

Oct/Nov/Dec 2026



Somerset Council

Somerset School Nurse Team Newsletter

Welcome to the Somerset School Nurse Team newsletter!

The school nurse team is made up of Specialist Community Public Health Nurses, and Assistant Practitioners. We specialise in promoting the health and wellbeing of children and young people aged 5—19 years and cover primary and secondary schools across Somerset.

This newsletter will be delivered termly, and is intended to keep you up-to-date on all the things we are doing as a service, and will include topics and links relevant to physical and mental health.

We hope you find this newsletter helpful but please do feedback anything you would like to be added.

Somerset children & young people : Health & Wellbeing : Phn School Nursing

Feedback QR code



What is SEND support?

(Webinar for Parent Carers and Young People)

Do you have questions about SEND support and how education settings should meet a child or young person's special educational needs?

Join our **free webinar** to learn more about SEND support in education. There will also be an opportunity to ask questions during a Q&A session at the end of the webinar.

Wed 21 Oct 2026, 7.30-9.00pm | Thurs 22 Oct, 10.00-11.30am

For more information on how to join visit:

Workshops and Information Days



Are you experiencing issues with your child around toilet training?

If so please click on the link below to find useful information and advice…

Potty training your child - Best Start in Life - NHS

If your child has already started school and is still in nappies/ pullups please contact the School Nurse Team for support!

Text Chat health: 07480 635 515



With coughs and cold season fast approaching please remind your child of the importance of good hand hygiene..

Washing Your Hands song - CBeebies



If your child is experiencing issues with daytime/nighttime wetting often the situation can be improved by following the...

4 Steps to a Healthy Bladder

1. Check the bowel



It is important to rule out constipation as a full bowel will reduce the capacity of the bladder to expand

2. Check for a UTI (Urinary Tract Infection)

Bugs in the bladder can cause issues around wetting so it is important to check for infection



3. Drink plenty!



The bladder is a muscle and all muscles need exercising, visit the link below for advice regarding how much your child should be drinking

4. Relax to wee

Ensure your child is comfortable sitting on the toilet, encourage them to take their time & encourage boys to do sit down wees



Children's bladder health – what's normal and what can go wrong - ERIC



Somerset Council



Disclaimer: This is not an emergency service; it operates Monday to Friday 9am - 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of a safeguarding issue the School Nurse has a duty of care to act on this and may

Back to school can mean a return of those pesky 'head lice'!



How do I treat head lice?
Medicated lotions and sprays may not always be needed, the 'wet combing' method can be very effective at getting rid of headlice.

The '**Wet Combing**' Method:



- Wash your hair with ordinary shampoo
- Apply **lots** of conditioner to the hair (any conditioner will do)



- Comb the **whole** head of hair from **roots to the ends** using a special fine-toothed comb (detection comb). These can be bought online or from a pharmacy
- It usually takes about **10 minutes** to comb short hair, and **20—30 minutes** for long or curly hair



- Use this method on days **1, 5, 9** and **13,** so you catch any newly hatched lice
- Check everyone's hair again on **day 17** to make sure they are free of lice.

If you need medication, this can be bought from a supermarket or pharmacy. Some medicated treatments may need repeating after a week to kill any newly hatched lice

For more information on treating headlice head to…

Head lice and nits - NHS

Somerset School Nurse Team Contact Details:

Email: schoolnurseduty@somerset.gov.uk

Tel: **0300 790 9854**

Has your child missed their flu vaccination?



If so, the School Aged Immunisation Nursing Team (SAINT) are running a number of walk in clinics.

NO APPOINTMENT NECESSARY!

WALK-IN CLINICS

SAINT

Flu Vaccination Clinics

All clinics below are for the FLU nasal spray vaccination and are walk-ins (no appointment is needed). If your child requires the FLU inactivated injection Please contact 0300 323 0032 to arrange an appointment.

