

January 2023 / D&HP3

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COVENTRY

SCHOOL NURSING NEWSLETTER



Secondary Schools

WHO WE ARE

We just wanted to remind you what the team can do for you - we support with:

- Sleep
- Challenges with eating and diet
- Changes to your body (puberty)
- Emotional health and how to relax
- Managing behaviour
- Hygiene
- Sexual health

Confidentiality

Whilst we offer confidentiality, members of the School Nursing Team work in partnership with other agencies, where information may need to be shared in your best interest.

Consent

In secondary schools young people can access the School Nurse independently for advice and support without parental consent, although we would always encourage young people to speak with their parent/carer.

Alternatively, you can message us on our ChatHealth text service;

07507 331 949
Line for 11-19 year olds



We are not an emergency service so if your concern is urgent please call **999** or **111**.

Thank you.

HAVE YOU VISITED OUR HEALTH FOR TEENS WEBSITE YET?

HEALTH FOR TEENS

Check out our Health for Teens website. This website has been created especially for young people and is full of help and advice with all kinds of things such as relationships, bullying, emotional health, anxiety, sleep, puberty etc.

www.healthforteens.co.uk/coventry/



07507 331 949 (For 11-19 year olds)

Charter School Nurse Team:
01926 495321 Ext 7417

Swg-tr.CharterAvenueSchoolNursing@nhs.net



Happy New Year from all the School Nursing Team.

We hope you all had a lovely break over the festive period and you are enjoying the spring term so far.

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

You can contact us on:

Moat House School Nurse Team:
01926 495321 Ext 7494

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CHILDREN'S MENTAL HEALTH WEEK 6TH – 12TH FEBRUARY 2023

The children's mental health charity Place2Be www.place2be.org.uk/ provide mental health support to children in schools.

They launched the first Children's Mental Health week back in 2015 to help raise awareness about children and young people's mental health.

As Children's Mental Health week is approaching we wanted to remind you of some of the ways you can manage your mental health – you are not alone, get in touch with your GP, the school nursing team or your school staff members if you need support.

Communicate

Speak with your family and friends, sharing how you are feeling with each other is important for your wellbeing and may help you feel better. If you don't want to speak to your trusted adult you can speak to the school nurse team via ChatHealth, or contact an advisor via Kooth or Childline – see more info on the right.

Get Active

Keeping busy can distract you from anxious thoughts so get mentally and/or physically active, you could; play board games with friends/family, read, listen to music, paint/sketch or design, play an instrument or sing or play sports or dance! Exercise can improve your mental health and fresh air can improve mood.



Get Plenty of Sleep zzz

Not getting enough sleep has a big impact on our mood and how productive we are. Have a routine and if you need help with this get in touch and/or check the links out below.

Make healthy food and drink choices

You have probably heard the saying you are what you eat! A well balanced diet and drinking plenty of water can improve your mood and energy levels!



Practice mindfulness

These activities can help you relax, by bringing awareness to your breathing, thoughts and feelings in a manageable way. There are apps that can help you with this as well as activities like yoga or colouring/painting.

Check out the below links for more information and support:

Young Minds

www.youngminds.org.uk

Health for Teens

www.healthforteens.co.uk/feelings/low-mood/

Kooth

www.kooth.com

Childline

www.childline.org.uk

NHS – self care tips

<https://youtu.be/ETSDNcWRyqA>

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A REMINDER ABOUT ONLINE SAFETY



There is no denying the perks of the internet, whether being used in the workplace, at school, for entertainment purposes or to power your home appliances, many of us agree it is extremely useful. However, there are risks when using the internet.

We wanted to remind you of a few ways you can be safe online.

- You can talk to a trusted adult, whether this is a family member, member of staff at school or someone from the school nursing team if you have any worries, they may be able to help you.
- Password safety – do not share passwords with others, make sure passwords are a mix of letters, numbers and symbols, that they are changed regularly and different for different accounts.
- Privacy settings – ensure these are set up to control who can and can't see your details and location.
- Personal information – do not share personal information about yourself with people you do not know and make sure this information isn't visible to all.

- Profiles – don't put too much information about yourself on your profile, the info here can be shared and/or saved.
- Padlock – if you don't see the padlock symbol on the internet browser don't use that site as it means it is not secure.

Check out the below websites for more information about online safety:

[ChildLine](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/)
www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/
[NSPCC](https://www.nspcc.org.uk/keeping-children-safe/online-safety/)
www.nspcc.org.uk/keeping-children-safe/online-safety/
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>
[Internet Matters](https://www.internetmatters.org/)
www.internetmatters.org/
[Health for Teens](https://www.healthforteens.co.uk/growing-up/online-safety/online-safety-the-5-ps/)
www.healthforteens.co.uk/growing-up/online-safety/online-safety-the-5-ps/

DATES TO REMEMBER



As well as Children's Mental Health week in February, there are other important events happening over the next few months...

