

SCHOOL HEALTH E-NEWSLETTER

Te Kura Hauora Rorohiko Panui

Term 1 2017

Regional Public Health's School Health & Immunisation Group
Hutt Valley, Wellington and Porirua region. Please forward to all school staff.



Our aim is to support students with their health and improve their learning outcomes. We will inform you of 'hot health topics' and how to recognise evidence versus sensationalism!

> Anaphylaxis

This time of year is generally a great time for children in your class to be eating outside and enjoying the sunshine. This can also lead to children sharing food. Sharing of food could be potentially life threatening to a child that has a food allergy and is anaphylactic.

The most common food allergies in children are milk, eggs, peanuts, soy, wheat, tree nuts, fish and shellfish. It is estimated that 5-8% of children have a food allergy. There is a difference between a food intolerance and a food allergy. To find out more click [HERE](#).

Anaphylaxis is the most severe form of allergic reaction, affecting several parts of the body at once, including breathing difficulties. Symptoms typically occur within 30 minutes of exposure, often within 5 minutes and develop rapidly. If there is a child in your class that is known to have anaphylaxis, ensure they have a care plan in place which is visible and easily accessible to all staff, including relievers. All staff within the school should be aware of the child's allergy and what to do in an emergency. A care plan outline can be found [HERE](#).



If a child has been seen by a doctor and has a diagnosis of anaphylaxis, they should also have an 'epi pen'. It is a good idea for all staff to receive training on how to use an 'epi pen'. If you require training please contact your school public health nurse.

Further information on anaphylaxis can be found [HERE](#).

> Water only policy

There is currently an emphasis on water only policies to be put into schools. This emphasis is coming from both the Ministry of Education and the Ministry of Health. The health reasons behind this, are the increasing rates of obesity, the severity of dental decay in our children and the increasing rates of type two diabetes in the population as a whole. Click [HERE](#) to find out how a New Zealand school achieved being a water only school and the benefits they reported.

Click [HERE](#) for a poster you can download and use around your school to promote drinking water.



> School lunches

Talking to parents about what makes up a healthy lunch for a child can be a difficult subject to approach. A balanced lunch for a child is vital to their learning. It is recommended children's lunch consists of at least one serve of fruit, vegetables and dairy, and a good source of protein. You can find out what makes a healthy lunch on the Kiwi Families [WEBSITE](#).



> Skin sores

The most common types of skin infections in children that require treatment are infected insect bites, impetigo (more commonly known as school sores), boils and infected scabies. It is always best to clean cut and cover sores where possible.

Clean – keep the sore clean. This will help prevent further infection.

Cut – recommend to parents to keep nails short. Making sure the child's fingernails are short ensures that if they scratch the sore they are less likely to break the skin.

Cover – cover the sore/s with a plaster if possible. This can prevent further infection and spreading either on the child with the skin infection or to other children (especially in the case of impetigo).

It can be difficult to know when to encourage whanau to seek out medical advice for their child who has a skin sore. If you are concerned about a child's skin you can also make a referral to your public health nurse.



LOOKING AFTER SORES



Wash and dry your hands (20 second rule).

Use a clean cloth or paper towel to soak and wash the sores. Put the cloth or paper towel in the rubbish.

Dry sores with another clean cloth or paper towel. Put the cloth or paper towel in the rubbish.

Cover sores with a clean gauze cloth or sticking plaster. Change daily.

Wash and dry hands again.

If you have questions or are worried about the sores contact your doctor or nurse.

HEALTHY SKIN

Regional Public Health
Auckland Health for The Greater Wellington Region
www.rph.org.nz

A printable version of this postcard can be found [HERE](#).

> Sleep

After the long break from school it can be difficult for some children to get back into the routine of having enough sleep to be able to function well at school. Tired children can become irritable and emotionally sensitive. Children of different ages need different amounts of sleep.

Sleep is vital to a child's development as the hormone that stimulates growth is released while they are sleeping. For the amount of sleep a child needs depending on their age look [HERE](#).



> GP visits

Just a quick reminder, GP visits are now



free to children under the age of 13 years. This also includes most prescriptions the child may need. For a copy of the poster to put up in your school click [HERE](#).

We encourage you to continue sharing this newsletter with as many people at your school as possible.

IMMUNISATION CHANGES 2017: Protecting boys from cancer

Year 8 boys will be lining up alongside the girls to be immunised against HPV next year, following changes to the National Immunisation Schedule announced by PHARMAC in July 2016.



Changes to school immunisation programmes from 2017 will protect boys from some types of cancer. HPV immunisation will be **free** for everyone aged 9 to 26, whether they are male or female.

Children in year 8 from 2017 can get their immunisations through schools, while older children and young adults will need to see their family doctor, and some other health clinics may also provide HPV immunisation.

“School-based immunisation programmes are internationally regarded as the best way to make sure vaccines are delivered equitably to all children. Without a focus on equity, there’s a real risk that our most vulnerable children have the least protection.”

Around 95 per cent of eligible schools surveyed in 2012 hosted HPV immunisation. Boys-only schools will be invited to host it for the first time in 2017.

Young people aged 14 and under will need only two doses, rather than three, to be fully protected - this is good news for everyone.

For more information about the changes to HPV immunisation in 2017, click [HERE](#).

Boostrix will still be offered to boys and girls in year 7 as in previous years.