



Autumn reflections and a sense of Déjà vu

I'm mature enough to recall the 'Winter of discontent' back in 1978 and, in fact, was a very recent student nurse recruit! And I have a foreboding sense of déjà vu.

Strike ballots for nurses and NHS staff, train and postal strikes, food banks, poverty, rising fuel charges and a less than stable Government all makes for our loss of 'firm ground. It will impact us all differently, personally, and professionally and is certainly affecting more and more of our families.

Witnessing, hearing, and sharing in school nursing efforts to reclaim terra firma throughout this is my honour and delight! On a daily basis we speak with both lead commissioners, providers, Governmental departments, strategic partnerships stakeholders including children, young people, and carers, who repeatedly sing your praises.

From foodbanks to toothbrushes, partners in creating 'warm spaces', signposting and facilitating heating grants, knitting warm clothing, leading, and coordinating hubs of hope whilst providing that essential listening ear, comfort, anxiety support and much more, this is the unique public health role of school and public health nursing, knowing, and understanding communities and leading the Healthy Child programme across all levels of need

Midst it all there are also stories of your personal hardship. As the cost-of-living soars, there is no shame in reaching out for help:

[Hardship grants | RCN Foundation | Royal College of Nursing](#)
[Cash grants available for nurses in hardship - UK Fundraising](#)



Tweet us...

@SAPHNAteam
@SAPHNAsharonOBE

Sharon White OBE

News

Updates

Resources

Training / Events

Research

And Finally...

Supervision, self-care, Team support, 'fuddles', training ever more needed.

One of my children and grandchildren's favourite and Globally recognised authors, COVID survivor and determined advocate of nurses and the NHS, Michael Rosen, who references a school nurses compassionate Care in his book, **Many different kinds of love**, is delivering a webinar reminding us 'you can't pour from an empty cup'; take time to book yourself some care:

<https://www.eventbrite.co.uk/e/you-cant-pour-from-an-empty-cup-tickets-444595857177>

Thank you for all you are and do!

Sharon

Sharon@saphna.co



SAPHNA – LISTENING, HEARING, DOING – *You Said.... We Did.... So What!*

Accident and Emergency Special Interest Group Update

A specialist interest group was formed following practitioners highlighting concerns regarding the volume of emergency department notifications that they are receiving in practice. Discussions have taken place which included colleagues from Scotland and England, we initially considered providing guidance in regard to emergency department attendances and actions that should be taken, however following further discussions with national leaders and taking into account local variations in practice it was decided that guidance will be provided in regard to good practice and emergency department attendances. This will focus on who should be included in local discussions when setting criteria, role of the general practitioner and safeguarding partnership boards. We have held two meetings and have a third planned for November where we hope to finalize this piece of work. We are grateful to Kenny Gibson, NHSE, for his continued support and guidance.



Feeling unwell? Who can help you?

Self-care	NHS 111	Pharmacist	GP (Doctor)	NHS Urgent Care Service	A&E or 999
Hangover. Sore throat. Grazed knee. Cough.	Unsure? Confused? Need help?	Diarrhoea. Runny nose. Painful cough. Headache.	Unwell. Vomiting. Ear pain. Mental health	If you cannot get to the GP and it is not getting any better.	Choking. Severe bleeding. Chest pain. Blacking out.

SEND Special Interest Group Update

Mental Capacity Act new resource

A short animation has been created that gives the differences between Deprivation of Liberty Safeguards (DOLS) and Liberty Protection Safeguards (LPS) legislation. https://youtu.be/dnch1mRFZ_M

School suspensions and permanent exclusions

Guidance on the suspension and permanent exclusion of pupils from local-authority-maintained schools, academies, and pupil referral units. <https://www.gov.uk/government/publications/school-exclusion>

Minutes of meeting here: [minutes September 2022](#)

Integrated Care System (ICS) Update

What is an Integrated Care System and where did they come from?

