



# SCHOOL NURSE NEWSLETTER

RHONDDA CYNON TAFF, BRIDGEND AND  
MERTHYR TYDFIL SCHOOL NURSING TEAMS  
Autumn Term 2019



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg  
University Health Board



Welcome to the School Nurse newsletter for primary schools in Merthyr Tydfil, Bridgend and Rhondda Cynon Taf. The aim of the newsletter is to provide health advice and information on a range of topics that as School Nurses we frequently come across. There are a total of 33 Specialist School Nurses and support staff in the Bridgend, Rhondda Cynon Taf and Merthyr Tydfil area. We take over the care of your child from Health Visitors from about the age of 5. The service also covers all secondary schools in your area.

## Nasal Flu Vaccination

This autumn term all children will again be offered the nasal spray flu vaccine in school. Nursery children who attend an LEA school will also be offered the vaccine. The dates can be found on the Cwm Taf Morgannwg Facebook page or with your school secretary.

The nasal spray flu vaccine has an excellent safety record and last year 7 out of 10 children were vaccinated.

If your child's school has not already been visited, please look out for the information packs and make sure the enclosed consent form for vaccination is filled in and returned to school straight away.

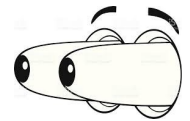
Offering flu vaccine to all children in school reduces flu like illness in these age groups, and also helps prevent flu being passed on to family members and others in the community such as unvaccinated younger children, people with certain health problems, pregnant women and older children and adults.

We would also like to take this opportunity to remind all people in certain high-risk medical conditions that you can have the seasonal flu vaccination every year with your GP or community pharmacy, so that you stay protected. The flu vaccine will also be offered to ALL pregnant women at any stage of pregnancy and those over the age of 65 such as 'Nan & Bamps'.

Additional flu information is available at [www.beatflu.org](http://www.beatflu.org)



## Eyes



Did you know that up to 80% of a child's learning is done through their eyesight? If the eyes are not working properly it can make school really hard work - I know because I spent 6 months not seeing the blackboard (it was in the old days!) and fell behind in my work and didn't want to go to school!

1 in 5 children have never had an eye test and some of those are having trouble with their sight even if they don't complain. The only way to be sure is to have an eye test. The School Nurses in Cwm Taf Morgannwg do a great job of screening children's vision in reception year, and parents get a report if there may be a problem. But every child will be given a letter advising an eye test at the Optometrist (Optician) which is FREE OF CHARGE FOR CHILDREN.

If a parent believes that there may be a problem with their child's vision, I recommend that you take them to see an optometrist as soon as possible. Children should start having regular checks from the age of 3 years old, as Lazy Eye (Amblyopia), a common childhood eye problem, is less easy to treat as they get older.

When I had my first glasses they were like magic. A whole world opened up and school became a much nicer place for me, that's why I became an Optometrist when I left school and still wear glasses now -not the same pair! The glasses now are much nicer than I had then, they're COOL!!!

*Timothy Palmer*

*Optometry Advisor*



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# Hand Hygiene

This time of year the home and school environment can be a haven for coughs, colds and upset tummies in children. October is "International Infection Prevention Week," To reduce the risk of spreading these illnesses, staff and parents should encourage children to wash their hands frequently.

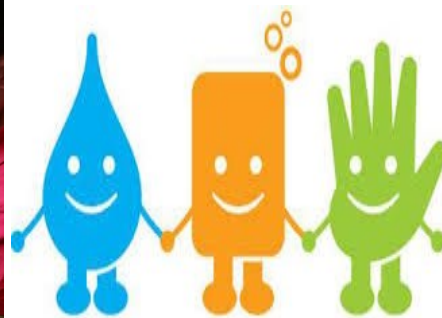
## When should you wash your hands?

### **Wash Your Hands After...**

- 1**  Playing with pets
- 2**  Using the bathroom
- 3**  Sneezing, blowing your nose & coughing
- 4**  Touching a cut or open sore
- 5**  Playing outside
- 6** **AND Before...**  Eating

### hand washing steps:

-  1. turn on water
-  2. wet hands
-  3. scrub with soap
-  4. rinse clean
-  5. dry hands



If you need to speak to the named School Nurse for your child's school, their contact information can be obtained from the school secretary

HEALTHY CHILDREN LEARN BETTER  
SCHOOLS NURSES MAKE IT HAPPEN

