night.



Search **Start for Life** or scan the QR code for more tips and advice for taking care of your little one's teeth.





SLEEP Hygiene



Childrens sleep problems

The most common issues kids have at bedtime: settling, changes in routine, bed wetting, fear/anxiety, sensory Issues, feeling hungry or thirsty, discomfort.

[Find out more](#)

National Sleep Helpline
03303 530 541

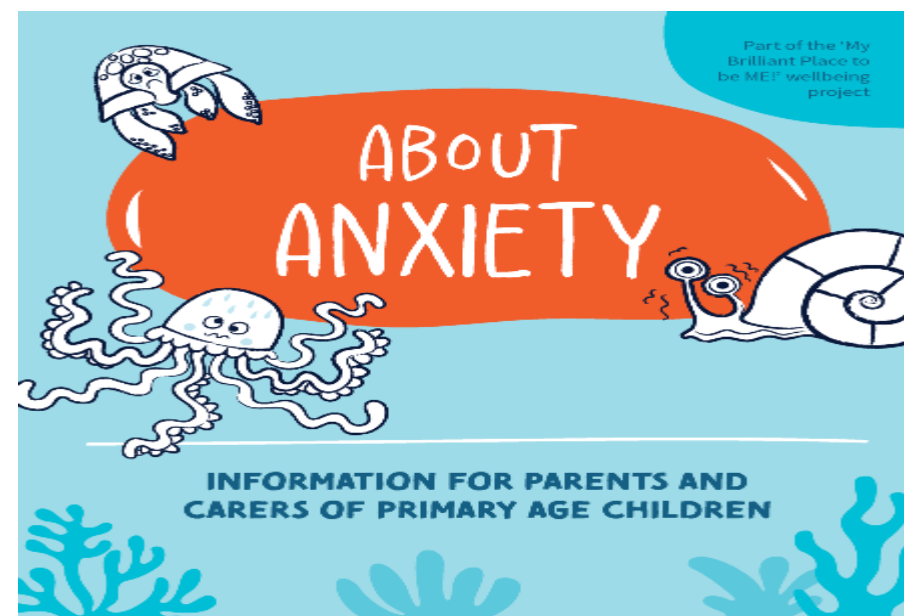
Phone: 01302 751 416

Website:
thesleepcharity.org.uk

EMOTIONAL WELLBEING



www.headstartkernow.org.uk



WWW.HEADSTARTKERNOW.ORG.UK/BRILLIANT-ME



www.cornwall.gov.uk

HEADSTART
KERNOW

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one and all • oen hag all





Healthy child Programme

Soon after your child starts in Reception you will be sent a digital [Healthy child Programme](#) Booklet. It's sent via email from your child's school and contains loads of really helpful information to help you support your child to have a healthy journey through school.

It includes information on:

- School Nursing and how to get advice or an appointment
- Vision Screening
- Hearing screening
- Height and weight measurement- NCMP (National Child Measurement Programme)
- Healthy Eating advice
- Keeping your child well in school (including immunisations, Flu vaccine and the importance of hand hygiene)
- Common childhood illnesses
- Dental hygiene and toothbrushing (NHS Dental waiting list contact 0333 006 3300, or email accessdentalhelpline@nhs.net)
- Parent and carer wellbeing workshops
- Sun safety

And much, much more.



CHILD HEALTH CHECKLIST - RECEPTION



Information Classification: PUBLIC

Child Health Checklist | Reception

Child's Name		Date of Birth	
Address		Postcode	
Contact Number		Name of School	
Please indicate Yes or No to the following prompts.			
	Yes / No		
My child is registered with a Cornwall GP	Y <input type="checkbox"/>	N <input type="checkbox"/>	
My child is registered with a Cornwall Dentist	Y <input type="checkbox"/>	N <input type="checkbox"/>	
My child has medical/health conditions	Y <input type="checkbox"/>	N <input type="checkbox"/>	
My child is up to date with vaccinations	Y <input type="checkbox"/>	N <input type="checkbox"/>	
Are you worried about the following?			
• Hearing, vision, speech	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Continence difficulties			
- Day time wetting	Y <input type="checkbox"/>	N <input type="checkbox"/>	
- Night-time wetting	Y <input type="checkbox"/>	N <input type="checkbox"/>	
- Soiling (poo problems)	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Behaviour	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Emotional health, wellbeing, development	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Eating healthy diet?	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Maintaining a healthy weight?			
- Underweight	Y <input type="checkbox"/>	N <input type="checkbox"/>	
- Overweight	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Dental	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Development	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Personal Hygiene/presentation	Y <input type="checkbox"/>	N <input type="checkbox"/>	
• Sleep	Y <input type="checkbox"/>	N <input type="checkbox"/>	
Do you have any other concerns related to your child's health and wellbeing?	Y <input type="checkbox"/>	N <input type="checkbox"/>	
Do you have any parenting concerns you would like some help with?	Y <input type="checkbox"/>	N <input type="checkbox"/>	

If you have any questions or concerns about your child's health:

- To make an appointment to see the school nursing team, email your details, your child's name, date of birth, address and school to coco.childrenscmc@nhs.net.
- Please say why you would like an appointment with the school nursing team.
- You do not need to email this questionnaire; however, you may bring it along to the appointment if you wish
- For general advice please contact the Health Visiting and School Nursing Advice Line on **01872 324261**

If you would like this letter in a different format (Polski, Română, Lietuvis), please call **01872 324261**

Our data protection and confidentiality statement

How will you protect my information?

Your data will be stored securely and will only be accessible by members of Together for Families.

Who am I giving my information to?

The information you provide will be collected by the Children's Community Health Service for the purpose of you requesting an appointment with one of the School Nursing team for advice and/or a health assessment. A copy of our Privacy Notice can be found at www.cornwall.gov.uk/tffprivacynotice.

How will you store my personal data?

This information may also be shared with other relevant professionals in conjunction with the nature of the request or enquiry. The data held relating to the delivery of support by the Children's Community Health Service to you will be used both for the provision of services and also for performance and service planning. This information will be held in a secure environment until the information is transferred to your child's record in accordance with the Together for Families data retention policy after which time it will be destroyed in a secure manner.

[School Health Assessments - Cornwall Council](http://www.cornwall.gov.uk/school-health-assessments)



www.cornwall.gov.uk

You can use the Child Health Checklist to assist you to Identify areas where you may need advice or support from the School Nursing Team.

- Complete the Checklist**
- Identify areas you may need support**
- Contact School Nursing Team with your details**
- Email: coco.childrenscmc@nhs.net**

The School Nursing team will then be in contact to arrange an appointment for a full Health Assessment.



If you have any health concerns about your child you can contact us via the Health Visitor and School Nurse advice line or the Early Help Hub

Health Visitor and School Nurse Advice Line

Tel: 01872 324261 Monday to Friday 9am-5pm.

If the line is busy you will be able to leave a message and you will receive a call back.

Email: hvsnadvice@cornwall.gov.uk

<https://www.cornwall.gov.uk/schoolnursing>

Early Help Hub

Tel: 01872 324605

Monday – Thursday 8:45am – 5:15pm

Friday 8:45am – 4:45pm

Closed on Bank Holidays.

Email: earlyhelphub@cornwall.gov.uk





THANK YOU

ChatHealth
Parent Line 0-5

TEXT **07312 263 423**

ChatHealth
Parent Line 5-19

TEXT **07312 263 499**

ChatHealth Young
People 11-19

TEXT **07312 263 096**



ChatHealth
Cornwall and the Isles of Scilly

www.cornwall.gov.uk/chathealth

Get
confidential
health and
wellbeing advice
and support