



School Nurse Termly Primary School Newsletter

ROUTINE ADVICE

Water is COOL AT School

Remember to take you water bottle to school

School aged children should have 6-8 drinks per day, regardless of the time of year.



Our bodies are made of about 70 per cent water, so keeping hydrated is really important, not drinking enough could lead to dehydration, poor concentration and bedwetting which will not only impact on your child's health but also their learning.

IN THIS ISSUE

Water

Water is essential for good concentration and behavior.

School Nurse Webpage

Link to lots of helpful information

School drop-in dates

Dates when school nurse will be in school to offer advice.

Medication in schools

What to do if your child has a medical condition.

Hay fever

Hay fever season has started already!

School Nurse Webpage

Our webpage has lots of helpful information

School Nurse Guernsey

Drop-ins 08.30 to 09.30

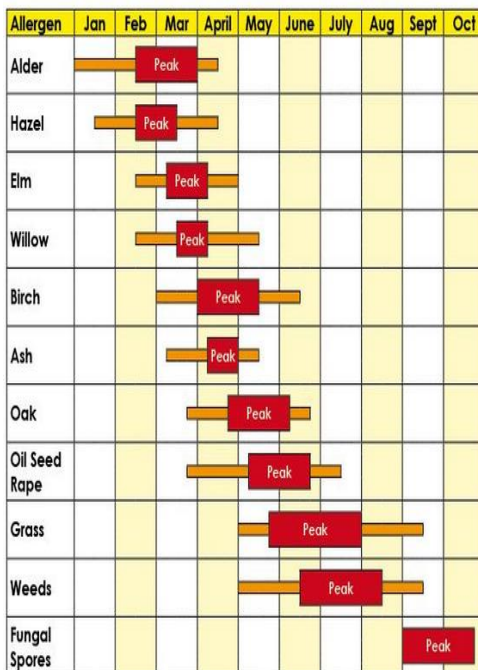
Amherst	31.01.18	14.02.18	14.03.18	25.04.18
Castel	10.01.18	14.02.18		25.04.18
Forest		01.02.18	22.03.18	
Haute Capelles	17.01.18	07.02.18	07.03.18	25.04.18
La Houquette	23.01.18	27.02.18	20.03.18	26.04.18
La Mare De Carteret	09.01.18	07.02.18	06.03.18	17.04.18
Notre Dame (nurse based at infants)	16.01.18	15.02.18	13.03.18	17.04.18
St Martins	24.01.18	28.02.18	14.03.18	19.04.18
St Mary and St Michaels	25.01.18	15.02.18	15.03.18	19.04.18
Vale	23.01.18	27.02.18	13.03.18	17.04.18
Vauvert	11.01.18	01.02.18	01.03.18	19.04.18

Acorn/Beechwood, Blanchelande, Monkey Puzzle and Melrose contact School Nurse directly for appointment.

If your child has a medical condition your school needs to know.

If you have received a new diagnosis or there has been a change in your child's condition, please contact your School Nurse.

All children that carry Asthma inhalers should have a spare in school for emergencies with a spacer.



= Pollen season
 = Peak in pollen season

95% of hay fever sufferers are allergic to grass pollen

Hay fever:

Symptoms:

Common symptoms of **hay fever** include sniffing, runny nose, blocked nose, mouth breathing and sneezing. Your child might also have itchy eyes, nose, roof of the mouth and back of the throat. Your child's eyes might be red and sore and water a lot.

Treatment:

Before going to see your GP, you could visit your pharmacist and try to treat your child's hay fever symptoms with over-the-counter medications, such as antihistamines.

Make an appointment to see your GP if your child's symptoms don't improve after using antihistamines. It may need treatment with prescription medications, such as nasal steroid medication corticosteroids.

Contact School Nurses

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