

January - April 2020

Children & Young People's Health & Wellbeing

Newsletter

Introduction

Welcome to the first issue of our schools newsletter, incorporating elements of children & young people's (CYP) mental health and emotional wellbeing, school nursing service and the wellbeing schools programme.

Immunisations

During the next few months, our immunisation team will be coming into school to offer the Diphtheria, Tetanus and Polio (DTP) AND Men ACWY (Meningococcal ACWY) to year 9 students as well as the Human Papillomavirus immunisations (HPV). From this year onwards, boys as well as girls will be invited to have the HPV immunisations in year 8.

The consent forms for the DTP and Men ACWY will be sent home via School in January 2020 and the HPV consent forms will be sent home via School in March 2020.

Sexual Health

Sexual health is relevant at all stages of life, with many issues such as self-esteem affecting older as well as younger CYP. It needs normalising by encouraging active and open discussion... We all have a potential role in achieving better sexual health for the population; school ensuring information is available for all pupils. Sexual health information and services should be available to all those who need them.

School nurses can support schools by offering confidential health and wellbeing including sexual health, this is already up and running and proving successful within several academies. Having access to this service does not encourage promiscuity but promotes a positive, safe approach to sexual health. School nurses at present can offer support with pregnancy testing, emergency contraception and condom issuing.



KEY UPCOMING DATES:

January:

1st - 31st - Dry January

30th - Young Carers Awareness day

February:

2nd - 9th - Children's Mental Health Week

4th - World Cancer day

6th - Time To Talk day

11th - Safer Internet Day

25th - Eating Disorder Awareness week

March:

13th - No Smoking day

13th - World Sleep day

16th - 22nd - World Oral Health week

April:

1st - 30th - Stress Awareness month.

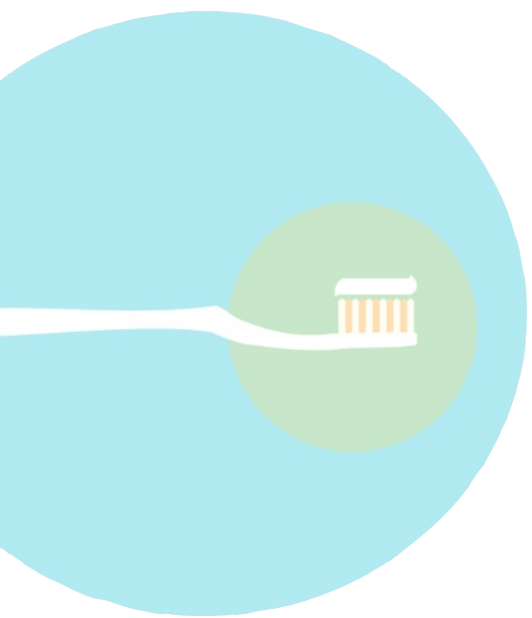


Health Promotion

- As we approach the colder weather there is always an upsurge in coughs and colds, resulting in a loss of days at school. To combat this, it is useful to promote good handwashing skills.
- As students' progress through the school - the amount of textbooks and files increase! Early education on the importance of CYP taking care of their backs is bound to have a positive effect on their health as adults... there are simple things CYP can do, such as sitting properly and not for too long, exercising regularly, stretching and lifting correctly. They also need to know how to carry their schoolbooks and equipment in a way that does not harm their back or neck.
- In highlighting Men's health it is important that young men regularly check there testicles for any signs of change. checkemlads.com and baggytrouseruk.org can both help support young people in recognising the signs of testicular change.



Remember the 16th to the 22nd of March is World Oral Health Week!



- CYP should be encouraged to brush their teeth twice a day with a fluoride toothpaste.
- Have a healthy lifestyle, including eating well, and monitoring sugar intake.
- Have regular check-ups with their dentist. Don't put off going for a check-up. Detecting problems early can mean they're easier to treat.
- If problems aren't treated, they may lead to damage that's harder, or even impossible, to repair

Remember the 13th of March is No Smoking Day!



Smoking Cessation

The younger people start smoking, the more damage they do to their bodies and will suffer when they get older.

Find resources and make a pledge as a school to Breathe 2025 -

<https://breathe2025.org.uk/>

Children's Mental Health Week

2nd - 9th February 2020



Children's Mental Health Week is set up by the children's mental health charity, Place2Be, the week shines a spotlight on the importance of children and young people's mental health. This year's theme is 'Find your Brave'.

There are a few simple ways you can help children to 'Find their Brave':

1 Remind children that bravery comes in many forms and everyone is different. What's brave for them might not feel brave to someone else.

2 Talk to children about a time when you as teachers/staff have had to Find Your Brave. It might have been something big or small.

