



April/May/June 2026



# Somerset School Nurse Team Newsletter

## Welcome to the Somerset School Nurse Team newsletter!

The school nurse team is made up of Specialist Community Public Health Nurses, and Assistant Practitioners. We specialise in promoting the health and wellbeing of children and young people aged 5–19 years and cover primary and secondary schools across Somerset.

This newsletter will be delivered termly, and is intended to keep you up-to-date on all the things we are doing as a service, and will include topics and links relevant to physical and mental health.

We hope you find this newsletter helpful but please do feedback anything you would like to be added.

[Somerset children & young people : Health & Wellbeing : Phn School Nursing](#)



Feedback QR code

### ONLINE SAFETY

Are you worried about your child being online?

For more information and advice visit:

[Keeping children safe online | NSPCC](#)

**S** **M** **A** **R** **T**

**SHARE RESPONSIBLY**  
We all love to share photographs, fun things we're doing and much more.  
Be careful what you share and always ask permission if somebody else is in the photo or video.

**MANAGE your PRIVACY**  
If you're using apps that can communicate with others, turn on privacy.  
Only let people you really know follow you unless you've asked permission from your parents.

**ASK for HELP**  
Don't ever be worried about asking for help from someone you trust.  
You will NOT be judged.

**RESPECT OTHERS**  
Be kind.  
Other people may have different opinions from you.  
That's okay, but if they become abusive, take screenshots, block and report and tell an adult.

**THINK CRITICALLY**  
**TRUST your INSTINCT**  
Is it true? Does that person really know me? Has that really happened?  
Always question!

## Fussy Eating in Children



### Do you worry about your child being a fussy eater?

For further information check out the following webinars, or speak with you GP or School Nurse team for further support

[Webinars on Fussy Eating in Children -](#)

[patientwebinars.co.uk](http://patientwebinars.co.uk)



## ELSA Support



Did you know that most primary schools are able to offer ELSA support to school aged children in their care around a variety of topics including bereavement, anxiety, stress, friendships and managing emotions/feelings.

ELSA stands for Emotional Literacy Support Assistant, and they are specialist teaching assistants with a wealth of knowledge and experience of working with children.

ELSA's are trained and regularly supervised by the Educational Psychologists.

Their aim is to build your child's emotional development and to help them to cope with life's challenges.

The ELSA will help your child to find solutions to problems they may have.

**Please speak with the ELSA in your school if you feel this support could benefit your child.**



UK Government NHS

**WRAP YOUR CHILDREN UP WITH THE BEST PROTECTION - VACCINATIONS**

Are your child's vaccines up to date? Check their red book or speak to their GP practice.

**STAY STRONG. GET VACCINATED.**



## HOW TO KEEP YOUR SMILE HEALTHY Just for kids!

DID YOU KNOW FEELING YOUR BEST STARTS WITH A HEALTHY SMILE?  
Follow Toothie's tips to keep your smile strong and you feeling great every day!

### BRUSH EVERY MORNING AND NIGHT

- Use a fluoride toothpaste.
- Brush all the sides and surfaces of your teeth for **2 minutes**.
- After brushing, spit don't rinse.

### VISIT THE DENTIST REGULARLY

- The dentist will ask you to open your mouth wide.
- The dentist will check your teeth are growing properly.
- The dentist will help keep your teeth clean and healthy.

### EAT HEALTHY FOOD AND AVOID SUGARY DRINKS

- Too much sugar is bad for everyone.
- Sugary drinks and unhealthy snacks between meals can cause holes in your teeth if you have them too often.
- Our mouths and bodies are stronger and happier when we have healthy food and drinks.

**fdi** worldoralhealthday.org World Oral Health Day 20 March  
#WORD26 #HAPPYMOUTH

## National Sun Awareness Week

**11th May – 17th May 2026**

*As the nicer weather approaches it is important to remember to stay safe in the sun.*

### Sun Safety Tips

**Make sure you:**

- \*Spend time in the shade between 11am & 3pm
- \*Cover up with suitable clothing and sunglasses
- \*Take extra care with children
- \*Use at least factor 30 sunscreen

For more advice please visit:  
[Sunscreen and sun safety - NHS](#)

## ChatHealth

Parent advice & support  
Healthy lifestyles  
School transitioning  
Emotional health

**is your child 5-19 and are you looking for confidential help and support?**

A safe and easy way to contact your School Nursing Team

Just send a text  
**07480 635 515**

Disclaimer: This is not an emergency service. It operates Monday to Friday 9am - 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of an safeguarding issue the School Nurse has a duty of care to act on this and may escalate the concern.

Improving LIVES

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## Tips for SATs Week

As we approach exam season here are some tips to share with your child...

- The SATs don't effect what school you will get into
- They are important, but most teachers just want you to do your best
- Lots of schools make the SATs week really relaxed, having breakfast clubs, extra playtime, relaxation time, no other lessons, so it can even be fun. Find out what your school is doing
- This is good practice for taking tests. But you can do it in the comfort of your school which you know well and will help support you
- Talk to your friends and family about how you are feeling about the SATs. It's likely that other people are feeling a bit nervous too
- If you're struggling, talk to your teacher or another adult at school that you trust and you know will listen
- If it helps, write a timetable for the week. Make sure you add some treats, like watching your favourite show, doing sport, or having your favourite meal/snack
- Talk to the people around you and tell them what you think would help you in that week, e.g. I might need more hugs or down time; I need to get to bed on time; I want you to walk me to school in the mornings
- Concentrate on the tests one at a time. Do your best and however they go, try to let the last one go and then focus on the next one
- Try to eat well, sleep well and take some exercise that week
- Get your clothes and school bag ready each night, so in the morning you can stay calm
- Celebrate when they are over!

## Issues with bedwetting?

Check out the video below for advice...

[ERIC Helpline Podcast - Bedwetting \(short version\) on Vimeo](#)

For further advice or support speak with your GP, School Nurse Team or click on the link below:

[Home - ERIC](#)

**Somerset School Nurse Team Contact Details:**

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