



SOLIHULL SCHOOL NURSING

NEWSLETTER

Welcome

A big welcome to the autumn 2024 term! We hope you had a lovely summer and have settled into the back-to-school, or for some of you, starting Secondary school. The school nursing service works all year round, Monday to Friday excluding public and bank holidays! Our details are at the bottom of the page.

We can support with the following: Sleep Challenges with eating and diet Changes to your body (puberty), Emotional health and how to relax, Managing behaviour, Hygiene and Sexual Health.

Contact us on: 0121 726 6754



World Mental Health Day

Thursday 10th October is World Mental Health day. We wanted to remind you of some of the ways you can support your mental health.

- Communicate - speak to trusted adults and friends.
- Get active - getting physically or creatively active can help you feel better, so get singing, dancing, painting or playing sport whatever helps you!
- Eat a healthy balanced diet (healthy body = healthy mind) and drink plenty of water.
•Get a good nights sleep.
- Take time for yourself to do mindfulness activities to help you to relax.

For more information and support for mental health, visit the following:

YoungMinds - fighting for young people's mental health

<https://www.youngminds.org.uk/>

Health for Teens - information about low mood
<https://www.healthforteens.co.uk/feelings/low-mood/>

NHS-Every Mind Matters <https://www.nhs.uk/every-mind-matters/>

SOLAR-Support for children and young people in Solihull

Coming up

We look forward to seeing some of you in schools as Year 9 pupils complete their Health Assessments in the coming weeks. A school nurse will be on hand to help with any questions you may have, regarding the Health Questionnaire during the sessions.

Handwashing

With the cooler weather, we can expect more cold and flu outbreaks, as well as other bugs like Norovirus. It's important to remember to use good handwashing techniques and to remember "catch it, bin it, kill it!" Remember to wash your hands after blowing your nose, sneezing, or coughing to help stop the spread of germs. You can watch a video demonstrating good handwashing technique by following this link:

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>



Chat Health

ChatHealth is our Private and Confidential text messaging service for

Parents/Carers/Guardians and also students.

As well as our main contact line, The School Nursing service can offer advice and support via text messaging between the hours of 9am-5pm, Monday to Friday Only (not monitored on bank holidays or weekends)

07520615730

Aged 11-19





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Firework, Bonfire & Sparkler Safety

Remember to follow these safety guidelines during fireworks and bonfire displays:

- Adults should supervise the activity.
- Stand a safe distance away from bonfires and firework displays.
- Light fireworks at arm's length.
- Do not store or light fireworks in pockets or on streets/roads.
- Never return to a lit firework.
- Ensure bonfires are extinguished before leaving them.
- Wear gloves when using sparklers as they can get hot enough to cause burns.
- Do not wave sparklers near people, and dispose of them in a bucket of water after use.
- If you catch fire, stop, drop to the floor, cover your face, and roll to help put out the fire. Share this method with others to raise awareness.

There is lots of safety information about fireworks, sparklers and bonfires, as well as information about fireworks and the law, please take a look at some of the links below:

- <https://www.rospa.com/home-safety/advice/fireworks-safety>
- <https://capt.org.uk/stop-drop-and-roll/>
- <https://capt.org.uk/firework-safety/>



Stoptober

The month of October brings the campaign to raise awareness and provide support for quitting smoking. If you need help contact the National Smokefree Helpline on 0300 123 1044 advising them you want help to quit smoking. Please keep an eye out on our social media pages for more important and advice. Don't forget the NHS quit smoking app or our ChatHealth service is also there for you to reach out to us!

Water Safety

Please remember the following safety tips:

Stay away from the edge of waterways, lakes, and ponds, especially during this time of the year when they can be more slippery and hidden beneath fallen leaves, frost, ice, or snow.

If you're walking at night, make sure to stick to well-lit areas and avoid walking near waterways in the dark.

When waterways freeze over, we cannot guarantee how thick the surface ice is, and it could break, leading to a fall into the water.

Also, keep your dog on a lead to prevent them from slipping on the edge of waterways and potentially falling into the water.



Internet Safety

Our website, www.healthforteens.co.uk, features a variety of interesting and helpful articles with up-to-date advice from school nurses.

To protect your privacy, keep your social media settings, including location settings, set to private to prevent strangers from seeing your posts or location.

Sexual Health

Did you know that September was Sexual Health Awareness Month? This campaign aims to promote knowledge and information about sexual and reproductive health. We want to remind you that you have access to free sexual health services in Solihull through an organization called Umbrella. You can call them at 0121 237 5700 or contact them online at <https://umbrellahealth.co.uk/.Child friendly Gov>