



Autumn Newsletter

SAPHNA Conference held at Manchester Metropolitan University (June 2018)

What a resounding success with delegates and partners alike expressing that they had experienced a rich and vibrant learning opportunity.



Presentations have been uploaded onto the SAPHNA website as follows:

www.saphna.co/news/saphna-conference-2018-presentations

School Nurses International Conference Stockholm 2019 - Abstract Submission

SNI welcome abstracts on a range of topics related to School Health

Call for Abstracts Closes: 1 November 2018

Notification of acceptance: January 2019

Abstracts may be submitted for 60-minute sessions, 30-minute sessions, poster presentations, and roundtables. No other format is available.

Conference Topics:

- ◆ Global Health
- ◆ Health in school children and adolescent
- ◆ School system
- ◆ School Health Administration, Coordination and Leadership
- ◆ The role of school nurse
- ◆ Health education
- ◆ Lifestyle (sleeping habit, physical activity, food)
- ◆ Child Obesity (for example school based prevention)
- ◆ Mental Health
- ◆ Migration
- ◆ Children with special educational needs and disabilities
- ◆ Vaccination in school

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Eating Disorders Training



An estimated 1.25 million people in the UK have an eating disorder. These serious mental illnesses devastate both the lives of those suffering and those supporting them. The sooner someone receives support for an eating disorder the better their chance of a full, sustained recovery. Beat are delivering Early Intervention: Spotting the Signs training for secondary school professionals across the country. By attending our free training session, delivered by one of our expert clinical trainers, you will be able to spot the signs in your students and learn how to support them effectively as well as gain access to our exclusive professional support services.

This is the list of training dates we have fully confirmed:

Yorkshire –

Bradford	16 th October 2018	Life Centre, Wapping Road, Bradford, BD3 0E
Leeds	17 th October 2018	St George's Centre, 60 Great George Street, Leeds, LS1 3DL
Huddersfield	18 th October 2018	Creative & Media Studio School, Netherhall Learning Campus, Rawthorpe Terrace, Huddersfield, HD5 9NY
Sheffield	23 rd October 2018	The Circle, 33 Rockingham Lane, Sheffield, S1 4FW
Doncaster	25 th October 2018	Armthorpe Academy, Mere Lane, Armthorpe, Doncaster, DN3 2DA
Leeds	8 th November 2018	Shine Conference Centre, Harehills Road, Leeds, LS8 5HS
Rotherham	8 th November 2018	YMCA White Rose, Myplace Rotherham, S65 1PH
Hull	13 th November 2018	Malet Lambert High School, James Reckitt Avenue, Hull, HU8 0JD
York	15 th November 2018	Fulford School, Fulfordgate, Fulford, York, YO10 4FY
Sheffield	20 th November 2018	Notre Dame High School, Fulwood Road, Sheffield, S10 3BT
Bradford	22 nd November 2018	Thornbury Centre, 79 Leeds Old Road, Bradford, BD3 8JX

Tunbridge Wells –

Tunbridge Wells – please note, only those in Tunbridge Wells are eligible for this session	4 th October 2018	Broomhill Bank School, Broomhill Road, Tunbridge Wells, TN3 0TB
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North West -

Halton – please note only those who work in Halton, Knowsley, Warrington or St Helens are eligible to attend these training sessions	8th October 2018	St John Bosco Arts College, Storrington Avenue, Liverpool, L11 9DQ
Wigan – please note, only those in Wigan are eligible to attend these sessions	10 th October 2018	Wigan & Leigh College, Parson's Walk, Wigan, WN1 1RS
Bolton – please note, only those in Bolton are eligible to attend these sessions	12 th October 2018	The Hub, Bold Street, Bolton, BL1 1LS

For more information and to find out if there is training in your area please contact Colleen Rowley-Smith - training@beateatingdisorders.org.uk

PHE Vaccine update August Flu Special

This edition features:

- which flu vaccine to give
- NICE guidelines - increasing influenza vaccine uptake
- Greenbook chapter 19 published
- flu vaccine ordering for the 2018 to 2019 influenza programme
- information and training for healthcare professionals
- flu vaccination invitation letters
- new resources to order
- uptake summary tool guide

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/735928/

HPV for Boys

The government has announced that adolescent boys will be offered the human papilloma virus (HPV) vaccine to protect them from cancer. We understand that this is to be implanted academic year 2019-2020. SAPHNA are lobbying hard for this to be a school nurse led and delivered programme.

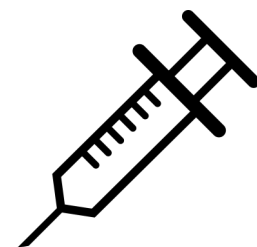
<https://www.gov.uk/government/news/hpv-vaccine-to-be-given-to-boys-in-england>



Blood and Transplant

Organ Donation Teaching Resources

<https://www.nhsbt.nhs.uk/get-involved/promoting-donation-hub/>





PHE

#AllOurHealth

Health Visitors and School Nurses regional events

As leaders of the Healthy Child programme, school nurses and health visitors play a crucial role in tackling vulnerabilities and closing the inequalities gap.

Evidence-based practice provides opportunities to deliver high quality, needs led services which also creates a climate for innovative and locally led solutions.

Wednesday 21 November Reading

Wednesday 28 November Sheffield

<https://www.phe-events.org.uk/hpa/frontend/reg/thome.csp?page-ID=345421&eventID=805&mslD=9405&pd=103947&CSPCHD=000001000000zCu0w2eflpeWn5nFQ40APRKO1TrFoBQu00jSv>

Statutory guidance

Keeping children safe in education

Statutory guidance for schools and colleges on safeguarding children and safer recruitment.

