



## Back to school...



Dear Colleagues,

As I write this, the focus is on returning children safely back to school after our second COVID 19 lockdown. Schools, School and Public Health Nurses, parents, students and more are excitedly preparing with anticipation and, it has to be said, with some trepidation too! Although we don't have the answers to many of the worries and arising questions, what we do know is that our children are resilient and, with support, they can once again grow, flourish and learn.

There is a plethora of useful resources that we can use to support our shared efforts including the recent launch of the Public Health England, free to access Psychological First Aid training

<https://www.gov.uk/government/news/phe-launches-new-psychological-first-aid-training>

and many more collated here by the Children and Young People's Mental Health Coalition, of which SAPHNA are proud to be a part of

<https://cypmhc.org.uk/children-and-young-people/>

It is heartening to see the ongoing emotional health and well-being offers from School Nursing continuing to develop, be further rolled out and have a positive impact for many. It is also remarkable to witness the tenacity of those involved in the delivery of the childhood immunisation programme continuing to be creative in reaching as many as possible and their exemplars of Drive-Thru's and using Football stadiums, now being emulated in the COVID vaccine roll-out including globally! Our digital adaptations, offers and mastery have moved at a pace and we should be proud of all we have achieved and enabled for our clients



Tweet us...

@SAPHNAteam  
@SAPHNAsharonOBE

**Back to School** by  
[Sharon White OBE](#)

**SAPHNA's** Student  
Ambassador  
**Hen Sloman** and  
**Gender:** getting it  
right for all young  
people

**All Our Health**

**School Screener**  
supporting and en-  
gaging parents

**The Lancaster  
Model**

**ChatHealth**

Harlow Healthcare

**Compass Positive  
Effect**

#thinkfamilyweek

**News and CPD**

## You said, we did, so what?

Thank you to those of you who have contacted/interacted with us to share your wants and needs. We have, like you, been working hard to redesign our offer. Don't forget to Have Your Say! <https://saphna.co/get-involved/have-your-say/>

- Our online **Conference** has proved to be a huge hit, (and is still available to purchase either in full or in selected modules: <https://saphna.co/saphna-conference-2021/>), as have our regular webinars <https://saphna.co/news/new-to-school-nursing-during-covid19-webinar-recording/>
- **Webinars** We continue to host our regular series of webinars. These are free to members and, with support from partners, have been able to offer others free to 100's more.

Following on from the recent 'New to School Nursing during COVID19', we will be forming a working party to look at developing National competencies and will be calling for your expertise, also, keep an eye on the website for more news soon [www.saphna.co](http://www.saphna.co)

Our next scheduled webinar is a further one on Immunisations which. More information will be available soon: <https://saphna.co/news/webinar-hold-the-date/>

Our colleagues working in independent schools/independently have asked for more support so we will also be offering a dedicated webinar for them on **Wednesday 5<sup>th</sup> May at 12.00pm**

- **Digital Training Launch!** We are now excited and delighted to launch our digital training offer including Medical conditions in schools, Anaphylaxis, Continence, Substance misuse and much more. Read more later in this Newsletter!

Whilst, as ever, we are all being extremely productive, we know too that many of us are also exhausted. Home working has brought many benefits, however, the loss of informal peer supervision, social contact, team camaraderie and friendships has also removed many of the things that sustain us. I am reminded of that truism of, 'You can't pour from an empty teacup', and, for me personally, I have accessed and utilised a number of options to help 'top up' and 'refill'. There are many options available to us here <https://www.england.nhs.uk/supporting-our-nhs-people/wellbeing-support-options/support-offers/> alongside perhaps also taking our own Public Health Nursing advice and 'first, heal thyself!' <https://www.nhs.uk/live-well/>

These have and continue to be extraordinary times and your extraordinary efforts and excellence in practice is not going unnoticed. Let's trust that, with this quality of ongoing service, our children and families can continue to repair, restore and recover.

**Sharon White**

@SAPHNASHARONOB



## SAPHNA's Student Ambassador...Hen Sloman

# Why Gender Affirming Care Matters in School Nursing

Transgender, non-binary, agender, gender variant and gender non-conforming people have always existed however many people often see them as a modern emerging identity.

## Who am I?



I am Hen Sloman, I am the first ever appointed Student Ambassador here at SAPHNA. I use they/them pronouns (this is an alternative to he or she) and I identify as a non-binary person.

### But what does non-binary mean?

The term non-binary is someone who doesn't identify as either a man or a woman. However some non-binary people identify this way as they do not wish to be identified within the gender binary.

