

St Helens School Nursing Service Newsletter

Summer Edition 2016



Welcome to the 3rd edition of the St Helens School Nursing Service Newsletter.

This is for children, young people, families and schools in St Helens.

Who are we? What is our role?

School Nurses are public health nurses who lead and deliver the Healthy Child Programme for school aged children and young people.

We promote your health and wellbeing with a focus on early help and prevention. We also support and address any health needs that may affect young people.

Every child and young person who attends school, an educational provision or is home educated in St Helens, will have a named School Nurse who is supported by their team.

Did you know....?

Some of our School Nurses have moved to other clinics. The School Nurses that were originally based at Newton Clinic are now based at **Newton Hospital**. Please see our up to date information for contact details.



Sarah Logan	Cowley International College Queens Park Primary	Billinge Clinic, Rainford Road, Billinge WN5 7PF 01744 624350
Gemma Conway	Bleak Hill Primary St Teresa's Rainford C/E Primary Brook Lodge Primary Corpus Christi Primary Rivington Primary Garswood Primary Youth Offending Team	Billinge Clinic, Rainford Road, Billinge WN5 7PF 01744 624350
Julia Walsh	Chapel End Holy Cross Parish Church St Aidans St Peter & St Pauls	Billinge Clinic, Rainford Road, Billinge WN5 7PF 01744 624350
Victoria Waters	Rainford High School St Thomas of Canterbury Rectory Carr Mill Primary St Marys	Billinge Clinic, Rainford Road, Billinge WN5 7PF 01744 624350
Judith Foster Gill Lucas	Alternative Education Home Educated Penkford	Newton Community Hospital Bradlegh Rd Newton le Willows 0151 290 4051
Joan Atkinson	Hope Academy District Primary Wargrave Primary	Newton Community Hospital Bradlegh Rd Newton le Willows 0151 290 4051
Mike Delooze	St James English Martyrs Newton Primary Grange Valley Lyme Primary	Newton Community Hospital Bradlegh Rd Newton le Willows 0151 290 4051
Tracy Fairhurst	St Augustine Ashurst Primary Blackbrook St Marys (special school cover)	Newton Community Hospital Bradlegh Rd Newton le Willows 0151 290 4051
Catherine Prescott	Haydock High School Legh Vale St Peters (Newton) St Mary's (Newton)	Newton Community Hospital Bradlegh Rd Newton le Willows 0151 290 4051



Debbie Stott	The Sutton Academy Sutton Oak Thatto Heath Primary	Irwin Road Clinic Irwin Road St Helens WA9 3UG 01744 811592
Naomi Lewis	St Cuthbert's Youth Offending Nurse	Irwin Road Clinic Irwin Road St Helens WA9 3UG 01744 811592
Sophie Hayworth	Rainhill High Allanson Street St John Vianney St. Theresa's St Austins Rainhill St Annes	Irwin Road Clinic Irwin Road St Helens WA9 3UG 01744 811592
Clare Bromiley	Broad Oak Holy Spirit Nutgrove Primary Robins Lane	Irwin Road Clinic Irwin Road St Helens WA9 3UG 01744 811592
Bernie Jackson	De la Salle St Julies Eccleston Mere St Bartholomew's Tower College (immunisations only) Carmell College Merton Bank	Irwin Road Clinic Irwin Road St Helens WA9 3UG 01744 811592
Donna Pimblett	Rainhill High Sherdley Primary Sutton Manor Eaves Lane Longton Lane	Irwin Road Clinic Irwin Road St Helens WA9 3UG 01744 811592
Julie Wells	St Mary and St Thomas Willow Tree St Ann's Oakdene Eccleston Lane Ends	Irwin Road Clinic Irwin Road St Helens WA9 3UG

		01744 811592
Tracey Gardner	Lansbury Bridge	Lansbury Bridge School, Lansbury Avenue, Parr, St Helens, WA9 1TB 01744 678579
Linda Roberts	Mill Green	Lansbury Ave, Saint Helens WA9 1BU 01744 678760
Louise Gettings	School Nurse - Allergy	Billinge Clinic, Rainford Road, Billinge WN5 7PF 01744 624350



'Drop in'

Every high school in St Helens has a confidential 'drop in' service for young people to use. 'Drop ins' are held every week and young people can talk to the named school nurse or one of the team in confidence.

