

## School Nursing Newsletter September 2016

### Your School Nursing Service

Every school has its own school nurse. Your nurse has special training in looking after the health and wellbeing of children. You can make an appointment to see your school nurse to talk confidentially about any worries you have about your child's health and wellbeing, including issues around behaviour, bedwetting, weight, eating, sleeping and other issues. Please contact your school reception to make an appointment. You may also contact the team directly, on 01733 746822, and leave a message with our duty worker.



### Healthy Lunchboxes

A balanced packed lunch should contain:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit

Starchy foods are a good source of energy and should make up a third of the lunchbox. But don't let things get boring. Instead of sandwiches, give kids bagels, pitta bread, wraps and baguettes. Try brown, wholemeal or seeded bread, instead of white bread.



### Bedwetting

In the UK approximately half a million children between the ages of five and sixteen wet the bed. Families often don't talk about bedwetting, as it is seen as embarrassing, but there is lots of help available for your child. Some children can grow out of bedwetting, but children with more severe wetting, for example wetting every night, are less likely to spontaneously become dry than those who wet less frequently. Your school nurse can offer advice and treatment for bedwetting if you have a child who is still wetting the bed. You can refer your child yourself by calling us on 01733 746822. We can then send you some information about bedwetting. Top tips include making sure your child drinks plenty during the day, but avoid blackcurrant based squashes, making sure your child goes to the toilet regularly throughout the day, and having the last drink an hour before bed and then going to the toilet. Don't lift your child at night to the toilet when they are asleep.

Children often like food they can eat with their fingers, so chop up raw veg such as carrots or peppers and give them hummus or cottage cheese to dip the veg in. Breadsticks and wholemeal crackers are great finger foods that can be spread with low-fat soft cheese or eaten with cheese and pickles.

Replace chocolate bars and cakes with fresh fruit. Vary the fruit each day and get them to try new things, such as kiwi or melon.

It may take a while for your children to get used to a healthier lunchbox. But it will be worth it for their health, so keep trying.

Save chocolate, crisps and cakes for occasional treats. Remember to praise your child when they've tried something new to show your encouragement.



### Head lice

Head lice are a common problem, particularly in school children aged 4-11.

### How to get rid of head lice and nits

Treatments to get rid of head lice are available to buy from pharmacies, supermarkets and online. You don't need to see your GP.

The main treatments are:

- lotions or sprays that kill head lice
- removing head lice with a specially designed comb – this is suitable for everyone and cheap.

A pharmacist can advise you about the treatments available if you're not sure which is best for you or your child, especially if your child has asthma, or any skin condition.

Make sure you carefully follow the instructions that come with the treatment you choose.

### Preventing head lice

It's very difficult to prevent head lice.

Checking your child's hair on a weekly basis can mean you can treat your child as soon as lice are found. You can comb with a nit comb weekly.

Having long hair tied up at school helps prevent head lice getting onto your child's hair.

Lotions and sprays don't prevent head lice and should only be used if a live louse has been found in your or your child's hair.

Staying off work or school and washing clothing and bedding on a hot wash is unnecessary, as it's unlikely to help prevent the spread of head lice.



**Meet the team!**