## Let's get back to basics



### Gender

Gender can be complex: Gender is a social and legal status, and a set of expectations from society, about behaviours, characteristics, and thoughts.

VS

### Sex

Sex is a label — male or female — that you're assigned by a doctor at birth based on the genitals you're born with and the chromosomes you have. It goes on your birth certificate.

## Gender Identity



Your gender identity is how you feel inside and how you express those feelings. Clothing, appearance, and behaviours can all be ways to express your gender identity.

Some people feel neither male nor female. These people may choose labels such as "genderqueer," "gender variant," or "gender fluid" and many others. Your feelings about your gender identity begin as early as age 2 or 3.

### What to do if a child or young person discloses anything regarding their gender

#### Don't be alarmed

Disclosure of this kind of information is to be celebrated, especially if you are the first health care professional they have told. Be open and let the child or young person lead the conversation. Ask them if there is a different pronouns or name they would like you to them.

### Always check who the child or young person has told

#### Confidentiality Applies

If a child or young person has disclosed information regarding their gender to you then it is important to check who they have told, as often children and young people do not feel safe to speak to family. Unfortunately often it is the the case that their families do not support them.

Do peers and the school know? This is important because you do not want to ask to see the child or young person using their chosen name if the school are unaware as an unsupportive school environment can lead to discrimination and harm for that child or young person.

# Getting it right for all young people, an essential guide for School Nurses

by Hen Sloman SCPHN Student

## AFFIRMING GENDER CARE: THE BASICS FOR SCHOOL NURSES

Getting it right for all young people



### USING CHOSEN NAME

Using a young persons' chosen or preferred name is key to their wellbeing. It is important to do so when speaking to them directly, when they aren't present and when records keeping.



### THE USE OF GENDER NEUTRAL LANGUAGE

Using terms like "folks" or "people" to address a group instead of "girls/boys" makes trans, non-binary and gender non-conforming young people feel included. This in turn increases engagement and improves outcomes. Discussing menstruation and sex are excellent times to use gender neutral language



### ASKING "WHAT PRONOUNS WOULD YOU LIKE ME TO USE FOR YOU?"

Using the correct pronouns can have a significant positive effects on a young persons' mental well-being. By asking for their preferred pronoun School Nurses are able validate the young persons' gender identity, expression and experience, therefore safeguarding their mental health.



### GROW YOUR KNOWLEDGE OF TRANSITION

Increase your knowledge base in the area of transition and affirming gender care to support young people.

Key organisations who can help are

- Gendered Intelligence
- Stonewall
- LGBT Foundation
- Local LGBT groups

The basics that School Nurse needs to know when giving care to gender diverse young people

# All Our Health

**SAPHNA are delighted to be partnering with Public Health England to promote, cascade and encourage the use of the fabulous All our health programme.**

**Interactive All Our Health e-learning support for Public Health Nurses now available**



A programme of bite-sized sessions on key public health issues has been developed by Health Education England e-Learning for Healthcare and Public Health England.

All Our Health features a wide range of free resources for all health and care professionals to improve their knowledge, confidence and skills in preventing illness, protecting health and promoting wellbeing.

There are currently 25 brief e-learning sessions, covering a range of public health issues but school and public health nurses may like to view the following topics:

- Giving children the best start in life
- Childhood obesity
- Child oral health
- Early adolescence
- Immunisation
- Mental health and wellbeing
- Physical activity
- Population screening
- Speech, language and communication

Each session uses facts and statistics to highlight the importance of addressing each public health issue and signposts learners to other trusted sources of information.

There are also three interactive townscapes available which focus on childhood obesity, breastfeeding and smoking in pregnancy. Each townscape takes a place-based approach to consider what action can be taken on these important public issues.

Jamie Waterall, Deputy Chief Nurse and National Director for the All Our Health programme at Public Health England said: "There has never been a more important time for our profession to consider our role in preventing illness, protecting health and promoting wellbeing. This will be essential as we start to build back better and fairer following the pandemic.

"The All Our Health resources will play an important role in supporting all health and care professionals to enhance their focus on critical public health issues. I would encourage all school and public health nurses to use these resources and share them across their networks and areas of practice."

All Our Health also features sessions on other public health issues such as dementia, alcohol and tobacco and workplace health.

