



**Welcome to our second edition of the School Health newsletter**

**The hot topic this issue is sleep**

School Nurses are experienced Qualified Registered Nurses who have undertaken further study at degree level for a Specialist Public Health Qualification, making them the most suitable professional to work with Children, families and young people in promoting and protecting health. There are a number of practitioners who can also prescribe from the Nurses Prescribing Formulary



School Nurses provide holistic assessment of the health and wellbeing needs of children and young people. Offering health advice and promotion, signposting and referral to other services. Providing a link between school, home and the community. The offer to schools from our 0-19 public health nursing service has two strands. The 5-11 age group are supported by our Health Visiting service, whilst the 11-19 age group are supported by Specialist Public Health School Nurses.

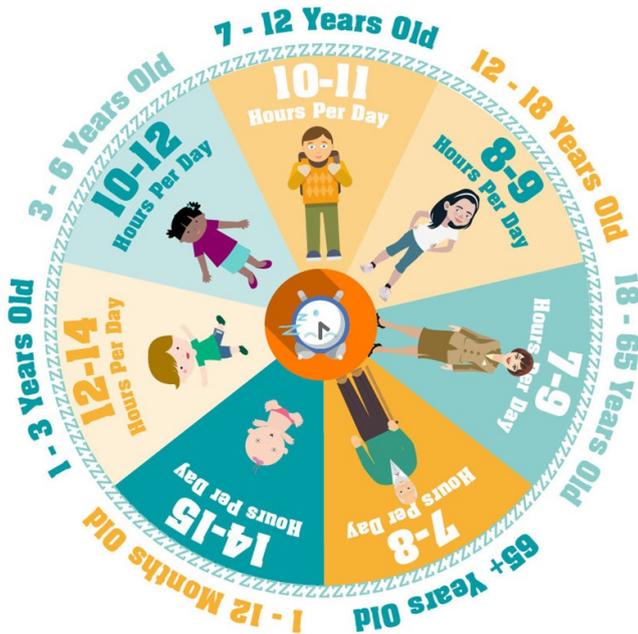
**The 0-19 service also offers the NCMP (growth measurements for FS2 and year 6 children), Audiology assessments (hearing testing) and classroom based Personal, Social, Hygiene Education.**

**We can support children and young people aged 5-19 who need additional support around the following areas.**

- Enuresis (bed wetting)**
- Encoporesis (child pooing their pants)**
- Diet and nutrition**
- Behaviour**
- Sleep**
- Emotional wellbeing**
- Managing minor illness**
- Weight management**

# Hot Topic: Sleep

## Are you getting enough sleep?



Sleep is a vital element to ensure you maintain good physical and mental wellbeing. It is an essential part of everybody's daily routine, and is part of a healthy lifestyle. Studies have shown that children and young people who get an adequate amount of sleep, have improved attention, behaviour, learning, memory and overall mental and physical health. Maintaining a routine even through school holidays remains important.

## Tips for better sleep

### 1. Get outside:

Exercise uses up energy and prepare you for bedtime later on. Getting physical increases the body's temperature—and after it lowers, the drop may help you fall asleep easier. Sixty minutes of exercise per day is considered ideal for children and young people

### 2. Watch the clock:

Staying up too late is a big reason children and young people don't get the recommended sleep they need each night. In fact, a child who heads to bed too late can take longer to fall asleep and may wake more frequently during the night. It is recommended that you have a regular bedtime which does not alter

### 3. Set the scene:

A calming bedroom atmosphere can help ease sleep struggles. Be sure the room is dark enough (installing black-out shades can help) and the temperature is comfortably cool. Feeling hungry can keep you awake, so have a light snack a hour before bed might help. Ones to try: whole-grain crackers with peanut butter or a small banana, warm milk. These foods contain tryptophan, tryptophan turns into serotonin which tells the brain "its time to sleep"

### 4. Power down devices:

Watch out for electronics before bed. The blue light emitted by iPads, computers, and the television can keep you awake. Turn off devices at least an hour before your bedtime.



<https://www.sleepfoundation.org/>