

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.

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 you 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

Phone: 0121 726 67 54



Or text us via

Parent Line: 07480 635496
Aged 11-19 Line: 07520 615730

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 [Quit Vaping](#). | [Smokefree Teen](#).



EXAM SUPPORT



As the new term begins, schools will start preparing for exams, including the GCSEs. It is important to manage any stress or anxiety you may experience during this time.

Here are some useful tips and advice:

Make sure to eat well:

A balanced diet is essential for good health and can help you feel energised during exam periods. Remember that foods and drinks high in fat, sugar, and caffeine can make you hyperactive and irritable.

Try to get a good night's sleep:

Good sleep improves thinking and concentration. Typically, teenagers need around 8 hours of sleep each night. Make sure to allow yourself time to wind down before bed by stepping away from studying, watching TV, or using any electronic device. This will help you settle down for a better night's sleep.

Talk about any worries or exam nerves:

It's normal to feel anxious. To help with your revision, remind yourself of what you know and the time you've invested in studying. This can boost your confidence. Practicing mindfulness with family or friends can also help relax your mind if you start to feel worried.



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

SOLIHULL SCHOOL NURSING

NEWSLETTER



SUN SAFETY

- Apply sunscreen generously to all exposed areas of your skin 15 to 30 minutes before you go outdoors.
- Instead of rubbing it in, spread the sunscreen evenly across the skin's surface and let it dry.
- Re-apply sunscreen to exposed areas 15 to 30 minutes after sun exposure begins.
- Re-apply sunscreen after activity that could remove sunscreen, such as swimming, towelling or excessive sweating and rubbing.

DID YOU KNOW?

Sunscreen isn't just for the sun.

Did you know that screens emit UVA?

It is recommended that sunscreen should be applied as part of your daily skincare routine.



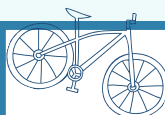
WATER SAFETY

- Stay away from the edge of waterways, lakes, and ponds, in case of falling in.
- Don't jump into a lake, canal or any depth of water, you do not know the temperature or depth of the water which could lead to fatal accidents.
- Keep your dog on a lead to prevent them from slipping on the edge of waterways and potentially falling in.

SEXUAL HEALTH

Looking after your sexual health is very important and there are many services you can reach out to within the community in addition to your GP.

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](https://umbrellahealth.co.uk/.Child%20friendly%20Gov)



STAY ACTIVE

The warmer weather is fast approaching, and the clocks have gone forward, which means the official start of British Summer Time! What a great opportunity to start encouraging play outside with games or a walk to your local park. Being active and playing outdoors has many health benefits, which include:

- Vitamin D from the sunshine.
- Improved mental health
- Healthier bodies and improved fitness.
-

ROAD SAFETY



Is important to also take this time to remember the dangers and to be aware of the hazards whilst spending time playing outside or meeting up with friends. Here's some tips to try and remember:

- Be cautious of traffic either whilst crossing the road or riding a scooter/bike and always wear a helmet
- Remember to look both ways when crossing the road and always try and use a pedestrian crossing where ever possible.
- Never cross in front of a parked up bus as the traffic behind may try and overtake and you will not be in their vision.