For more information and to access the All Our Health programme, please visit: <https://www.e-lfh.org.uk/programmes/all-our-health/>

**A framework of evidence to guide healthcare professionals in preventing illness, protecting health and promoting wellbeing.**

<https://www.e-lfh.org.uk/programmes/all-our-health/>

<https://www.gov.uk/government/collections/all-our-health-personalised-care-and-population-health>

<https://www.gov.uk/government/publications/county-lines-exploitation-applying-all-our-health>



If you have any good examples of how you are using these in your practice we would love to hear from you. Drop us a line to [info@saphna.co](mailto:info@saphna.co) and we'll contact you so we might learn and share more.

SAPHNA NEWSLETTER.

MARCH 2021

## SchoolScreener embracing technology to adapt to Covid



Commissioners country wide face common challenges managing severely stretched resources, through to how best to support and engage with parents. This is not new, of course, but the impact of Covid-19 on demand for School Nursing services is profound.

As part of Newham's parental support and engagement, their School Nursing service has released a 4 minute video on the importance of School Vision and Hearing Screening. This shows how they manage screening in school using SchoolScreener (in 'normal' times and using PPE) <https://www.youtube.com/watch?v=YQK0nmSpFE0&feature=youtu.be>

### **SUPPORTING AND ENGAGING PARENTS**

As part of our efforts to support parental engagement, In 2020, Thomson Screening introduced the SchoolScreener Parent Portal (available without charge for use with all SchoolScreener tools). This delivers secure online communications between Providers and Parents using a Smartphone, Laptop or Tablet. The video below discusses how Providers use the Portal for services as varied as The NCMP, Health Needs Assessments, eConsent, Immunisations Management, outcomes of children screenings and much more.

[https://www.youtube.com/watch?v=vprrhmnO3JQ&feature=emb\\_title](https://www.youtube.com/watch?v=vprrhmnO3JQ&feature=emb_title)

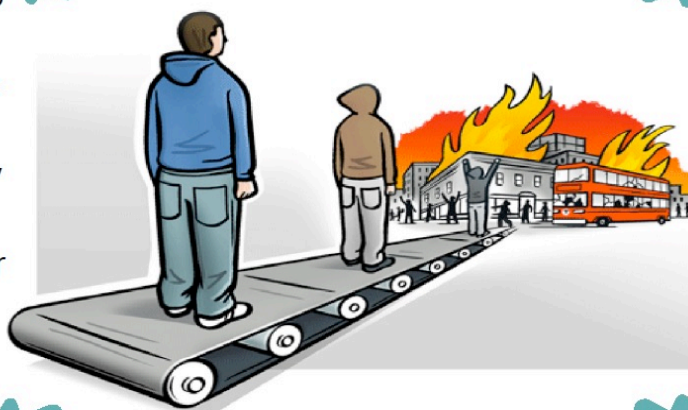
Increasingly, using technology is seen as part of capacity building and service provision. How SchoolScreener is used varies from supporting current provision to service transformation programmes for in school and Provider wide service delivery, data management, reporting and parent engagement.

We are always interested to hear from Providers and Commissioners on ways you want technology to support services. To contact us with suggestions or to arrange a demonstration of SchoolScreener please email [web-enquiry@schoolscreener.com](mailto:web-enquiry@schoolscreener.com)

## Early identification with the Lancaster model

### The Problem

- **Health & Wellbeing** issues are detected too late
- **Symptoms** present when Significant and Major "Already in the Fire"
- **Prevention** is Better than Cure



### The Solution

- **Early** indicators to uncover Problems & Issues
- **Immediate** Online alerts to Evidence "stepping on the Travellator"
- **Live Well & Healthier** for Longer

### The Benefits

- **Less** need for Specialist Help Required
- **Quicker, Effective** Targeting "Uncovering Hidden Need"
- **Save Money & Lives**



The Lancaster Model

[www.thelancastermodel.co.uk](http://www.thelancastermodel.co.uk)

**The Problem** - In the current pandemic, unsurprisingly, there are clear signs that the impact on children and young people's mental health is huge and significant (Already in the fire). Overall one in six children aged 5 to 16 years now has a probable mental health disorder, up from one in nine three years previously (NHS Digital & ONS 2020).

**The Solution** – The Lancaster Model has been collating, analysing and reporting on early indicators to uncover children and young people with borderline mental health issues (Stepping on the travelator). The online portal has enabled teams to still collect data remotely so these live, valid, statistical reports, bespoke for each area, provide the evidence to intervene **before** problems and issues escalate.