The NHS Long Term Plan sets out the government's plans for every part of England to have an Integrated Care System. Since 2018, NHS clinical commissioning groups, NHS providers and local authorities have been working collaboratively to improve outcomes for local populations through developing new placed-based integrated models of care and outcomes based contracting models.

Integrated Care Systems (ICSs)¹ are these partnerships that bring together commissioners and service providers of health services with local authorities and other local partners to plan and design health and care services for their local population. There are 42 ICS footprints across England.

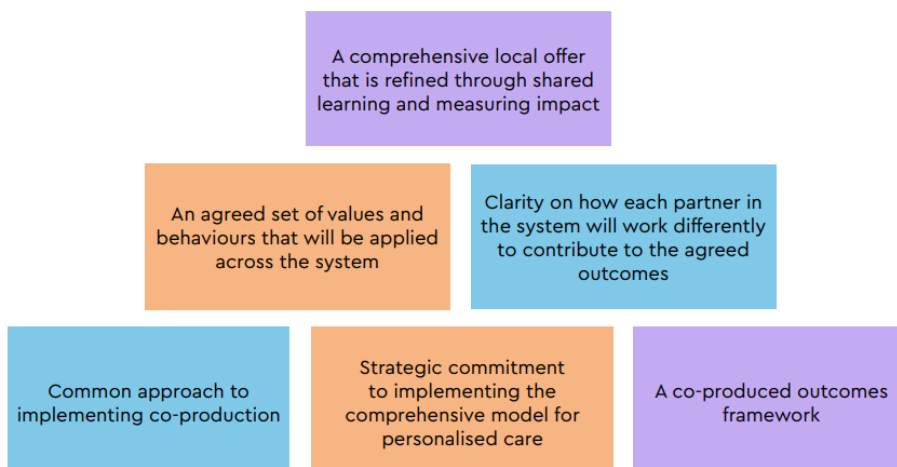
A key learning point from testing out new integrated care models and creating Integrated Care Systems, is that the current legal framework needs to be amended to enable Integrated Care Systems to fully achieve their stated vision and objectives. In February 2021, the government published [Integration and Innovation: Working together to improve health and care for all](#), its White Paper for a new Health and Care Bill. Recently Design Guidance has been published by NHS England & Improvement to help in the set-up of these new models.

The core purpose of an ICS is to:

- Improve outcomes in population health and healthcare;
- Tackle inequalities in outcomes, experience and access;
- Enhance productivity and value for money;
- Help the NHS support broader social and economic development.

Integration: What have we learnt works from supporting local areas?

Building blocks for whole system approaches to integrated working for children and young people with SEND and their families



[ICS Briefing.pdf \(councilfordisabledchildren.org.uk\)](#)

Back to School – Back to a focus on Attendance

[Attendance drive steps up as new term starts for millions of pupils](#)

Families will receive targeted support to improve school attendance with new advice and innovative interventions for schools this term. [Attendance drive steps up as new term starts for millions of pupils - GOV.UK \(www.gov.uk\)](#)

Published 2 September 22

Schools are being advised to work in partnership with councils and consider targeted family support or home visits where there are barriers to attending school. This is part of a package of new and innovative measures to ensure that more children are in school every day, including targeted support for individuals who need it and improved data tools that will better identify and solve consistent issues.

The Department for Education is also launching a three-year 1-2-1 attendance mentoring pilot from this term, aimed at tackling the factors behind non-attendance such as bullying or mental health issues. It is being launched in Middlesbrough this year, before expanding to other areas of the country next year. The pilot will provide tailored support to over 1,600 persistently and severely absent pupils over the three-year period.



New for 2023! Practice Educators Special Interest Group

You said.... We did! The first meeting of the Practice Educators Special Interest Group is planned for 11/01/2023. More details coming soon.....

