

# SOLIHULL SCHOOL NURSING

## NEWSLETTER



# WELCOME



Welcome to the summer 2024 term!

Don't forget **you** can contact the Solihull School Nursing service for advice, information and/or support.

The school nursing service works all year round, Monday to Friday excluding public and bank holidays!

You can call us on: 0121 726 67 54

Or message us via our ChatHealth text service on: 07520 615730.

This line is for young people aged 11 -19.

### Water Safety

Spending time by water is a great way to hang out with friends, but it's crucial you know how to keep yourself and your friends safe.

In 2022, 60% of the 226 accidental drownings in the UK occurred in locations such as canals, lakes, ponds and streams.

#### The National Water Safety Forum says:

- If you get into trouble in the water, float to live.
- Lean back and use your arms and legs to help you float, then get control of your breathing before calling for help or swimming to safety.
- If you see someone else in trouble in the water, call 999 or 112. If you are at the coast ask for the coastguard. If you are inland, ask for the fire service.

It's never too late to learn to swim and it could literally save your life. If you are not a confident swimmer visit [www.swimming.org/learntoswim/](http://www.swimming.org/learntoswim/) to search for local lessons.

# NEXT TIME...

Grooming and transitioning to university or college.

### Internet Safety Reminder

- Remember to set privacy settings on social media sites so that only close friends can search for you and tag you.
- Only say online what you would be comfortable saying face to face, have respect for yourself and others.
- Future employers may search for you online, you may forget about "those" images and "that" post in the future. Think about leaving a positive digital footprint.
- Don't give in to peer pressure by sending inappropriate comments or images for more information on how to deal with sexting and flirting situations visit [tinyurl.com/3ekmujmc](http://tinyurl.com/3ekmujmc)

If you are experiencing cyberbullying, talk about it with a trusted adult, keep the evidence, block the bully online and visit [www.internetmatters.org](http://www.internetmatters.org) for advice on how to deal with it.

### Safety in the Evenings

As the weather warms up you may be spending more time outside in the evenings with your friends.

Never accept rides from strangers	Do not take gifts from people you don't know	Tell someone you trust if someone is making you feel uncomfortable
Shout loudly if someone is asking you do something you're not happy about	Never take shortcuts. Always stick to routes selected by parents/carers, and stay on main roads	If you go out with your friends make sure you stay together, even if you fall out.
Report all suspicious behaviour and 'new adult friends' to parents/carers	Never leave home without telling your parents/carers where you're going	Walk to and from school in groups

Don't forget to keep yourself and your friends safe.

### Quick Sunscreen Tips.

UVA radiation can penetrate glass. This can be a car window, or even your windows at home. Did you know computer screens emit UVA or B light which causes skin damage?

Current advice is for everyone to wear sunscreen everyday.



Be sure to protect your skin. Layer correctly: moisturise first, then apply sunscreen followed by make-up if you choose.

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## EXAM SEASON

Now that the summer term has started, some of you are getting closer to sitting your G.C.S.E.'s or A' Level exams. We know you have spent lots of time in school and probably at home, preparing for these exams and it can be a stressful time for you. With this in mind we would like to share some of the signs of exam worries with you and some of the ways you can help manage these.

### Signs of exam stress/anxiety

You may exhibit physical, behavioural, and emotional symptoms, which can indicate you are worried about your exams. These could be:

- Excessive worrying.
- Disturbed sleep.
- Suffering headaches and/or stomach pains.
- Feeling moody/irritable.
- Loss of interest in your food or eating more than normal.
- Lacking enjoyment in activities you usually enjoy.

**Note:** you may display more than one of these symptoms.

### How can you manage your stress?

We are all different so the way we manage our stress will be unique to us, but some of the ways listed below have been known to help:

- Have regular conversations with your peers, teachers or adults at home about any worries you may have.
- Seek extra support with your revision.
- Eat a balanced diet.
- Make sure you are getting enough sleep.
- Take time out to do activities you enjoy.
- Take part in regular exercise.

Some of you may start to feel better when the exams are over, if you don't and are still feeling anxious or suffering with low mood, see your GP.



## Upcoming Awareness Days



### April - National Stress Awareness Month

April is National Stress Awareness Month. This year's theme is "**Little By Little, A Little Becomes A Lot.**" The idea that small consistent actions each day contribute to overall well-being as a cumulative effect.

The campaign aims to spread awareness about signs of stress and how to manage them. Stress can affect everyone differently and can be brought on by different situations in life, such as exams, moving home, arguments with friends, changing schools/jobs, or the loss of a loved one.

We can't always prevent stress, but we can learn ways to manage it, such as eating a balanced diet, getting quality sleep, exercising, and communicating with others. You could try a daily wellness challenge, journaling, saying positive self-affirmations daily, recognizing small wins and successes. Little by little, you can significantly increase your well-being.

Stress can affect you both emotionally and physically, and it can affect the way you behave. For some fantastic free activities, challenges, journals, planners and more visit [tinyurl.com/5y8dkh4z](https://tinyurl.com/5y8dkh4z)

### 13th May - Mental Health Awareness Week

This year's Mental Health Awareness week theme is "**Movement: Moving more for our mental health**". Being active is important for our mental health. But so many of us struggle to get enough exercise. Can you find moments for movement in your daily routines?

Take a look at the website below for more information and guidance about what type and how much exercise is right for you.

[www.healthforteens.co.uk/lifestyle/exercise/](https://www.healthforteens.co.uk/lifestyle/exercise/)