<https://t.co/OxBhAYNtCk?amp=1>



SEND complaints: a guide for young people aged 16 to 25 in education

Please find below a guide for young people on how to resolve special education needs and disability (SEND) disagreements.

<https://www.sendpathfinder.co.uk/send-complaints-a-guide-for-young-people-in-education>

The guide for young people aged 16 to 25 is useful if you want to know who to talk to if you are unhappy with the help you are getting for your special educational needs or disability at school or college.

You might also find this guide useful if you are an organisation supporting young people.

This guide has been jointly developed by the Department for Education and Mott MacDonald, with help from young people with a learning disability and organisations that support them. For any queries please contact SENDdeliverysupport@mottmac.com



London needs you alive —Don't Carry a Knife

<https://www.london.gov.uk/sites/default/files/london-needs-you-alive-toolkit3.pdf>

Dr Pooky Knightsmith

Blog Posts / Resource Recommendations

[Helping Children Overcome School Refusal](#)

[What Not to Say if a Child is Self-Harming](#)

[Using lists to get young people talking \[video\]](#)

In this 6 minute video I explain my love of lists and explore different ways you can use lists as a conversation starter – this can be an especially helpful tool if you're supporting a young person who is causing concern but is struggling to open up.

[Window of Tolerance - a simple tool for emotional regulation \[video\]](#)

A super simple tool that can be used with any age to help us understand and manage the ups and downs of day to day life. I teach about this tool all the time and now I've finally summarised it in a video which lots of people have found helpful. Hurrah!

[Self-Harm Discussion Starter Activity \[training resource\]](#)

This training activity is designed to promote discussion around self-harm and is aimed at adults who are supporting young people who are self-harming or deemed at risk of self-harming. As well as printable discussion starters there is a video where experienced practitioners from the Mind and Body team explore each question in turn.

[Creating a healthier coping plan to help stop self-harming \[video\]](#)

In this video I explore how we can use 4 simple steps: Recognise, Replace, Reduce and Reflect to get started on stopping self-harming. This can be a great tool and discussion starter if you're supporting someone who wants to reduce or stop their self-harming.

[Recognising and responding to faulty thinking patterns \[blog post\]](#)

In this blog post I explore five common cognitive distortions and how we can help to reduce the impact that they have on day to day life. This simplifies some ideas commonly used in cognitive behavioural therapy and can be useful for universally promoting wellbeing as well as supporting those who are struggling.

[Book Review - A Beginner's Guide to Being Mental by Natasha Devon \[video\]](#)

A simply fab book for anyone wanting a guiding hand as they think about the life the universe and everything through a mental health lens. Suitable for all but especially good for young adults and those who support them.

[Can I tell you about self-harm – book of the month \[blog post\]](#)

A review of my most recent book which made me proud and happy – and might help you decide whether a copy would be a useful addition to your library.

[Managing Depression: the benefits of establishing a daily routine \[video\]](#)

In this video I explore the benefits of establishing a daily routine when managing depression. I consider things like sleep, mealtimes and self-care and how we can work to regularise these activities in order to boost our physical and mental resilience.

CIRCA

Crohns in Childhood Research Association

CIRCA have developed some new booklets for schools, to help pupils who have Crohn's, colitis or any form of Inflammatory bowel disease (IBD). We thought you might find them helpful, perhaps to highlight to teachers and staff at the schools with whom you work?

The information is available on the following website:

<https://www.cicra.org/how-we-can-help/schools-and-colleges/>

or can be downloaded as PDFs:

<https://www.cicra.org/how-we-can-help/schools-and-colleges/resources-for-schools/>

or if hard copies are preferred, can be ordered for free by emailing support@cicra.org

A very simple credit card sized foldout with the key facts any teacher needs to know is also available:

<https://www.cicra.org/media/1399/foldout-all-about-ibd-p5-web.pdf>

Other useful links

<https://www.gov.uk/government/publications/stop-smoking-options-guidance-for-conversations-with-patients>

<https://app.box.com/s/og3q86aqejc99okxe9xyvpfvo21xai21/file/311350142247>

<https://www.gov.uk/government/publications/preconception-care-making-the-case>

<https://www.gov.uk/government/publications/the-rough-sleeping-strategy>

https://gallery.mailchimp.com/6d0ffa0c0970ad395fc6324ad/files/cbe4a04a-5a70-4f1e-a0a2-3be8a3e24b12/Health_Visiting_and_NHS_in_the_next_10_years_Final.pdf

https://www.gov.uk/government/consultations/ending-the-sale-of-energy-drinks-to-children?utm_campaign=753871_Energy%20Drinks%20-%20Launch&utm_medium=email&utm_source=Department%20of%20Health&dm_i=3ZQO,G5OV,2PYQ9U,1Q1L1,1

https://www.england.nhs.uk/publication/commissioning-for-transition-to-adult-services-for-young-people-with-special-educational-needs-and-disability-send/#163961_20180829123309

https://www.gov.uk/government/publications/contraceptive-services-estimating-the-return-on-investment#163961_20180829104639

https://www.gov.uk/government/publications/national-child-measurement-programme-operational-guidance#163961_20180829105600

<https://campaignresources.phe.gov.uk/resources/campaigns/17-change4life/resources?query=&f.Campaign%7Ccampaign000=change4life>

https://www.childrensociety.org.uk/what-we-do/resources-and-publications/the-good-childhood-report-2018#163961_20180829111546

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