All recordings and additional information can be found here: [Special Interest Groups | SAPHNA – School And Public Health Nurses Association](#)

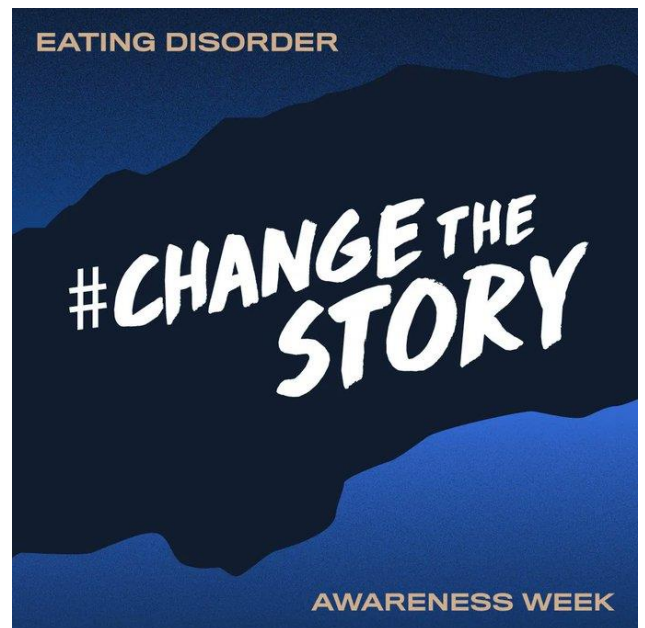
NB As a small charity you currently do not have to be a member to access our SIG's, however, to be fair to our paying members and to cover our increasing cost, we will now be charging a nominal fee of £10 for non-members to attend. Thank you for your understanding and continued support



NEWS

Launch of the School Nurses Eating Disorders Toolkit

In partnership with Hope Virgo, SAPHNA and an expert by experience project board, SAPHNA launched the School Nurses Eating Disorders Toolkit and a supporting resource for schools, in the Houses of parliament on October 17th. This was hosted by John McDonnell MP and was attended by over 50 MP's, key strategic stakeholders, young people, families, siblings and supporters



At the event we had presentations from
- Hope Virgo, Dr Agnes Ayton, CEO of the School and Public Health Nurses Association, Sharon White and first-hand experience of a young person with an eating disorder- We heard from those affected by eating disorders This formed part of the launch of the 2022 UK eating disorder manifesto. See saphna.net for further information and TV/press coverage

Eating disorders are an urgent issue impacting millions across the country. Eating disorders are a serious mental issue often hidden in plain sight, and they have the highest mortality rate of any other psychiatric illness. No-one should be condemned to a life of illness, nor should anyone be dying of an eating disorder in 2022.

We believe that there are concrete actions the Government can take to tackle this epidemic and welcomed the support from so many MP's.

As eating disorders continue to rise in our children and young people set against a background of long waiting lists for specialist mental health services, SAPHNA will continue to work alongside Hope and colleagues to advocate for improved care. We have several other activities planned so watch this space.

Hope recently developed and delivered x2 masterclasses providing essential and necessary training for school nurses; these have evaluated very well and are now available to purchase as recordings for your self-directed learning. [HERE](#)

Young Carers coproduce a series of short films

West Yorkshire
Health and Care Partnership



West Yorkshire Health and Care Partnership have coproduced a series of six films with children and young people with caring responsibilities sharing what it's like to be a young carer. The films provide insight into the impact, challenges and positives being a young carer and the difference it can make to them when identified and recognised. Young Carers share it can take many years for professionals to recognise their caring responsibilities. The project coproduced resources that ALL professionals across the system can use.

The series includes one film that is just over four minutes long including the fourteen young carers involved in the project and five short films all under two minutes where individual young carers share their own story in more detail. They are all bright, informative, and honest.

The aspiration is for the films to be shared widely in staff training, awareness days, PSHE, assemblies, social media, Safeguarding updates.... anywhere to raise awareness and an understanding of the difference someone can make to a child or young person if they recognise and identify their caring role.

Where could you share? Who would you share with? When will you share?

The project also piloted the new West Yorkshire Guidance for Trauma Informed Coproduction [Trauma informed co-production \(wypartnership.co.uk\)](http://wypartnership.co.uk) Check out the films here [Young Carers :: West Yorkshire Health & Care Partnership \(wypartnership.co.uk\)](http://wypartnership.co.uk)



Feedback from young carers!