3 Praise children when they Find Their Brave. Maybe they've kept going at learning a new skill or tried something outside their comfort zone.

4 Point out examples of bravery in books and films. Talk about how trying different ways of being brave will help them to feel good.

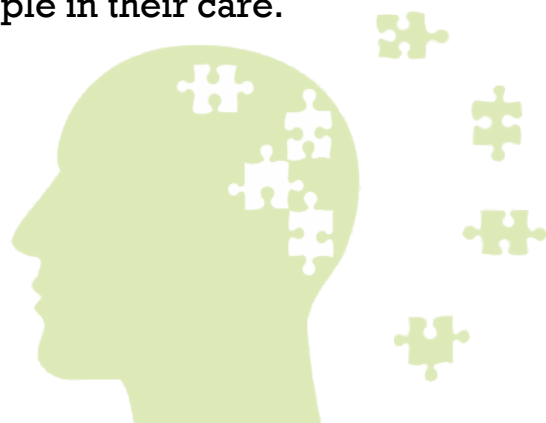
5 Reassure children that not feeling brave is also okay and that there are times when it might be more difficult to be brave.



Schools In Mind

www.annafreud.org

Schools In Mind is a free network for educational staff and professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues in educational settings. The network provides a trusted source of accessible, up-to-date information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of children and young people in their care.



Anna Freud Link Programme

The Link Programme is led by the Anna Freud Centre, funded by the Department for Education and supported by NHS England. Over the next four years the programme will be rolled out to all educational settings in England. Coordinated by local Clinical Commissioning Groups (CCG) it will bring together education and mental health services so that children and young people can get the help they need, when they need it.

Statutory Relationships Education (RE) and Relationship and Sex Education (RSE)

What does the Law say about RE/RSE?

In every school from September 2020, all primary pupils must be taught RE and secondary pupils must be taught RSE. This is being made compulsory because Department of Education believes CYP need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way. This teaching should build on what most children will learn from their parents.



In Primary schools:

CYP will learn about healthy, respectful relationships, focusing on family and friendships. That means learning to get along with others, taking turns and resolving disagreements. Also how to know when a friendship isn't healthy and how to ask for help. It is not about sexual relationships, primary schools will teach about puberty in an age appropriate way, this is important so that CYP understand the changes they are about to go through.

In Secondary schools:

RSE will support pupils' personal and social development including personal identity, characteristics of positive relationships, emotional resilience and how to resist peer pressure. The sex education component will include teaching about intimate relationships, sex and sexual health. If parents decide to withdraw CYP from the sex education component of RSE, the head teacher should discuss this with them; after discussions if they still wish to withdraw, the school should respect this.

Themes that will be covered:

Respectful relationships
Families & people who care about me
Caring friendships
Being safe
Online relationships (added)



Themes that will be covered:

Online and media
Intimate & sexual relationships, including sexual health
Respectful relationships/ friendships
Strong emphasis on internet safety & mental health
The Law

Resources



Sexual Health

Sexual Health Hub

Virgin Sexual Health Clinic - Tel:03003301122

Oral Health

NHS [how-to-find-an-nhs-dentist/](#)

NHS [taking-care-of-childrens-teeth/](#)

NHS [take-care-of-your-teeth-and-gums/](#)

Health Promotion

NHS [best-way-to-wash-your-hands](#)

Catch it Bin it Kill it

<https://www.healthassured.org>

Smoking Cessation

<https://orchid-cancer.org.uk/about-us/>

NHS [smokefree/ FAQs](#)

NHS [quitting-smoking-under-18s-guide/](#)

Anna Freud Link Programme

<https://www.youtube.com/watch>

<https://www.annafreud.org>

Other resources:

Dry January - [alcoholchange.org](#)

Young Carers - [Carers.org/awarenessday2020](#)

Children's Mental Health Week - [childrensmentalhealthweek.org.uk](#)

World Cancer Day - [worldcancerday.org](#)

Time to Talk Day - [time-to-change.org.uk](#)

Safer Internet Day - [saferinternetday.org](#)

Eating Disorder Week - [beateatingdisorders.org](#)

No Smoking Day - [daysoftheyear/nosmokingday](#)

World Sleep Day - [worldsleepday.org](#)

Stress Awareness Month - [nattionaltoday/stress-awareness-month](#)

Self Harm - Self Harm your guide to getting help

Gender - [genderbread.org](#)

Links for young people to access support:



www.nelincs.gov.uk/areyouOK



www.kooth.com - Online counselling for young people



www.happymaps.co.uk

07507331620 - Chat Health
- confidential text service
for 11-19's run by school
nurses. Offers support for
mental & sexual health