School Nurse

NHS
Bradford District Care
NHS Foundation Trust

NEWSLETTER

Is your child feeling Anxious?

Restless
Desperate
Sweating
Headaches
Panic Attacks
Tension
Chest pain
Jumpy
Tummy pain



These are all signs your child may be feeling Anxious.
These feelings are all part of normal life but if you feel they need support below are some links to help..

Relax



Listen to some music.



Grab a snack.



Breathe.



Chill out/Exercise



Talk to friends/family

Transitioning back to school after Lockdown..

Is your child worried about going back to school?

How to talk?

Key characteristics of situations that create worry and anxiety are a heightened sense of uncertainty, potential threat, and responsibility, and a reduced sense of control so it is easy to see why our current circumstances are fueling anxiety. So, in conversations with children it is important to help them to:

a. Recognise that is understandable to feel worried or anxious

b. Develop an accurate and realistic understanding of the situation

c. Recognise simple, practical things that they can do, but also to be clear about the limits of their responsibility

Acknowledge that it is an anxiety-provoking time for everyone and that it is normal to feel worried.

Start with 'open questions'. These are questions that can't be answered with a simple 'yes' or 'no' (e.g. "What makes you feel worried?



Acknowledge how their thoughts must be making them feel. Try not to minimise or dismiss worries (e.g. "It will be fine!", "Don't be silly"), as this can lead to young people feeling that their concerns are not being taken seriously which may make them reluctant to talk about rather than feel able to come back and share thoughts or ask questions in the future (however silly they may seem).

If you are still worried please look at the links at the bottom.

Remember…Its ok not to be ok!

Resources you may find useful:

To contact the School Nurses call 01274 221203 (SPA Hub)

https://youngminds.org.uk/Online information and a parent's helpline number.

www.familylives.org.uk – Online information and courses, online support and helpline number.

First Response - If you become more concerned for your child's wellbeing and feel they may need urgent mental health support, please contact the First Response number on 01274 221181
Bmywellbeingcollege.nhs.uk.

Kooth – IOS/Android a free online counselling platform where young people aged 11 upwards can access professional support with their mental health.

www.escayp.org.uk - Counselling sessions offered to help support young people who are experiencing emotional difficulties, for example anger and/or anxiety, low mood.

To prevent the risk of Coronavirus spreading, it is important that everyone washes their hands regularly with soap. Please encourage your child to do this throughout the school day.

NHS

Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15–30 seconds

Basset Supplies & Services



Highly NHS Recommended CLEANKILL DIFFICIL-S



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