Set was cool. Place is awesome. Amazing experience

Entirely different to other coproduction – they tell you what to say... you let the story tell itself

It made me feel special. I feel important. Other young carers can relate. I feel like a celebrity.

Regard for trauma informed principles	Disregard for trauma informed principles	Relationship to the trauma informed principles
Doing with	Doing TO, doing FOR or NOT doing anything. Everything must be thought about. It is ACTIVE not passive, so doing nothing is doing something and it can be problematic	Empowerment, voice and choice, safety, trustworthiness
Considering the environment, designing together	Working in an open space, near others, uncomfortable environment, visible	Safety, peer support
Being transparent about what is happening	Holding back information	Transparency, collaboration, mutuality
Offering compensation for time spent on project (and it might not always be about money but there does need to be an energy exchange)	Expecting people to take part in something that others are being compensated for	Trustworthiness, transparency
Cultural humility: "a lifelong process of self-reflection and self-critique whereby the individual not only learns about another's culture, but one starts with an examination of her/his own beliefs and cultural identities."	Thinking that you know another person's perspective, experiences and the impact of those without seeking to learn about	Cultural, historical, and gender issues

Child Growth Foundation Supporting School and Public Health Nurses!

The Child Growth Foundation is a charity with 45 years specialist experience supporting parents and carers of children with rare overgrowth and undergrowth conditions. These children often face multiple and complex issues impacting their daily lives.

Each year, around 2,000 families come to us for help. The support we provide includes a patient support helpline, condition guides & fact sheets, a twice-yearly newsletter, an annual convention, virtual support groups and private Facebook peer support groups. Our website provides information on the conditions we support: Growth Conditions - Child Growth Foundation

One of our key goals is to campaign for, and support, the earlier detection and referral of growth conditions to the appropriate specialists. We want to promote raised expectations for their ongoing management. Optimal growth is one of the most important characteristics of well-being and faltering growth may be the earliest or only sign of a clinical problem. Therefore, early detection and timely referral to appropriate specialists is essential to provide the best health outcome for children with growth problems.

We want to support School and Public Health Nurses, with any aspect of growth measurement and the referral process to ensure, swift and appropriate treatment for every child that needs it. Additionally, if you have a question about what we can offer to both families and professionals or would like information on any of the conditions we support, please get in touch. info@childgrowthfoundation.org

What are you doing to be a greener school nurse?

A new global survey illustrates the depth of anxiety many young people are feeling about climate change. [Climate change: Young people very worried - survey - BBC News](#) which delivers a very clear call to action. [Climate anxiety in young people: a call to action - The Lancet Planetary Health](#) As individuals, public health professionals and as a professional organisation, we owe it to our children to listen and do something! Read here about one school nurses' efforts; we look forward to hearing from you about many more! <https://clch.nhs.uk/about-us/news/adapting-my-lifestyle-becoming-greener-rhians-green-champion-story>

Date for the diary.... Conferences 2023

1st March 2023. In partnership with the National Association of Special Schools we will be offering a one-day online conference for Nurses supporting school aged children and young people with special educational/additional needs.

Annual SAPHNA conference confirmed for June 21st, 2023. This to be a hybrid, face-to-face and remote access event and held at Manchester Met Uni.

Keep an eye to our website for announcements coming soon! www.saphna.co

Weekly Shout Out!

We are currently trialling a weekly bulletin of news, info and resources with a view to reducing/discontinuing the quarterly newsletter. Links to previous editions can be found here: [SAPHNA SHOUT OUT! | SAPHNA – School And Public Health Nurses Association](#) We would welcome your views. Please let us know via info@saphna.co and our poll coming soon!

The role of Nursing Associates in School Nursing Teams

An inaugural meeting to discuss the role of Nursing Associates working within School Nursing teams has taken place. Minutes can be found [here](#). The date of the next meeting is to be confirmed.

