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Cardiff and Vale
University Health Board



SCHOOL NURSE NEWSLETTER- WINTER/SPRING TERM 2020 Edition 1

Welcome

To the school nursing newsletter! Every school in Cardiff and Vale has a School Nurse who is able to offer advice and support on a wide range of issues associated with the health and wellbeing of your child and family. We are very excited to be offering this newsletter which we hope you will find useful and informative. For details of how to contact your School Nurse please ask at the main office in your school.

We hope the new starters have settled well into reception class. We will be issuing our School Entry Health Review paperwork at the start of this term. In the meantime, if you have any concerns regarding your child's health please contact your School Nurse directly.

The School Flu Immunisation Programme 2019/20

The school flu immunisation programme is now in its final stages. Seasonal Flu is circulating and statistics demonstrate that the risk remains until at least March, it is not too late to protect against flu. Catch up clinics have therefore been arranged across Cardiff and the Vale of Glamorgan for Primary school aged children to receive the nasal flu vaccine on the Health Boards local immunisation promotion day. **For any queries, please contact your school nurse.**

Friday 17th January 2020 2-4pm

Please call in to the following venues , no appointments are required :

Mary Lennox Suite, Barry Hospital, Colcot Rd Barry CF62 8YH

Conference room, First floor St Davids Hospital, Cowbridge Rd East Cardiff CF11 9XB,

Rumney Primary Care Centre, Barmouth Rd, Rumney CF3 3LG



- For more information visit
beatflu.org
<http://www.nhsdirect.wales.nhs.uk>
<http://www.wales.gov.uk/immunisation>

HANDWASHING

Washing your hands is one of the easiest ways to protect yourself and others from illnesses such as food poisoning and flu. Washing your hands properly with soap and warm water, removes dirt, viruses and bacteria to stop them spreading to other people and objects. Children are particularly at risk of picking up infections and spreading them to other people.

WE SHOULD WASH OUR HANDS

- After using the toilet
- After handling raw foods like chicken, meat and vegetables
- Before eating or handling ready to eat food
- After having contact with animals including pets

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands>



ASTHMA

Asthma is a common lung condition that causes occasional breathing difficulties. It affects people of all ages, and often starts in childhood. There are simple treatments that can help keep symptoms under control. If your child has a diagnosis of asthma, they should have regular check-ups in asthma clinics at your GP surgery, to check correct inhaler and spacer device technique. They should also access the flu vaccine as they are in a higher risk group.

Symptoms

- Wheezing (a whistling sound when breathing)
- Breathlessness
- A tight chest, which may feel like a band is tightening around it
- Coughing

The symptoms can sometimes get temporarily worse; this is known as an asthma attack

Treatments

Asthma is usually treated by using an inhaler, a small device that lets you breathe in medicine. Children have this medicine administered with a device called a Volumatic/aero chamber.

- Reliever inhalers-used when needed to quickly relieve asthma's symptoms for a short time
- Preventer inhalers- used every day to prevent asthma symptoms occurring (if your child is prescribed a preventer inhaler it is important that they have it every day).

- For further information visit

<http://www.asthma.org.uk>

<http://www.nhs.uk/conditions/asthma>



Thank you for reading our newsletter. Please look out for the next edition during Summer Term 2020!