



# Islington School Nursing Service Bulletin

You can contact us on 020 3316 8021/ [whh-tr.IslingtonSchoolNursing@nhs.net](mailto:whh-tr.IslingtonSchoolNursing@nhs.net)

Website: [School Health Team \(Islington\) \(whittington.nhs.uk\)](http://School Health Team (Islington) (whittington.nhs.uk))



Whittington Health  
NHS Trust

**Welcome to Islington School Nurse bulletin**, this will enable us to keep you up to date on our service.

We aim to ensure that each child and young person achieves his or her full educational potential by supporting a valuable link between health and education.

## You can talk to us about any health issue, including these...

- Bedwetting/Toileting Problems
- Body Changes/Personal Hygiene
- Diet and Nutrition
- Dental Health
- Managing Minor illness
- Emotional well being

Please visit our website for referral form or alternatively speak to the Schools Reception.



## Reception School Health Questionnaires, Vision and Hearing Screening

All Reception children should have received a Health Questionnaire from the School Health team. Please return via school office as soon as you can. **This form indicates consent as well as providing information to support you and your child.**

## Fluoride Varnish Programme



Over the next year the NHS Dental Team will be coming to your Child's school as part of the Community Fluoride Varnish Programme.

Fluoride varnish is a protective coating that is easily painted on teeth, which strengthens teeth and prevents tooth decay.

Please look out for the date in the school newsletter and complete Consent form.

For more information, please contact the Oral Health Promotion team on **0203 317 2341 or 0203 317 2353**

**Every child should have a check up with their dentist twice a year. If they are not registered with a dentist, please use link below to see available dentist surgeries near you:**

<https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/>

## Facts about Sugar

-Too Much sugar is bad for children's health as it can lead to the build-up of harmful fat on the inside that we cannot see

-Too much sugar can cause tooth decay. Every 10 minutes a child in England has a tooth removed in hospital.

## **Sugar facts and recommended daily amounts**

The maximum recommended daily amounts of sugar are:



4 to 6 years old: 19 grams (5 cubes)



7 to 10 years old: 24 grams (6 cubes)



11 and older: 30 grams (7 cubes)

## Polio Vaccine booster for all children aged 1years to 9 years old

Due to the Polio virus being found in our sewage samples, all children aged 1 to 9 years will be offered a dose of the Polio vaccine, on top of their routine vaccinations. GP's will be contacting parents about when and how to get your child's vaccine. Please see link below for more details.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1097153/UK\\_HSA\\_12440\\_polio\\_leaflet\\_for\\_parents\\_and\\_carers.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1097153/UK_HSA_12440_polio_leaflet_for_parents_and_carers.pdf)

Please use the link below to find out how to reduce your child's sugar intake and healthy food swaps. (Change4Life)

<https://www.nhs.uk/healthier-families/food-facts/>