**The Benefits** – Earlier identification of individuals and population cohorts who are beginning to struggle and wobble following the upheaval of lockdown (**Uncovering hidden need**). Using innovative and accessible technology, producing immediate information to decrease the requirement of more prolonged, specialist treatment. Overall, delivering "True Prevention", by reducing the chances of problems arising in the first place, focussing on keeping people healthy, not just treating them when they become ill.

**[Kath@tlmhapi.co.uk](mailto:Kath@tlmhapi.co.uk)**



At ChatHealth we have continued to see record uptake of ChatHealth in School Nursing and Health Visiting.

A busy start to 2021 has seen ChatHealth launch across all of Northern Ireland, at a second Health Board (UHB) in Wales and another expected soon. New deployments in England include Oldham, Warrington & Halton, Newham and Wirral & Cheshire East, with services for parents and carers of babies, children and young people introduced in Solihull, North Tyneside, Hertfordshire and North East Lincolnshire. Find more information at [www.chathealth.nhs.uk](http://www.chathealth.nhs.uk)

We are also excited to see how our 'Health for' websites ([healthforunder5s.co.uk](http://healthforunder5s.co.uk), [healthforkids.co.uk](http://healthforkids.co.uk) and [healthforteens.co.uk](http://healthforteens.co.uk)), digital health forms and ChatHealth are being routinely used by services to offer a blended approach to care.

Digital is not about replacing face-to-face care; instead it is about choice of access, accessibility and strengthening a service's core offer.

In other news, we are currently running national social media adverts aimed at young people through Snapchat and Instagram to raise awareness of local ChatHealth services. We will share our learnings after completing the campaign.

Finally we would like to say thank you, we have continued to see the teams that we work with be adaptable, smart, brave and flexible in their approach to continue to reach out and offer support to children, families and young people when services and service users have been further pressured by a third lockdown and the impacts of COVID 19.

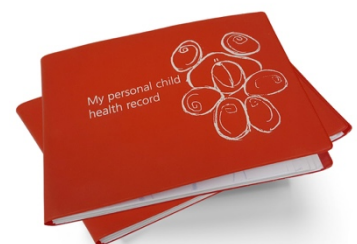
Please do get in touch through [ChatHealth@leicspart.nhs.uk](mailto:ChatHealth@leicspart.nhs.uk) if you would like to discuss how our safe and secure digital package can support your service.



Harlow Printing Limited has been supplying the Personal Child Health Record (PCHR) for over 27 years. Development has been in collaboration with the RCPCH National PCHR Working Party since 1996 to improve the content.

This new version has been updated to include the following changes and amendments:

- A brand new Bookstart page supplied by BookTrust.
- Annual flu vaccine for all children aged 2 years to less than 17 years.
- Updated weblinks for the Healthy Child Programme.



For more information and to see Harlow Printings Spring newsletter please visit

<https://www.healthforallchildren.com>



## Compass – Health and Wellbeing training

### Launch of digital health and wellbeing training!

[Compass Positive Effect](#) in partnership with the [School and Public Health Nurses Association](#), are delighted to launch their digital Health and Wellbeing training offer. This is suitable for schools, School Nurses, families and all professionals working with the school aged population. Our training includes Medical conditions in schools, continence, anaphylaxis with much more in the pipeline.



[Compass Positive Effect](#) provides practical and effective consultancy and training options, such as mental health, continence, medicine management and substance misuse which are designed and delivered by experts from national charity [Compass](#).

Sharon White OBE, CEO SAPHNA added; 'Although School and Public Health Nurses were already successfully delivering some digital training, COVID 19 has seen the need for this to rapidly expand. As a result, we are delighted to have worked with our long standing partners at Compass to design, develop and deliver high quality training. This digital offer will enable us to reach more children, young people, families and those who have a role in supporting their health and wellbeing needs efficiently, effectively and safely.'

Rachel Bundock, CEO Compass; 'We are delighted to be teaming up with SAPHNA, who we have worked so closely with over the last 7 years. We are excited to launch our digital training offer by bringing together our specialist expertise in prevalent health & wellbeing issues delivered within the context of the important public health role school nurses and other key partners play. Building and enhancing knowledge and approaches in areas that impact family lives will enable more children and young people to gain early help and support when they really need it.

For further information and enquiries, contact us at: [Positiveeffect@compass-uk.org](mailto:Positiveeffect@compass-uk.org) or [info@saphna.co](mailto:info@saphna.co)



## #Think family Week

### Safeguarding: 'School nurses DO not work in silo's'....'it's all about connections'

#Think Family Week @NHSsafeguarding

As part of SAPHNA's partnership working with NHSE safeguarding, we continue to highlight the immense pressure, limited resources and exhaustion of the school and public health nursing workforce regarding safeguarding demands, particularly during COVID19.