What is meant by **'Confidential'**?

- We will not disclose anything that has been discussed, with anyone else. Whilst it is a confidential service, we will encourage young people to discuss their concerns with their parent/guardian.

We will only break confidentiality if we are concerned that the young person or someone else is at a significant risk of harm.

Young people can come and talk to us about anything that is worrying them, like

- Keeping Healthy
- Immunisations
- Feeling Down
- Relationships

And lots more.....! Please come and see us!

Here is the list of our current 'drop in' locations.

Cowley International College	Thursday 1.15 -2pm
De La Salle	Wednesdays 1-2pm
St Cuthberts	Tuesdays 1pm-1.30pm
Sutton Academy	Tuesday 1.05-1.35pm
St Augustines	Wednesday 1.05-1.35pm
Haydock High School	Monday 1.15-2pm
Rainford High Technology College	Wednesdays 12.45pm-1.30pm
Rainhill High School	Monday 12.15pm – 1pm
Hope Academy	Tuesday and Thursday Lunchtime





Enjoy and be safe in the sun!



The summer months are coming so it is important to stay safe from the sun!

What is sunburn?

Sunburn is damage to the skin by UV rays that the sun emits, this causes red, warm, tender, itchy skin lasting for about a week. However, in bad cases it can cause blisters and scarring.

Risks of being sunburnt as a child:

- A higher risk of skin cancer once you are an adult.
- A short term discomfort and pain.



Prevention at home and at school:

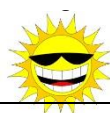
- Play in the shade between 11am and 3pm when the sun is at its hottest.
- Cover exposed areas of the skin including; Shoulders, nose, ears, cheeks and the tops of your feet.
- Wear either a high factor sun screen or a waterproof sunblock (If swimming) and keep reapplying throughout the day.
- Wear cotton clothes at home and either a baseball or floppy hat to protect the head, face and the back of the neck from burning. A hat and sunscreen can be put on before going to school also.



If you do get sunburnt there are a couple of things that could help to reduce your symptoms;

- Remove yourself from the sun as soon as possible.
- Drinking plenty fluids to avoid dehydration.
- Apply after sun or a petroleum jelly such as Vaseline to keep the skin moist and cool.
- Have painkillers such as Paracetamol and Ibuprofen.
- Finally, cover the burnt area until it is fully healed.

If you do get sunburnt, it is very important to prevent it happening in future or serious skin damage can be made! If you have any more questions or would like to talk about this please come and visit your school nurse at a drop in session, we are happy to help.



The Dangers of Open water swimming!



During the summer season's children and young people think that swimming in open water such as; Lakes, Canal's and Quarries is completely safe as the weather isn't horrible. This isn't true! It is known that a child can **drown** in only **5cm of water**! Drowning is also known to be the 3rd highest reason for death for people at your age!

The **dangers** of swimming in open waters:

- It is **very cold**, this can send the body into shock.
- There may be **hidden currents** that could lead to people drowning unexpectedly
- It can be **difficult to get out** due to slimy banks.
- It can be **deep**, this can be a struggle if you aren't a good swimmer!
- There could be **hidden rubbish** under the water i.e. broken glass
- There are **NO** lifeguards
- You can't estimate the depth
- It could be **polluted** and could cause illness



If you decide to swim in open waters or you witness somebody swimming in open waters, think and ask if they know the dangers. Here are a couple of things to do and think about if you are near water with your friends;

- Constantly look for danger
- Never swim alone
- Check to see if there is any people around in case of an emergency or bring an adult
- Check for tides or currents
- Think! Is there any rocks bathing or paddling?
- Think! Is this a restricted area?
- Think! What are the general condition in and out the water?



If you find yourself in an emergency follow these steps:

Shout for help or assistance
Or

Ring 999 or 112

BUT DO NOT ENTER THE WATER TO HELP ANYBODY. YOU WILL PUT YOURSELF IN DANGER.

Enjoy summer, but be safe!

If you would like to speak to anybody or find some more information come to lunch time drop ins to see your school nurse! We are here to help.

Thank you for reading our third newsletter! If you wish to contribute to future editions or if you have any suggestions, please contact:

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