

# NURSING TEAM •• NEWS

Doncaster School Nursing Team

September 2017

Welcome...to our first edition of the Doncaster School Nursing Team's newsletter. We are hoping to provide you with lots of information regarding your child's health over the school year..

## Did you know...

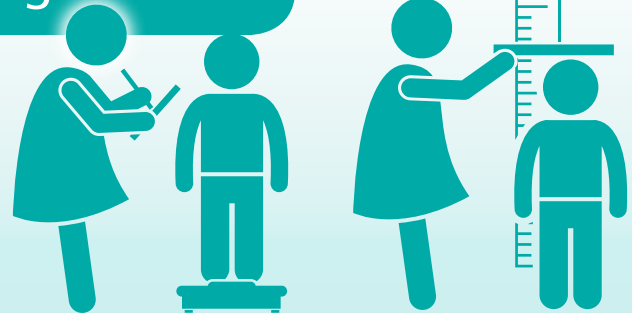


You can contact the school nursing team via the Single Point Of Contact (known as SPOC for short ) on: 01302 566776 between the hours of 9am-5pm Monday to Friday. You can contact the team regarding any support or advice around your child's health, this may include healthy eating, sleep, day/night time wetting.



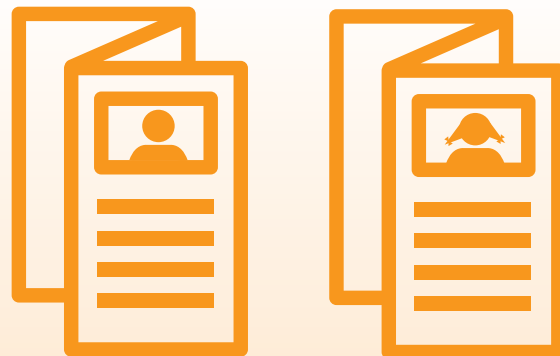
## National Child Measurement Programme

This is a government initiative where children in Year 6 and Reception will have their height and weight recorded. More details regarding this are on the letter that your child will have brought home from school. The children will be seen across the academic year.



## Health Questionnaires

All the children in Reception will come home with a health questionnaire. This is so that the School Nursing Team can update your child's health records. Please ensure you complete these and send them back to your child's school.



Doncaster School Nurses have a Facebook and Twitter page.

Doncaster School Nurses

Why not give us a like and follow what we are doing?

@Doncaster\_SN

# Checking for **HEADLICE**

Now your child has returned back to school it is vital you check their hair on a regular basis for headlice.

You can treat headlice without having to see your GP.

The best treatment is to wet comb their hair using a nit comb and conditioner.

If you find lice in your child's hair **REMEMBER** to check all other family members too!

You can also use lotions to treat live headlice. There are a variety to choose from from either the chemist or supermarket.



## Does your child struggle with sleep?

The Children's Sleep charity offers support to families in Doncaster and they have a 90% success rate. They hold clinics across Doncaster for families to get the support they need for a better night's sleep.

For more information you can contact the charity direct on 01302 751416 or email [info@thechildrenssleepcharity.org.uk](mailto:info@thechildrenssleepcharity.org.uk) You can also follow them on facebook and twitter and check out their website too <http://www.thechildrenssleepcharity.org.uk/>



If you have any comments on the content or any queries for which a contact number is not provided, please email: [rdashcommunications@rdash.nhs.uk](mailto:rdashcommunications@rdash.nhs.uk)

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