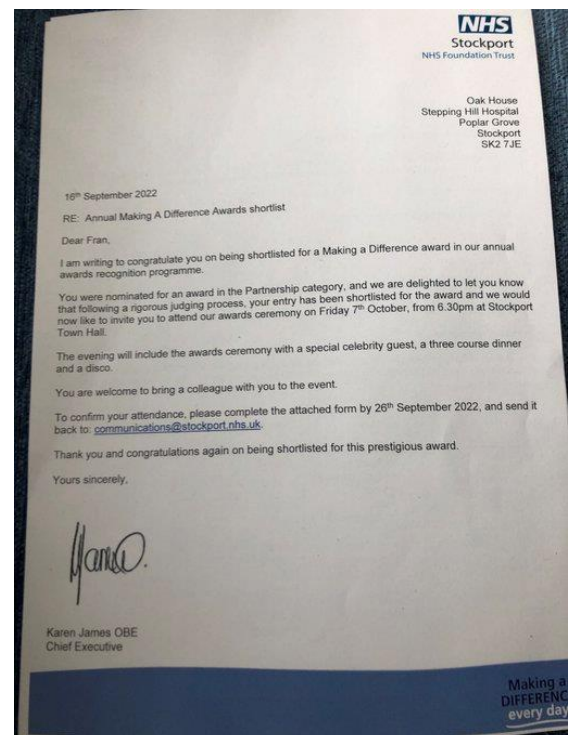
Celebrating our Public Health colleagues!

Well done Chesterfield 0-19 Children's Services Team maintain their Quality Always Gold Accreditation!



[Derbyshire Community Health Services NHS FT on Twitter: "Congratulations to our Chesterfield 0-19 children's services team on maintaining their Quality Always Gold Accreditation! ☆ This is their third consecutive Gold Accreditation, well done to you all! #TeamDCHS ❤️ https://t.co/XKdjIEK6Kp" / Twitter](https://twitter.com/TeamDCHS)

Congratulations to Stockport School Nursing Service Shortlisted For Innovative Partnership Award!



Updates

Digital Health Transformation Service (Incorporating ChatHealth)



ChatHealth double award win We're delighted that ChatHealth was crowned winner of not one, but two, top NHS awards at the AHSN Network and NHS Confederation's Innovate Awards. Out of hundreds of entries ChatHealth was the awarded the Innovation Spread Award and also received the overall 'winner of winners' for the Innovation Champion of the Year Award 2022.

Well done to all the SAPHNA members in our ChatHealth family. You are part of the 70 NHS Trusts and healthcare organisations that have adopted the shared technology and best practice to implement ChatHealth-powered school nursing messaging services across your own localities. We all share one goal and that is to make healthcare more accessible to people in our communities.

Latest research on school-based digital health and wellbeing screening programmes young people and professional stakeholders have responded positively to the digital health contacts programme delivered in Leicester, Leicestershire, and Rutland (LLR). The NIHR funded research explored the effectiveness of a novel online health and wellbeing screening programme, with the aim of supporting young people's physical and mental health more effectively. The research found that the universal school-based screening tool has great potential in identifying and supporting health needs among young people. A research summary pack has been produced by the researchers, please look at the infographic or watch the video. Our DHTS tool HealthForms is modelled on the principles of the LLR model and is used by local providers in LLR and in several other areas of the UK.

Be a content creator! Have you got what it takes to be our next Tik Tok star for @healthforteensnhs? Or you're brimming with ideas for new national content on our popular health promotion websites – Health for Teens www.healthforteens.co.uk, Health for Kids www.healthforkids.co.uk & Health for Under 5s www.healthforunder5s.co.uk.

Tens of thousands of children, young people and families follow and visit our platforms every month to seek age-appropriate and engaging health information about a range of physical and emotional health topics. Families, children, and young people are all actively involved in developing all aspects of the websites and social media platforms.

