

COVENTRY

SCHOOL NURSING NEWSLETTER

Secondary Schools

2025



Happy New Year from all the School Nursing Team.

We hope that everyone enjoyed a delightful festive break and is now adjusting back to the school routine.

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
- Sexual Health

WINTER ILLNESSES

This winter sees high cases of Flu, RSV, and norovirus, making effective handwashing essential. Follow NHS step-by-step guide (takes about 20 seconds, sing "Happy Birthday" twice):

- Wet hands
- Apply soap
- Rub hands together
- Clean back of hands and between fingers
- Rub fingertips against palms
- Rub each thumb
- Clean fingertips on the opposite palm
- Rinse and dry hands with a disposable towel, using it to turn off the tap.

www.nhs.uk/live-well/best-way-to-wash-your-hands/

Contact Us

01926 495321 Ext 7494

swg-tr.contactschoolnursescoventry@nhs.net

VAPING

Vaping is unsuitable for young people due to their developing lungs and brains, making them more vulnerable. While less harmful than smoking, vaping carries risks, including exposure to toxins and unknown long-term effects.

Common side effects include:

- Nicotine addiction
- Dry/sore mouth and throat
- Shortness of breath
- Headaches/dizziness
- Coughing

Tips for quitting:

- Increase time between vaping
- Use refillable vapes to reduce nicotine
- Create strategies to manage cravings
- Limit vaping locations and times
- Set a quit date

For more support, visit QuitVaping.org | [Smokefree Teen](http://SmokefreeTeen.com).



SLEEP SUPPORT



Sleep is essential for our well-being, especially during the teenage years. Most teens need about 8 to 10 hours of sleep each night, but everyone is different, and finding your ideal amount is key.

Here are six simple yet effective tips to help you sleep better:

- Ditch the screen: make it a habit to turn off your devices at least an hour before bed.
- Establish a sleep routine: wind down with calming activities that help you relax, like reading a good book or chatting with a parent.
- Stick to a regular schedule: Try to go to bed and wake up at the same time every day.
- Eat well: Focus on balanced meals. This helps promote deeper sleep and keeps anxiety at bay.
- Get moving: Regular exercise and sunlight help regulate sleep patterns. Just remember to avoid intense workouts right before bed!
- Create a comfortable bedroom: Make your bedroom a cosy retreat. Aim for a quiet, dark and cool space to create the ideal environment for a restful sleep.

For more support contact your school nurse or visit

<https://teensleephub.org.uk/>

Or text us via  ChatHealth

07507 329 114 (Parent Line)

07507 331 949 (For 11-19 year olds)



Coventry.School
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EMOTIONAL SUPPORT



Navigating the teenage years can be really tough for many young people. During this time, emotional challenges can arise, and while some might resolve naturally, others may require a bit of extra support.

It's important to recognise the signs that something might be wrong. Here are a few to keep an eye out for:

- Increased tearfulness or sensitivity
- Trouble sleeping or persistent changes in sleep patterns
- Changes in appetite – eating much more or much less than usual
- Pulling away from social activities
- Losing interest in activities or hobbies
- Engaging in self-harm or neglecting personal care

Please remember that this is not a comprehensive list. Life events like exams, moving homes, or changing schools, can temporarily trigger these feelings. But don't worry – there are definitely ways to cope and find your footing again!

- Talk it out: Share your feelings with trusted individuals who can help you process them. If you're not comfortable confiding in someone you know, consider reaching out to an anonymous helpline like Childline at 0800 1111.
- Discover healthy coping strategies: Engage in activities and hobbies that promote your mental well-being.
- Create routines: Establishing a regular schedule for meals, sleep, and exercise can give you a greater sense of security and control.
- Prioritise self-care: Make time for yourself! This could involve enjoying a relaxing bath, lighting candles, or applying a face mask. Keep in mind that self-care is personal; what works for one person may not work for another.
- Eat well and stay hydrated: Regularly consuming nutritious foods helps stabilise your blood sugar levels, while staying hydrated supports clear thinking and focus.

It is essential to seek support if any of the above issues persist or become overwhelming. Your parents, carer, teachers, school nurse, or GP can provide assistance.

For more information, please visit:

<https://www.youngminds.org.uk/young-person/coping-with-life/>

THE DANGERS OF FROZEN WATER



As winter sets in across the UK, it can be tempting to play on frozen lakes and canals. Here are some safety tips regarding the risks associated with frozen waters:

- Avoid pathways near waterways, particularly during dark evenings, and adhere to all safety warnings.
- Keep dogs on a lead when near icy areas.
- Never attempt to walk on ice, remember it cannot support a person's weight.
- Avoid the edges, which may be hidden under snow or leaves.
- Keep dogs on a lead when near icy areas.
- If someone falls through the ice, call 999 and do not enter the water to help.
- If someone has fallen in, keep an eye on them. Encourage them to stay calm and breathe normally, and follow the Float To Live technique. If possible, use rescue equipment to reach them.
- Once they are out of the water, getting warm is crucial. Make sure they receive medical attention, even if they seem fine at first.

For additional water safety advice, please visit: <https://www.rlss.org.uk/pages/category/winter-water-safety>



Arty-Folks
16-25yrs old
CANVAS TO CHANGE
Wednesdays 4pm-6pm
@Arty-Folks studios Coventry
art therapy and support for young people struggling with anxiety & depression
SCAN ME
<https://arty-folks.org.uk/whats-on/>

Arty-Folks have introduced 'Canvas to Change', a Creative Peer support group for 16-25 years old, who are struggling with mental health and social anxiety.

For more information scan the QR code or visit:
<https://arty-folks.org.uk/whats-on/>

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