

SOLIHULL SCHOOL NURSING

NEWSLETTER

WELCOME

A warm welcome to the Summer 2025 term! We hope you had a wonderful break and are looking forward to the warmer weather that is on its way.

We can't wait to see all of you this term, whether it's for the National Child Measurement Programme (NCMP) or for an appointment we have arranged together.

Remember, the school nursing service works all year round, Monday to Friday, excluding public and bank holidays.

Our main telephone line: 0121 726 6754

Here's a reminder of how the School Nursing team can support you:

Toileting
Sleep
Eating and diet
Delivering the NCMP for Reception and Year 6 pupils
Puberty
Emotional health and relaxation techniques
Managing behaviour
Hygiene



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)

Parent Line: 07480635496
Aged 11-19: 07520615730



Exams



As the new term begins, schools will start preparing for exams, including the SATs. It is important for parents and caregivers to work together with teachers and support your child in managing any stress or anxiety they may experience during this time.

Here are some useful tips and advice:

Make sure your child eats well:

A balanced diet is essential for your child's health.

This can also help them feel energised during exam periods. Remember high-fat, high-sugar and high-caffeine foods and drinks can make children hyperactive and irritable.

Help your child get enough sleep:

Good sleep improves thinking and concentration. Children need around 8 to 10 hours of sleep a night. It's important to allow time before bed for your child to wind down between studying, watching TV, or using any electronic device. This will help them settle down for bed and get a better night's sleep.

Talk about any worries or exam nerves:

Remind your child that it is normal to feel anxious, and help them by revising and practising any homework together. Encourage them to think about what they know and the time they've already put into studying to help them feel more confident. Practise mindfulness together to enable your child to relax their mind if they start to overthink.

Immunisations



Vaccines help protect people from illnesses. It is best to have them on time, but if you/your child has missed a vaccine, contact your GP to catch up.

It is important to make sure that your child is vaccinated against different illnesses. You can check your child's vaccination status by visiting the following link:
<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>



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HEALTH FOR TEENS

Health for Kids!



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Transitioning to Secondary



On March 1st, you will be notified of your child's secondary school placement. While this is an exciting time, we understand it can also feel daunting. Your chosen secondary school will coordinate with your child's current primary school to arrange transition days, which will help ease the upcoming changes.

The school nursing team is always available for any advice and tips to help you and your child during this time. Contact us via our main telephone line or via our ChatHealth service.

Vaping



An e-cigarette, also known as a vape, is an electronic device that allows users to inhale nicotine in vapour form rather than smoke. Vaping has become a common trend among children starting from Year 6 and upwards.

Vaping is not suitable for children and young people. Their developing lungs and brains make them more vulnerable to its effects. While nicotine vaping is considered less harmful than smoking, it is not risk-free.

It is crucial for your child to understand the facts and dangers associated with vaping, including the long-term side effects this can have on their physical health and overall well-being.

If you or your child would like some advice or help regarding vaping, the school nursing team can offer guidance and support. For more advice please visit the below links:

Childline:

<https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/vaping/>

NHS - Better health:

<https://www.nhs.uk/better-health/quit-smoking/help-others-quit/young-people-and-vaping/>

Water safety

Please remember the following safety tips:

- Stay away from the edge of waterways, lakes, and ponds to reduce the risk of falling in.
- If you're walking at night, make sure to stick to well-lit areas and avoid walking near waterways in the dark.
- Teach children the importance of staying away from open water as early as possible. When waterways freeze over or the opposite when it is a warm day you cannot guarantee either how thick the ice is or the temperature of the water.
- Keep your dog on a lead to prevent them from slipping on the edge of waterways and potentially falling into the water.



Weight management

The Solihull School Nursing team recently visited year 6 students to carry out a health questionnaire and complete the NCMP (National Child Measurement Programme).

The results from both activities indicate a rising concern regarding body image and weight among students.

Here are some useful links that may help:

Eat well move more Solihull:

Eat well move more is a programme put together for parents with children who feel they could improve their lifestyle. Scan the QR to register. Please note participants must be Solihull residents.



Beezee Families:

Beezee Families is a free 16 week programme for children and families to take part in. You can attend a Solihull school but need to be a Birmingham resident.



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