If you're a school nurse interested in getting involved in digital content creation to help more children and young people learn about their health, we'd love to hear from you! For more information email us at lpt.teamdhts@nhs.ne



Take a look at our impacts

Go to impacts.dhtsnhs.uk





Innovation Champion of The Year

At the prestigious AHSN Network Innovate Awards @LPTnhs and @ChatHealthNHS scooped the top award for the Chathealth project – a confidential help and advice service for safe and secure messaging between service users and healthcare professionals. Congratulations!



The Lancaster Model

The start of a new school year is always a busy one but also gives time to reflect on the impact that teams using The Lancaster Model Health Needs Assessment Tool and Digital Portal are making to outcomes for children, young people, and their families.

In the School year 2021-22 there were over 35% more requests for information logged through the system, than the previous year, which averages over 982 requests a week. For those children, young people and parents making those requests, they were able access that information when it was needed, rather than having any delay so immediately addressing concerns and freeing staff time. Small change, big impact!

October also sees the marking of World Mental Health Day, the importance of which has grown further due to the Pandemic and the current economic crisis. Being able to scrutinize specific information related to emotional health live on the system and see both individual issues as well as wider Public Health trends is a key component of TLM, in particular in the new reporting system.

The data does validate that nationally Emotional Health that has been a growing concern over the last 5 years for Year 6 Pupils

The new reporting system allows School Health Teams to use their local data to identify and stop problems escalating for individuals and populations, delivering true Early Intervention Services. It also allows Commissioners to use local, live aggregated data to improve integrated working across all children’s services. The system can identify key topics within a region or locality, for example “Hyperactivity” which the data shows nationally has the largest number of children with a combined borderline and abnormal percentage, giving School Health Teams evidence to support planning and prioritisation for true early intervention.

The Lancaster Model



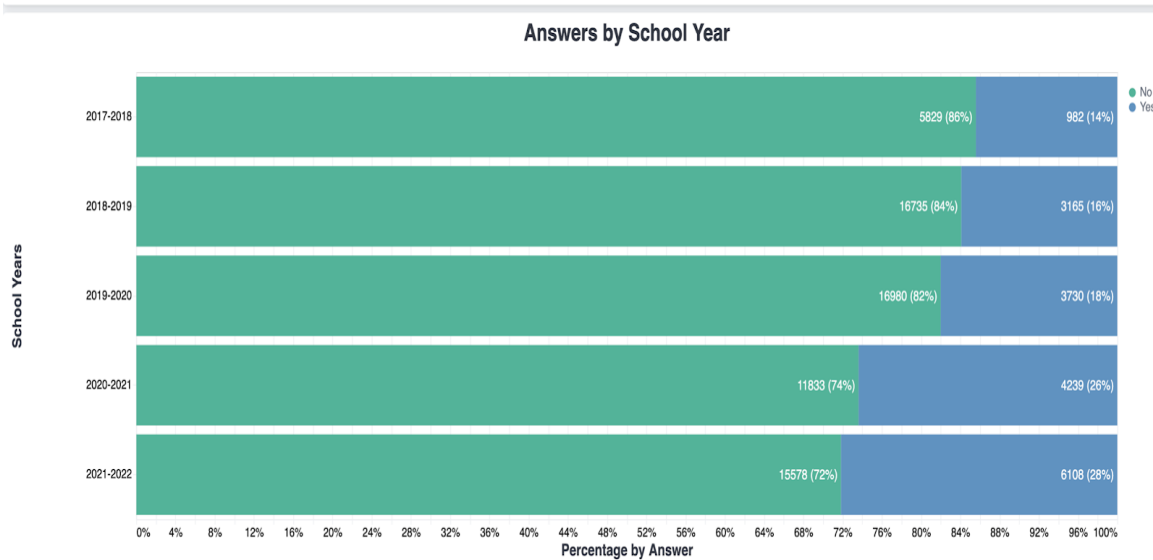
The Lancaster Model

Full and Free Training is always available and includes both technical elements and also sessions to help you work effectively with Parents, Schools and wider Teams to ensure the best outcomes for everyone. As always Kath and the team welcome your questions so do feel free to get in touch if you'd like to learn more about "TLM "