DATE & TIME	ADDRESS	DATE & TIME	ADDRESS
Saturday 26/SEPT/26 09:30-14:00	Summerlands Hospital Site Preston Road Yeovil BA20 2BX	**Saturday** 05/DEC/26 09:30-14:00	Bridgwater Hospital Bower Lane Bridgwater TA6 4GU
Wednesday 30/SEPT/26 14:00-17:00	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN	**Monday** 07/DEC/26 14:00-17:00	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN
Saturday 10/OCT/26 09:30-14:00	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN	**Tuesday** 15/DEC/26 14:00-17:00	Frome Community Hospital Enos Way, Frome BA11 2FH
Wednesday 14/OCT/26 14:00-17:00	Summerlands Hospital Site Preston Road Yeovil BA20 2BX (**Nasal spray only**)	**Wednesday** 16/DEC/26 14:00-16:45	Minehead Community Hospital Luttrell Way Minehead TA24 6DF
Saturday 17/OCT/26 09:30-14:00	Bridgwater Hospital Bower Lane Bridgwater TA6 4GU	**Monday** 21/DEC/26 09:30-13:00	Westlands Entertainment Venue, Westbourne Cl, Yeovil BA20 2DD
Monday 26/OCT/26 09:30-14:30	West Mendip Hospital, Old Wells Road, Glastonbury BA6 8JD	**Monday** 21/DEC/26 09:30-13:00	Victoria Park Health & Wellbeing Hub Victoria Park Drive Bridgwater TA6 7AS
Tuesday 27/OCT/26 09:30-14:30	Westlands Entertainment Venue, Westbourne Cl, Yeovil BA20 2DD	**Tuesday** 22/DEC/26 09:30-13:00	Bridgwater Hospital Bower Lane Bridgwater TA6 4GU
Wednesday 28/OCT/26 09:30-14:30	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN	**Tuesday** 22/DEC/26 09:30-13:00	Chard Hospital Site, Upper Floor, Bracken House, Crewkerne Road, Chard TA20 1YA
Wednesday 28/OCT/26 09:30-13:00	Chard Hospital Site, Upper Floor, Bracken House, Crewkerne Road, Chard TA20 1YA	**Wednesday** 23/DEC/26 09:30-13:00	Community Families Hub East Reach House, East Reach, Taunton TA1 3EN
Thursday 29/OCT/26 09:30-14:30	Bridgwater Hospital Bower Lane Bridgwater TA6 4GU	**Wednesday** 23/DEC/26 09:30-13:00	Burnham Community Hospital Love Lane Burnham on Sea TA8 1ED
Thursday 29/OCT/26 09:30-13:00	Shepton Mallet Community Hospital (Outpatients) Bucklers Way, Old Wells Road, Shepton Mallet, Somerset, BA4 4PG	**Tuesday** 29/DEC/26 09:30-12:30	Frome Community Hospital Enos Way, Frome BA11 2FH
Friday 30/OCT/26 10:00-14:00	Frome Community Hospital Enos Way, Frome BA11 2FH	**Tuesday** 29 Dec 2026 09:30-12:30	Minehead Community Hospital Luttrell Way Minehead TA24 6DF
Friday 30/OCT/26 10:00-14:00	Minehead Community Hospital Luttrell Way Minehead TA24 6DF	**Wednesday** 30 Dec 2026 09:30-12:30	West Mendip Hospital, Old WellsRoad, Glastonbury BA6 8JD
Saturday 14/Nov/26 09:30-14:00	Summerlands Hospital Site Preston Road Yeovil BA20 2BX	**Wednesday** 30 Dec 2026 09:30-12:30	Wincanton Community Hospital Dancing Lane Wincanton BA9 9DQ
Saturday 28/NOV/26 09:30-14:00	Community Families HUB East Reach House, East Reach, Taunton TA1 3EN	**LOOK FOR SIGN POSTING & SAINT FLAG**	
Wednesday 02/DEC/26 14:00-17:00	Summerlands Hospital Site Preston Road Yeovil BA20 2BX (**Nasal spray only**)		

NHS Somerset NHS Foundation Trust

Somerset School Aged Immunisation Nursing Team | Somerset NHS Trust

ORAL HYGIENE



With a significant rise seen recently in child tooth extraction, please can we remind you of the importance of good oral hygiene

- **Brush teeth twice a day**: ideally first thing in morning and last thing at night
- **Use a fluoride toothpaste:** use a pea sized amount containing at least 1000ppm of fluoride
- **Brush for 2 minutes:** ensure your child brushes for 2 minutes covering every tooth and surface
- **Spit don't rinse:** after brushing your teeth spit the excess toothpaste and avoid rinsing



How to Brush Your Teeth Animation MCM