

COVENTRY

SCHOOL NURSING NEWSLETTER

Primary Schools

Happy New Year!

Happy New Year from the entire School Nursing Team!

We hope that everyone enjoyed a lovely festive break and is now settling back into the school routine.

The school nursing service operates **Monday to Friday 9 am - 5 pm**, excluding public and bank holidays. You can reach us using the contact details provided below:

Phone: 01926 495321 Ext 7494

Or text us via  ChatHealth

07507 329 114 (Parent Line)

Here's a reminder of what the School Nursing team can support you with:

- Toileting
- Sleep
- Challenges with eating and diet
- Delivering the NCMP for Reception and Year 6 pupils
- Puberty
- Emotional/Mental health
- Managing behaviour
- Hygiene

Winter Water Safety

Cold weather makes rivers, canals and ponds more dangerous. If you're out walking, remember:

- Stay off the ice
- Keep back from the edge
- Keep children and dogs close
- In an emergency, call 999
- If you fall in: float on your back & shout for help

Stay safe this winter 

• More tips:

[Royal Life Saving Society UK](#)

Contact us (Monday to Friday, 9:00 AM - 5:00 PM,
excluding bank holidays)

 **01926 495321 Ext 7494**

 swg-tr.contactschoolnursescoventry@nhs.net

Staying Active During the Winter

Keeping children active during winter can be tricky, but it's important for their overall health and happiness. Regular movement improves both mind and body.

Here are some tips to help make exercise more fun during the colder months:

- **Winter Scavenger Hunt** - search for animal tracks and wildlife
- **Plan a Snack Stop** – Bring along some hot chocolate or warm milk, along with a healthy snack.
- **Go Geocaching** - www.geocaching.com
- **Winter crafts** - collect items for a winter potion or winter-themed arts and crafts.

For more ideas, check out the Woodland Trust website: [9 Fun Ideas for Family Winter Walks - Woodland Trust](#)



Can't Get Outdoors?

Movement and exercise can be done indoors using online resources, creating obstacle courses, or simply turning on some music for dancing.



Here are some helpful online resources:

- [Activities for Kids - NHS Healthier Families](#)
- [Activate with Joe - YouTube - https://youtube.com](#)

For more support with exercise and healthy living for your family, contact the **Be Active Be Healthy Team** - [linktr.ee/be_active_be_healthy_team](#)

Free Online Learning for Families from **TOGETHERNESS**

Coventry City Council offers families free access to Togetherness resources for family wellbeing. Parents, carers, grandparents, and young people can learn from NHS experts and other parents to better understand and manage emotions. Visit the [Togetherness](#) website and use the access code: **SPIRES3** for more information.

Text via  ChatHealth
07507 329 114 (Parent Line)

Linktree*

<https://linktr.ee/coventryschoolnursing>



**Coventry School
Nursing Team**



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Awareness Days January to March 2026



Children's Mental Health Week

Place2Be's Children's Mental Health Week

2026 is due to take place 9th - 15th February 2026. This year's theme is "This is My Place" which is all about highlighting how important it is to support the people and systems around our children so they can grow up in welcoming, supportive environments where they feel like they truly belong and can say, "This is My Place".

Eating Disorders Awareness Week

Eating Disorders Awareness Week runs from Monday, 23rd February to Sunday, 1st March 2026. It focuses on the loneliness experienced by children and young people dealing with eating disorders. BEAT emphasises the importance of community, family, and support networks in helping individuals feel supported and understood as they work towards recovery.

National Storytelling Week

National Storytelling Week takes place from 1st - 9th February to celebrate storytelling and is organised by the Society for Storytelling. The week aims to encourage the sharing of stories and the impact they can have. Storytelling has lots of benefits to children, giving a learning opportunity about things such as kindness and bravery. It helps children understand emotions by encouraging feelings like laughter and sadness. It can also enhance imagination and creativity, and give you wonderful bonding opportunity with your children.



Cold Weather & Child Health

Colder weather can affect children's health, particularly those with asthma, eczema, or other long-term conditions. Here are some tips to keep in mind:

- **Hydration and Nutritious Meals** - Help children stay comfortable by keeping them hydrated and eating healthy.
- **Indoor Temperature** - Remember to keep indoor temperatures at least 18°C to create a comfortable and cosy environment.
- **Layer Clothing** - Dress children in layers for their journey to and from school.
- **Warm Accessories** - Dress them in warm coats, gloves, and hats.
- **Ventilation** - Ensure proper ventilation while keeping spaces warm.

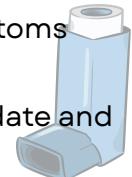
Health Awareness

Be mindful of when your child should stay at home and keep children home if they have:

- A high temperature
- Vomiting or diarrhoea (must be symptom-free for 48 hours before returning)
- Are too unwell to take part in normal school activities

Asthma, Eczema & Winter Conditions

Cold air and indoor heating can make symptoms worse. Things to remember...



- Inhalers: Ensure that inhalers are up-to-date and accessible at school.
- Eczema Management: Moisturise skin regularly to manage eczema.
- Asthma Care: Illness can trigger asthma flare-ups, so quick management is essential.

For more information, visit: [ukhsa.blog.gov.uk/parents-guide-to-keeping-kids-healthy-this-school-year/](https://www.ukhsa.blog.gov.uk/parents-guide-to-keeping-kids-healthy-this-school-year/)