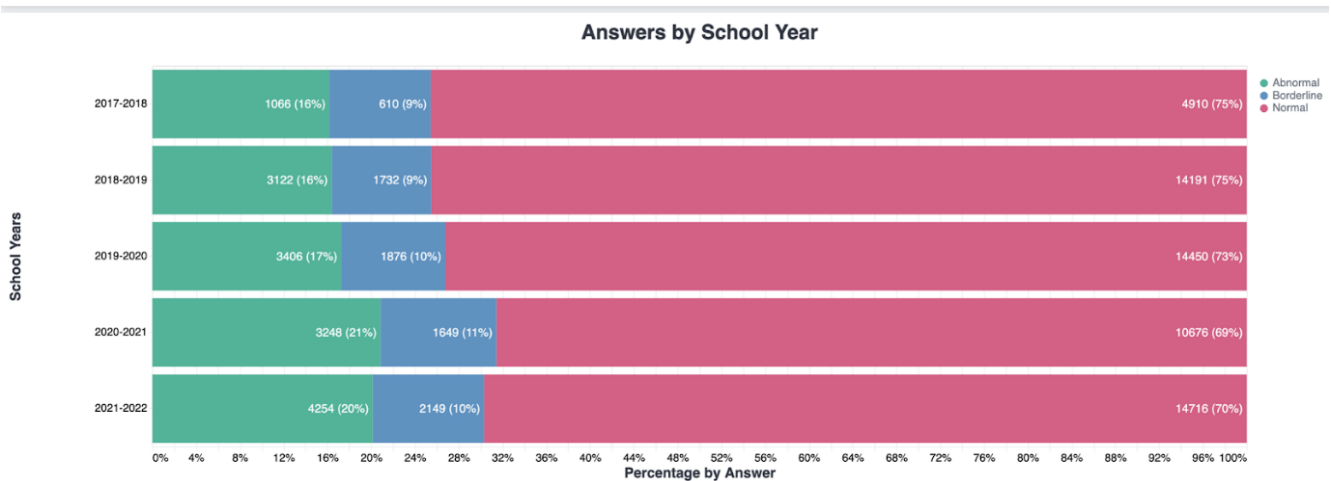
Kath@tlmhapi.co.uk

www.thelancastermodel.co.uk

Have you any worries or concerns about your emotional health?



Hyperactivity



The Lancaster Model



The Lancaster Model

Thompson Screening



More School Nurses Using Digital Comms – Here's Your 2-minute Guide

Familiar with the SchoolScreener® ParentPortal? More & more school nurses are falling in love with it! The portal is Thomson Screening's eConsent and parent communication system, built alongside school health providers up & down the UK.

It allows nursing teams to distribute and collect any required communications, or other health literature, amongst their community. By digitising the consent process, the SchoolScreener® ParentPortal means nurses have more time to care and are spending less time with burdensome paper forms.

Plus, by delivering health results through the secure portal, the whole process is made more secure. No longer is there the risk of little Jess or Jack losing their consent form or screening results on the playground, or the way home!

Signing up and into the SchoolScreener® ParentPortal has now been made even easier for parents, with the addition of social sign-in. Parents can now use their Facebook, Microsoft, or Google accounts to speed up and streamline both the signup and sign-in process. With well over 100,000 parents already signed up, nursing teams across the country are seeing the benefits digital systems can bring. These can include increased immunisation uptake, better parental engagement, and more clinical time available.

However, parent communications and eConsent aren't the only field we're seeing progress in. Recent developments in the SchoolScreener® Imms module mean that teams can now quickly & easily scan vaccine information using QR codes, when delivering immunisations. Instead of manually inputting batch numbers & expiry dates, nurses can simply press a button on their USB barcode reader, & the information is automatically fed into the computer. This saves huge amounts of time in school – and, more crucially, it helps to protect against dangerous data-entry errors!

