

Community Coffee Morning

18th October 2023

Today's agenda

- Health
- To send to school or not?
- Upcoming health initiatives

Health

- What does your health impact?
- What types of health do we have?
- How is your child's health different to your health?

Health at school

- Lots of people in one place
- Children in close proximity to one another
- Follow NHS guidance
- Google: NHS (insert illness)
- E.g. NHS Chickenpox
- <https://www.nhs.uk/conditions/chickenpox/>

Keeping your child healthy at school

- Practicing good hygiene
 - hand washing
 - coughing/sneezing into elbows
 - tissues- using them and putting them in the bin
- Eating a healthy balanced diet
- Drinking plenty of water
- Vitamin C
- <https://www.e-bug.eu/> a resource for you to use with your child that explains to them about remaining healthy.
- Immunisations – Vaccination catch up clinic being run at EHA this October half term. Check communications for details.
- The Enfield School Aged Immunisation Team can be contacted for advice and to book appointments, Monday to Friday from 9am to 4pm by telephone or email.
- [020 8702 3499](tel:02087023499)
- beh-tr.enfieldimmunisationteam@nhs.net

- Coughs and colds
- High temperature
- Chickenpox
- Conjunctivitis
- Head lice/Nits
- Impetigo
- Ringworm
- Scarlet Fever
- Sore throats
- Threadworms
- Diarrhoea and vomiting



The local pharmacy is a fantastic, free resource that can provide you with lots of information about health, treatments and next steps if needed.

Common school illnesses

If your child is
under the
weather but well
enough for
school, please...

Let an adult at
school know so they
can keep an eye on
your child/pass the
information to your
child's classroom
staff

Send your child with
a bottle of water

Calpol/nurofen in
the morning- lasts 6
hours- give just
before school and
they can have
another dose once
you pick them up.

Give your child a
good breakfast that
will pep them up for
a good day- it's hard
to give it your all
when you're feeling
poorly.

Your child can
come to
school if...

They have a cough or a cold.

A sore throat

Conjunctivitis

Cold sores

[https://www.publichealth.hscni.net/sites/default/files/Guidance on infection control in%20schools poster.pdf](https://www.publichealth.hscni.net/sites/default/files/Guidance%20on%20infection%20control%20in%20schools%20poster.pdf)

How do we decide?

Do I need to keep my child off school?



Chicken Pox Until all spots have crusted over	Conjunctivitis No need to stay off but school or nursery should be informed	Diarrhoea & Vomiting 48 hours from last episode	Glandular Fever No need to stay off but school or nursery should be informed	Hand, foot & mouth No need to stay off but school or nursery should be informed	Impetigo Until lesions are crusted & healed or 48 Hours after commencing antibiotics
Measles or German Measles 4 days from onset of rash	Mumps 5 days from onset of swelling	Scabies Until after first treatment	Scarlet Fever 24 hours after commencing antibiotics	Slapped Cheek No need to stay off but school or nursery should be informed	Whooping Cough 48 Hours after commencing antibiotics
	Flu Until recovered	Head Lice No need to stay off but school or nursery should be informed	Threadworms No need to stay off but school or nursery should be informed	Tonsillitis No need to stay off but school or nursery should be informed	

Your child needs to
stay at home if they
have...

- A high temperature – a high temperature is over 38°
- Have vomited or had diarrhoea
- They have chicken pox that haven't scabbed over yet
- Measles
- Impetigo
- Influenza- headache, high temperature, cough, sore throat, aching muscles and joints and fatigue
- Mumps
- Norovirus/Gastroenteritis
- COVID-19
- Ringworm
- <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities>

What's coming up for your child?

<https://www.enfieldheightsacademy.org.uk/public-health-england>

Primary schools

[Height and Weight](#)

[Reception and Year 6](#)

This usually takes place during the Spring term.

Local authorities are required to collect children's height and weight measurements as part of the [National Child Measurement Programme](#) to monitor national trends in child obesity and support local public health initiatives. Whilst some information relating to pupils will routinely be shared, parents will be provided with the opportunity to opt-out of the programme.

Vaccinations and immunisations

The Secretary of State for Health & Social Care is required by the Health & Social Care Act 2012 to take steps to protect the public from disease.

This includes providing vaccination services.

The responsibility is fulfilled by NHS England, which works with Local Authorities to vaccinate children and young people in schools.

The [London Borough of Enfield School Age Immunisation Service](#) works with schools to administer vaccinations and immunisations.

Primary schools

[Flu \(Influenza\)](#)

[Reception - Year 6](#)

This usually takes place in the Autumn term

Primary schools

[Hearing Screens](#)

[Reception](#)

This usually takes place during the Spring term.

Hearing screenings play an important role in identifying children who may have hearing loss. The child will be asked to wear headphones and the examiner will measure soundwaves by asking them to react when hearing a sound such as raising their hand.

Dental health

Primary schools

[Fluoride Varnish](#)

[Nursery \(age 3+\)](#) [Reception and Year 1](#)

This usually takes place during the Spring term.

It involves inspection of a child's teeth followed by a small amount of fluoride varnish being applied to the teeth as means of preventing tooth decay. The varnish has a fruity taste and is painted onto the tooth with a small brush and dries instantly

Further information with regard to the Fluoride Varnish programme

Please see the following weblinks to NHS Whittington information:-

www.whittington.nhs.uk/default.asp?c=42366

Secondary school

Secondary schools

Flu (Influenza)

Year 7 - 11

This usually takes place in the Autumn term

Human Papillomavirus (HPV)

Year 8

This is now one dose which usually takes place in the Spring term

Measles, Mumps and Rubella (MMR)

Year 8

This is offered as a catch-up vaccination offered to children who may have missed their pre-school vaccinations

This usually takes place in the Spring term

Diphtheria, Tetanus and Polio (DTP) (Booster Vaccine)

Year 9

This usually takes place in the Summer term

Meningitis (MenACWY)

Year 9

This usually takes place in the Summer term

Further information with regard to vaccinations

Please see the following weblinks to gov.uk and NHS information:-

www.gov.uk/government/collections/immunisation

www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/

www.gov.uk/government/publications/immunisations-for-young-people

Mental Health



- Longer term process
- Let the adults know
- We can help but we are not medical experts- if you feel it is necessary the GP can help
- Equip your child with some skills for coping- Zones of Regulation
- Practice expressing your emotions in a healthy way
- Help children to acknowledge certain triggers and what they can do if something happens