Safer Internet Day - 7th Feb 2023

This year's Safer Internet Day will be on 7th February 2023. It is organised in the UK by the UK Safer Internet Centre. The celebrations will be around the theme 'Want to talk about it? Making space for conversations about life online'. The UK Safer Internet Centre are there to help children and young people use digital technology in a safe, responsible and positive way.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023>

World Sleep Day - 17th March 2023

The theme for this year's World Sleep Day is 'Sleep is Essential for Health'. Just like eating well and exercising, sleep is essential to improve your physical and mental health. To find out more visit:

www.worldsleepday.org/

World Autism Acceptance Week 27th March – 2nd April 2023

World Autism Acceptance Week is back from 27 March – 2 April 2023! The theme for 2023 is colour, and the National Autistic Society are holding a virtual challenge 'Spectrum of Colour Challenge' and a sponsored walk 'Spectrum Colour Walk'. For more information and ideas on how can get involved visit: www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2023

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HELLO. Meet the team

So you get to know a little bit more about us, in every issue of the newsletter we showcase members of our team. This term we would like to introduce you to, Emma Austin – Clinical Lead and Practice Teacher and Anna Knowles – School Nurse.



Emma Austin
**Clinical Lead and
Practice Teacher**

My name is Emma and I love that this role is so varied, and although it sounds a cliché, one day is never the same as another.

I think the people that I work with are one of the main reasons that I love my role within school nursing. We spend so much time in work and we need to trust and have a laugh together. As well as trust others judgements and work altogether as a team.



Out of work I cycle – and have cycled from Leamington to Paris, although I'm not that fit at the moment. I enjoy walking my two much adored dogs, love that my family is being extended with having a husband, 3 children, and now 2 boyfriends have joined the family skiing holidays every year!!!



I dream of being fluent in French but feel that this dream is many years off and remains a work in progress. Friends, and nights out with delicious wine are also important!!!



New!
Anna Knowles
School Nurse

My Name is Anna. I am a new School Nurse within the Coventry School Nursing team, having joined after returning to work from maternity leave. I have been working in School Nursing since 2018 and fell in love with the role due to the variety the job role brings with no two days ever really being the same. For me, the best part of my role is getting to work with children, young people, and families and seeing the positive change that the school nursing service can bring when helping children young people and families.



Outside of work, I enjoy spending time with my family and going on adventures to new places in the countryside or to the farm or zoo, especially with my little boy.

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Keeping active this winter

Keeping active is a great way to look after your physical and mental health. During the winter months, when you are staying indoors more, it can be difficult. However, there are plenty of activities you can do in the house such as dancing, indoor sports, yoga or online workouts. Heading outside when the weather is bad may not be that inviting but in the correct gear, going outside for a brisk walk, to play sports or a run around the park is great exercise, and can also keep you warm. There are even free outdoor gyms around Coventry, but if you prefer to get fit indoors, check out whether your local gym do discounted rates for teens.

For a full list of outdoor gyms visit:

www.coventry.gov.uk/outdoorgyms

For information about gym memberships for teens visit:

www.villagegym.co.uk/offers/teen-ager-gym/

<https://cvlifestyles.co.uk/packages/>

For more tips and advice on staying active indoors and out over winter visit the below websites:

Health for Teens

www.healthforteens.co.uk/lifestyle/exercise/7-reasons-why-exercise-makes-your-life-better/
NHS

www.nhs.uk/better-health/get-active/

www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-children-and-young-people/

WE NEED YOUR FEEDBACK

Coventry Family Health and Lifestyle Services rely on your feedback to help improve our services. We are looking for service users to provide feedback on our website and social media pages. The survey only takes a couple of minutes to complete but your feedback is valuable. To take part scan the QR code using your smart device or click the link below.



<https://forms.office.com/e/4AgfmsxW96>

Thank You

Please complete by Tuesday 28th February 2023.

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Useful Resources

Don't forget to check out the links throughout this newsletter for more information and support! Please see more resources below which may be of help to your School, families, children and young people:

Do you have a hidden disability?

Do you have a condition that is not obvious? If so did you know you can apply for a sunflower lanyard? Wearing the sunflower is a discreet way of letting someone know you may need additional support when you are out and about.

Click below for more info:

<https://hiddendisabilitiesstore.com/about-hidden-disabilities-sunflower>



ARE YOU ELIGIBLE FOR FREE SCHOOL MEALS?

Free school meals are automatically available to children in Reception, Year 1 or Year 2 but did you know pupils who aged up to 16 may also be entitled to free school meals too?

Your parents or carers can check if you are entitled to benefits-related free school meals (FSM) by visiting this website:

www.coventry.gov.uk/benefits-1/free-school-meals#Year3+

Autism Support

www.daisychainproject.co.uk
www.autism.org.uk

Mental Health and Wellbeing Support

During times of stress and pressure it is also important to take care of your mental health and wellbeing. Visit the below websites for support:

www.youngminds.org.uk/

www.rethink.org/

www.nhs.uk/oneyou/every-mind-matters

Coventry Holiday Activities and Food Programme

Are you looking for something to do in the school holidays? Have you heard about the Coventry Holiday Activities and Food (HAF) programme ran by Coventry City Council? HAF provides free activities, experiences and food for eligible children and young people during the school holidays.

Their next activities will start in the Easter school holidays (Friday 31 March – Sunday 16 April 2023). To find out more about what they have to offer visit: www.coventry.gov.uk/haf



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