In response to this, Kenny Gibson, Head NHSE Safeguarding, and his marvellous team, agreed to facilitate another week of expert lunchtime webinars where we could listen, reflect, learn and feel sustained and supported through colleague's expertise.

School and Public Health Nursing was brilliantly showcased by Rachel Livsey and Lisa Allen and huge thanks go to them for agreeing to and doing such a great job.

You can access their presentations here: <https://saphna.co/news/nhs-safeguarding-think-family-week/>

The recording of their Q&A session will be posted on FutureNHS Collaboration platform in the near future, as will be the presentations from the whole week long event. It's well worth devoting some of your time, perhaps in safeguarding supervision sessions, to access this content <https://future.nhs.uk/>

Our amazing colleagues at **NSPCC** issue an extremely informative monthly bulletin which we would encourage you to sign up to. This month's edition focus' is, once again, highly valuable as children return to school

<http://email.nspcc.org.uk/q/17HyeagSgfhMkHb9YaKebu/wv>



## News and useful information /CPD:

### Tender opportunity

#### **Establishing high quality training provision for Senior Mental Health Leads in schools and colleges**

The Government has committed to incentivise and support all state schools and colleges to identify and train a Senior Lead for Mental Health by 2025. The **Department for Education** has now launched an early [engagement notice](#) to hear from training providers on how they can support DfE to roll out training for this role.

## **New specialised support to help those living with obesity to lose weight**

Children, adults and families will be better supported to achieve and maintain a healthier weight through £100 million of new government support.

‘Over £70 million will be invested into weight management services – made available through the NHS and councils – enabling up to 700,000 adults to have access to support that can help them to lose weight, from access to digital apps, weight management groups or individual coaches, to specialist clinical support.

The remaining £30 million will fund initiatives to help people maintain a healthy weight, including access to the free NHS 12-week weight loss plan app and continuing the successful Better Health marketing campaign to motivate people to make healthier choices.

Part of the funding from the 30 million pot will also go towards upskilling healthcare professionals to support those in early years and childhood with intervention and enhanced training packages, helping up to 6,000 children and families to lead healthy lives’.

<https://www.gov.uk/government/news/new-specialised-support-to-help-those-living-with-obesity-to-lose-weight>

## **First aid for life:**

<https://onlinefirstaid.com/head-injury-rugby-football/>

We have also created some other helpful resources

## **The latest information on Anaphylaxis in Schools**

<https://onlinefirstaid.com/rise-in-anaphylaxis/> -

Asthma - <https://firstaidforlife.org.uk/asthma-how-to-help-in-an-asthma-attack/>

## **Managing Medical Conditions in School:**

<https://firstaidforlife.org.uk/return-to-school-safely/>

<https://firstaidforlife.org.uk/supporting-children-with-medical-conditions-ebook/>

<https://firstaidforlife.org.uk/project/british-journal-of-child-health-covid-19-in-schools-2/>

## **Bereavement and Loss**

Sadly, as a result of COVID19, many more children and families have suffered loss and bereavement. We are delighted to work in partnership with the Good grief trust

who provide a plethora of useful and rich resources, support and more <https://www.thegoodgrieftrust.org/>

**Winston's Wish** is a national charity providing support to children who have been bereaved. As part of their **Transforming Delivery programme**, they have added a vital new service: the **Family Bereavement Support Service**, which works remotely with parents and carers to help them support the grieving children and young people they are caring for. <https://www.winstonswish.org/supporting-you/>

We also work in close partnership with our colleague Dr Pooky Knightsmith and team at Creative Education who offer a whole range of training, resources and support, many of which are generously offered free of charge <https://www.creativeeducation.co.uk/>

### School readiness...

Our fab colleagues at Newham school nurses have worked with even fabber little peeps to develop this school readiness You-Tube video Mission Impossible!

<https://youtu.be/RK85GXs3qVo>

*Membership of SAPHNA continues to grow with many more services taking up our Corporate offer as well as our SCPHN students joining with a 50% fee reduction! Do get in touch if you wish to explore any aspect of membership further.*

*<https://saphna.co/get-involved/join-saphna/>  
[info@saphna.co](mailto:info@saphna.co)*

**For further information about any of this Newsletter and to get touch visit us at [www.saphna.co](http://www.saphna.co) or tweet @SAPHNAteam**