Finally, we're happy to welcome several North-Western NHS Trusts to the SchoolScreener® family. The past year has seen 4 new Trusts around Manchester and the north-west join the fold. Also, independent schools group, Cognita, and a handful of new southern Trusts, too!

So, to our newest members: everyone here at SchoolScreener® is looking forward to working alongside you, and we hope to see some new faces at the upcoming Winter User Forum on 15th December!

We are excited to see what the coming year brings for us, and what exciting new features we can bring for you. Until next time!



Resources

SAPHNA offers a full and comprehensive range of training for professionals working with school aged children and young people. Look at the website to see the extensive options available!

[What we do | SAPHNA – School and Public Health Nurses Association](#)

View our current training and learning opportunities flyer [here](#)

Webinars

Safeguarding the Safeguarders: In response to need we are offering an ongoing series of two-hour webinars at approx. 3 monthly intervals. These provide a safe psychological space for you to share, learn, reflect, hear, identify, and celebrate good practice as well as just a place to 'be'.

We look forward to welcoming you. See <https://saphna.co/news/safeguarding-the-safeguarders-series-of-webinars/>.

Our recent webinars eating disorders masterclass 1 and 2, developed and delivered by our colleague, Hope Virgo, Expert by experience, mental health activist and author, can now be purchased as recordings for your self-directed learning. Further details here: [Purchase Eating Disorders recordings | SAPHNA – School And Public Health Nurses Association](#)

Research

School Nursing During Covid

SAPHNA are delighted to have been part of the project advisory board to this critical project conducted by Oxford Brookes and Birmingham Universities and Oxford NHS Trust This comprised; School Nursing in the time of Covid survey and literature review, the summaries of which can be found here

[Nursing in the time of Covid - survey summary .docx.pdf](#)

[Nursing in the time of Covid - literature review summary .docx.pdf](#)

The findings 'call for further exploration of the benefits and challenges of using virtual methods in school nursing practice (not one size fits all, hybrid?)' and asks 'How to sustain this profile post-pandemic? What changes have been beneficial and should continue post-pandemic? A call for further research studies to evidence the specialist public health role of the SN. Please take a couple of minutes to complete this survey to further direct this work

https://brookeshls.co1.qualtrics.com/jfe/form/SV_8k0M8KRnxOoeycS?Q_CHL=qr

SCPHN Research Ambassadors

As part of an NIHR funded project with the York and Humberside Childrens research network, we are delighted that Heidi Fewings, one of our academic advisors, has been appointed to support this work and that five SCPHN's have been appointed into paid roles to be ambassadors of encouraging and promoting research. It is hoped that this pilot will be rolled out on a national basis.

We are delighted to also be in early discussion with Manchester Met Uni, Prof Saul Becker, Prof Mark Hayter re an exciting forthcoming development It is heartening to see the increase in publications, dissertations, and school nurse involvement in research as we continue to support a growing number of you!

And Finally.....

The Gift of Kindness: Poetry Competition 2022 finalists

KS4/Sixth Form Finalist
Adeyfield Academy

Kindness is a gift not bought in a store
There's no pretty paper or coloured ribbons
No carton could possibly contain it
Kindness is found in a generous heart
All wrapped up with love and care
Kindness comes from a gentle love
for a long time friend or a stranger in need
Kindness is free – belongs to us all
A gift to be shared every day.

The more you give
The more you get
The more you laugh,
The less you fret,
The more you do unselfishly,
The more you live abundantly,
The more of everything you share,
The more you'll always have to spare,
The more you love,
The more you'll find,
That life is good.
And friends are kind,
For only what we give away,
Enriches us from day to day.

When life flies by so very fast,
And it gets busy every day,
Kindness becomes a gift
In so many different ways.
Being Kind is important,
Every minute, every day.
We show our kindness with our smiles,
By what we do and what we say,
When I help a friend that is feeling sad,
Or do an extra chore,
I am spreading kindness everywhere!
And soon there will be more!

The gift of kindness,
We must be kind,
That brings brightness,
To make us shine,
The world would be soundness,
To improve our minds,
Which would make us groundless.