



# SOLIHULL SCHOOL NURSES NEWSLETTER

March 2021



## *Welcome Back!*

Schools are back as of the 8<sup>th</sup> March. This may be causing anxiety and worries for both young people and parents. The Solihull School Nurses are here to support and advise you through these difficult times.

Over the coming weeks we will be offering virtual drop-in appointments with a nurse to help you with any worries or concerns. You can request either a phone or video consultation which will be held on the 5<sup>th</sup> March 3pm-5pm or 12<sup>th</sup> March 11am-1pm. To book one of these appointments please text us on our new ChatHealth Parent line: 07480 635496

In the meantime here are some useful tips to get ready for heading back to school!

**Establish a routine**

**Preparation is key!**

**Eat well, feel well**



## Preparation is key!

Prepare to go back to school in advance. Try on uniforms before Monday morning. Make sure that everything still fits and is ready for the big day! Prepare lunchboxes and lay out clothes the day before so you can relax in the morning and get ready in a calm and positive environment.

## Establishing a routine

During lockdown it may have been difficult to create and stick to a daily routine. Get yourself back to school ready by re-introducing your usual school routine now.

- 1) Wake up at the usual time you would for school.
- 2) Eat a good breakfast to prepare your brain and body for the day ahead.
- 3) Have regular breaks throughout the day to re-energise and re-hydrate.
- 4) Finish your work at a set time and take some time for self-care.
- 5) Stick to a bedtime routine- Reduce screen time at least an hour before bed. Choose activities such as reading instead then get off to bed at a reasonable time. Don't stay up too late!





## Eat well, feel well

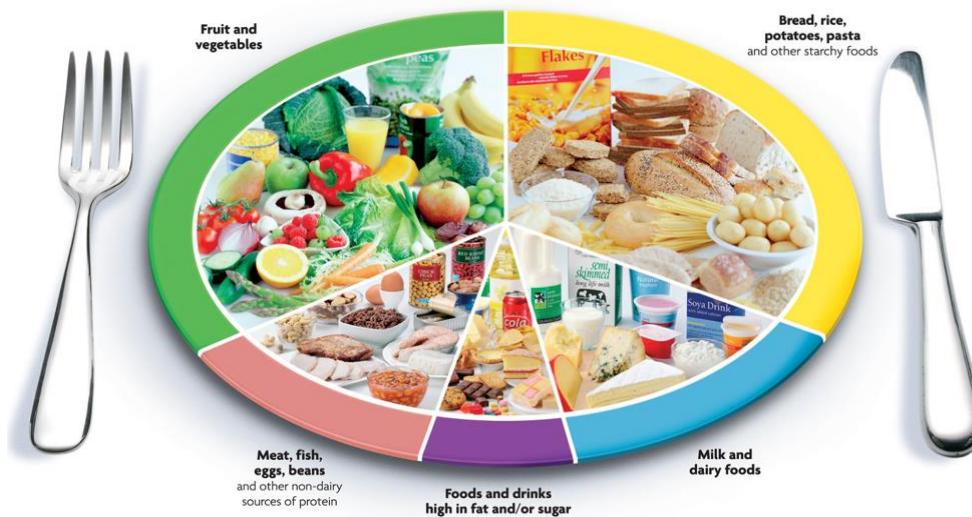
Eating a healthy, balanced diet will boost your mood, give you more energy and improve your thinking. Eating breakfast everyday will prepare your brain for the day ahead, helping you to concentrate and learn.

Avoid snacks that are high in sugar such as sweets, biscuits and fizzy drinks. These can make your blood sugar rise and drop rapidly which can cause you to feel irritable and tired. When planning and preparing meals for the day or week think use the Eatwell Plate, to help you to achieve a balanced diet. Take a look at the Change4Life recipe page for great healthy meal ideas: <https://www.nhs.uk/change4life/recipes>

## The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.





COVID-19 has had a significant impact on everyone's daily routine and lifestyle. This can have a big impact on our emotional and mental wellbeing. It is important to know that nobody is alone. It is okay to feel anxious, stressed or low in mood and it is okay for you to talk about these feelings. If you are worried about your mental health you can find some great resources at:

- [www.healthforteens.co.uk](http://www.healthforteens.co.uk)
- <https://youngminds.org.uk/find-help/for-parents/>
- <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/school/>
- For children aged 11+ online counselling and support can be accessed through:
  - [www.kooth.com](http://www.kooth.com)





## Face Coverings

When you go back into school this month you may be asked to wear a face covering. New guidance from the government states that students aged 12 and above are required to wear face coverings in school unless medically exempt. This will include inside the classroom if appropriate, when social distancing isn't possible.

Remember to put face coverings on with clean hands and store them away in a individual sealable plastic bag to keep them clean and stop germs spreading. For more information on face coverings, including how to put them on and take them off safely see:

<https://www.gov.uk/government/publications/face-coverings-in-education>



HANDS



FACE



SPACE

## COVID Swabbing

You may also be doing regular COVID testing when you return to school this time. This involves using a small swab, like a cotton bud, to sweep around your nose and throat. This process is painless and only takes a few seconds. You will then use this swab to do a test that will show if you have COVID-19. These tests are done very quickly and you won't have to do them every day. You will be able to do the test in private at school, once you have gotten the hang of doing the tests you can do them at home. If you are worried about these tests you can contact the school nurses to talk through your concerns. Contact details are listed below.



The Solihull School Nurses can be contacted on our confidential text messaging line.

Young people aged 11+ can contact a nurse on:

07520 615730

Parents/Carers of children in a Solihull school can contact a nurse on:

07480 635496

This service is run between 8am-5pm, Monday-Friday.

You can also follow us on:



@ Solihull School Nurses



@Solihull\_School\_Nurses



@SolSchNurse

## Useful Contact Numbers

**School Nurse Phone Numbers:**  
North: 0121 770 1919  
South: 0121 726 6754

We also have two websites that you and your child can access:

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

**Birmingham and Solihull  
Mental Health Trust  
0-19 year olds service  
Solihull (Solar)  
0121 301 2750**

**Birmingham (Forward Thinking)  
0-18 years  
0207 841 4470**

**Women's Aid Support for Victims of  
domestic abuse  
0808 800 0028.**

**Children's Services  
0121 788 4300 (Solihull)  
0121 303 1888 (Birmingham)**

**Bereavement Support  
0121 687 8010**

**Solihull Carers Trust Young Carers  
0121 788 1143**

**SIAS  
Solihull Integrated Addiction Services  
0121 301 4141**