



Health for Kids!

Heading back to school



A kit for parents, carers and children

Health for Kids: Grownups

These resources will help you support your child in staying safe and getting back into a routine.

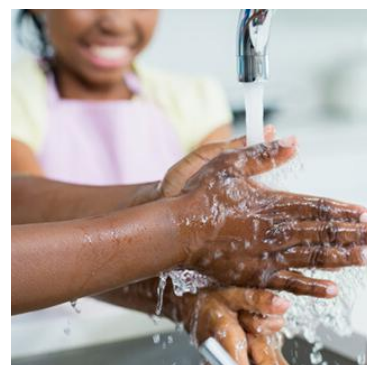


Coronavirus: Supporting your child as they return to school

We've pulled together information and links from various organisations providing advice and support to help make the transition back into school life.

Top tips for effective hand washing

Find tips for washing hands effectively, including the official NHS video, as well as advice on hand sanitisers and how to care for sore hands.



Face masks- Does my child need one for school?

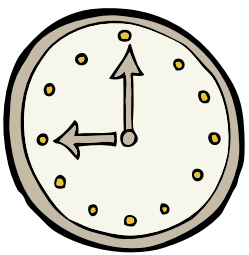
Face masks aren't advised for children returning to school. We explain more about the use of face masks.

Further advice and information is regularly added to Health for Kids: Grownups, so keep checking back for more.

Changes in school

In line with Government guidance, each school will manage social distancing as best it can, depending on space and the individual needs of pupils, so there will be differences from one school to the next.

Some of the measures in place will include:



Staggered
start, break and
lunch times



Smaller class sizes with
'bubbles' or 'pods' of up
to 15 pupils who will
stay together
throughout the day



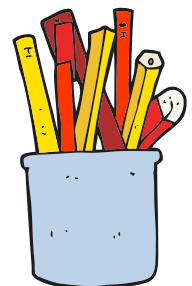
One way
systems in
place around
school



Different classroom
and teachers



Floor markings to
highlight two metre
distances along
corridors and around
desks and chairs



Reduced
sharing of
equipment
and toys



Drop-offs and pick-ups
limited to one parent or
carer per family

Talk to the school if you
have any questions about
the measures they are
putting in place

Let's get talking...

Encourage your child to choose a couple of emojis that best sum up their feelings that day.



Very happy



Worried



Shocked



Bored



Scared



Confused



Excited



Nervous



Tired



Angry



Embarrassed



Grumpy



Happy



Quiet



Sad



Sick

These conversation starters will make it easier to talk to your child about their feelings and help them to open up to you.

Community Immunisation Update

The Community Immunisation Service is awaiting national guidance and clarity on how and when schools will fully reopen and be able to safely accommodate the Immunisation Team.

The Immunisation Nurses are also working closely with schools across Leicester, Leicestershire and Rutland.

Children who haven't yet started school should still visit the GP to have their routine vaccinations, where all safety measures are adhered to.



The annual nasal flu programme for primary school pupils is currently scheduled to take place as normal from October, and will be extended to Year 7 students too. It's very important that children are vaccinated against the flu to help avoid the circulation of another virus that can be very dangerous.

If you have any questions about your child's immunisations, the Community Immunisation Service can be contacted on 0300 3000 007 or communityimms@leicspart.nhs.uk

Social stories to support your child

Social stories help to explain changes in routines visually for children. Select the images you think will be most useful for your child and display them somewhere at home where you can refer to them regularly and use them to support conversations.

Helping to Keep Well - Coronavirus - Covid19

- ☛ This is a new type of flu.
- ☛ It can affect people differently, but scientists tell us younger people are least affected if they get it.
- ☛ Symptoms may be a higher than normal temperature and a dry cough.
- ☛ A very high number of people make a full recovery and then they are fine.
- ☛ The Government may tell us at some point that school will be closed to help keep us safe and healthy. School will let parents and carers know when school is open again.

To try and help keep me and others stay well, I will try and remember to wash my hands with soap and water for 20 seconds.

When should I wash my hands?...



Before I eat my food



After I sneeze, blow my nose or touch my mouth



After I go to the toilet



When I come in from being outside or in a public place











Other ways to help ...


















Just like other types of flu, Coronavirus will go away.

I will try to stay calm and remember to talk to an adult if I'm worried.












        
When my Adults have to wear Aprons, Gloves and Masks.

       
The corona virus is a virus making some people feel very poorly.














    
Germs can be spread very quickly.





         
The adults that are helping me at school want to keep me safe.













          
They might wear gloves, aprons and masks to help stop the virus spreading.








          
I might feel worried because my adults will look different if they are wearing gloves,

    
aprons and masks. That is OK.

            
I can listen to my adult's voice and see photos of my adult's face to help me

   
remember who is helping me.

           
My adults wearing gloves, aprons and masks can help to keep me safe.

      
I will be safe and happy at school.

Relax and unwind...



Leicestershire Partnership
NHS Trust

NHS super heroes arts competition



Children – send us your super hero drawings, paintings, photos, poetry or prose and you could **win a prize!**

We'll feature entries on our website www.leicspart.nhs.uk
and Facebook page @LPTnhs

Categories: 3-6 years * 7-11 years * 12-16 years

To enter: Email entries to: communications@leicspart.nhs.uk
Please mark your email *NHS heroes competition*
and include child's name and age

Entries close Friday 4 July 2020





Due to the Coronavirus (COVID-19) outbreak, you may not be able to see your School Nurse face-to-face for advice about your school aged child.

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents and carers of children aged 0-19, which enables you to get professional health advice and support in relation to any aspect of your child's physical and emotional health and wellbeing

Getting in touch

If you live in Leicester city, text your School Nurse on:

07520 615 381

If you live in Leicestershire and Rutland, text your School Nurse on:

07520 615 382