

A dose of Health & Wellbeing

A bitesize guide to a healthier lifestyle, from your School Nursing team

Secondary School Edition (July 2025)


Hello and welcome from your School Nursing team

This newsletter is full of
useful information, hints and
tips for keeping healthy.

What do you think of our newsletter?



Do you find this newsletter
helpful? What would you
like to hear about?

 [School Nursing Newsletter
feedback form](#)

Thank you!



In this issue

- [Mental Health](#)
- [Mental Health contact information](#)
- [Five ways of Wellbeing](#)
- [Screen Time](#)
- [Healthy Bowels](#)
- [Staying Hydrated](#)
- [Float to Live](#)
- [Sun Safety](#)
- [Water Safety](#)
- [Festival Safety – before you go](#)
- [Festival Safety – while you're there](#)
- [Vaping](#)
- [Skin routines and Sleep](#)
- [Positive Eating Habits](#)
- [Staying Active](#)
- [Tellmi and Leaving school](#)
- [How to contact a school nurse](#)

Do you sometimes feel anxious or worried?

Anxiety means when you worry about something. It is a normal emotion – it's one of our body's natural reactions to stress. Some level of anxiety is normal as we grow up and learn to navigate the world.



However, it's important that you have the **tools to manage feelings of anxiety** and can tell the difference between normal emotions and more severe anxiety which is interfering with your everyday life.



- Anxiety triggers adrenaline, which leads to a fight, flight or freeze response when you feel unsafe.
- Physically you can feel uncomfortable and have unwanted sensations like a rapid heartbeat, faster breathing, and nausea.

Some good strategies to try if you are feeling anxious or worried:

5 - 4 - 3 - 2 - 1 GROUNDING EXERCISE

 **5** Things you can **SEE**

 **4** Things you can **FEEL**

 **3** Things you can **HEAR**

 **2** Things you can **SMELL**

 **1** Things you can **TASTE**



Positive
self-talk

SQUARE BREATHING

inhale 2... 3... 4

breathe



exhale 2... 3... 4

rest 2... 3... 4

hold 2... 3... 4

Sometimes we feel threatened even when there's no real danger. If anxiety interferes with your daily life, there are many strategies you can use to help manage it.



For more help and advice contact:

 [Childline.org.uk](https://www.childline.org.uk)

Childline are available online,
on the phone, anytime

 [Tellmi](#)

Download the Tellmi app, Mental Health Support for Teenagers

 [YoungMinds](#)

Young Minds offers a range of online
support and information for children and
young people

 [The Mix](#)

The Mix are there if you need advice, connection or just someone
to listen. Share what's on your mind on discussion boards, join a
support group or chat one-to-one with their trained team.

 [Text ChatHealth: 07312 0263266](#)

Your School Nurse can help – please
text us via ChatHealth or see our contact
details at the end of this newsletter.



ChatHealth



Five ways to wellbeing

Connect – Talk to and have fun with your friends and family. Staying in touch with others enables you to share positive experiences and support each other.

Be Active – Being active is important for your physical and mental health, it releases endorphins that help to put you in a good mood. Remember try and be active for 60 minutes a day.

Keep Learning – You don't just learn at school, be an active learner and grow by researching your interests. Challenge yourself to new experiences and gain new skills.

Give to Others – Do something kind for someone you care about. Helping others can give you a sense of purpose and achievement.

Take notice – Take the time to be aware of your surroundings and what you are feeling. Being present and taking time for self-care is important in the busy world we live in.



Here are some ideas:

- Watch your favourite sports game with other friends.
- Share your cooking or baking creations with family and friends.
- Share a Spotify playlist with your friends.
- Get motivated with the Couch to 5k app.
- Take a walk around your local park.
- Visit an outdoor gym.
- Watch a movie in a different language with subtitles.
- Learn how to draw something new.
- Show kindness through everyday acts (holding doors, smiling and saying thank you).
- Complete some mindfulness and meditate.
- Make a selfcare routine.



Healthy bowel habits

Constipation is very common in all age children. **1 in 3** children are affected by constipation. It can affect behaviour and mood!








How to check if you are constipated

Identify your stool type (from the Bristol Stool Chart shown here).

Carry out the sweetcorn test to see if you are constipated. The ideal time to see sweetcorn in your stool, is between 24hr-36hrs after eating sweetcorn.

How fast are your bowels? Take the sweetcorn test to find out!

You can ask your School nurse any questions!

THE BRISTOL STOOL FORM SCALE (for children)		
choose your		POO!
type 1		looks like: rabbit droppings Separate hard lumps, like nuts (hard to pass)
type 2		looks like: bunch of grapes Sausage-shaped but lumpy
type 3		looks like: corn on cob Like a sausage but with cracks on its surface
type 4		looks like: sausage Like a sausage or snake, smooth and soft
type 5		looks like: chicken nuggets Soft blobs with clear-cut edges (passed easily)
type 6		looks like: porridge Fluffy pieces with ragged edges, a mushy stool
type 7		looks like: gravy Watery, no solid pieces ENTIRELY LIQUID

If you suspect you have constipation, please visit your GP.

Staying hydrated

During hot summer months, it's important to stay hydrated to maintain good health and overall wellbeing.

Not being hydrated enough can lead to headaches, fatigue, and difficulty concentrating.

Make sure you drink water regularly throughout the day, aiming for 6-8 cups or about 2000 ml. If you are very active, increase your intake to replace the fluids lost through sweating.

Signs of dehydration:

- Thirst
- Dry mouth
- Tiredness
- Having dark coloured, strong-smelling urine or passing urine less often than usual
- Feeling dizzy or lightheaded
- Dry mouth, lips and tongue
- Sunken eyes



[To read more visit the NHS website.](#)

Don't get in: you might not get out

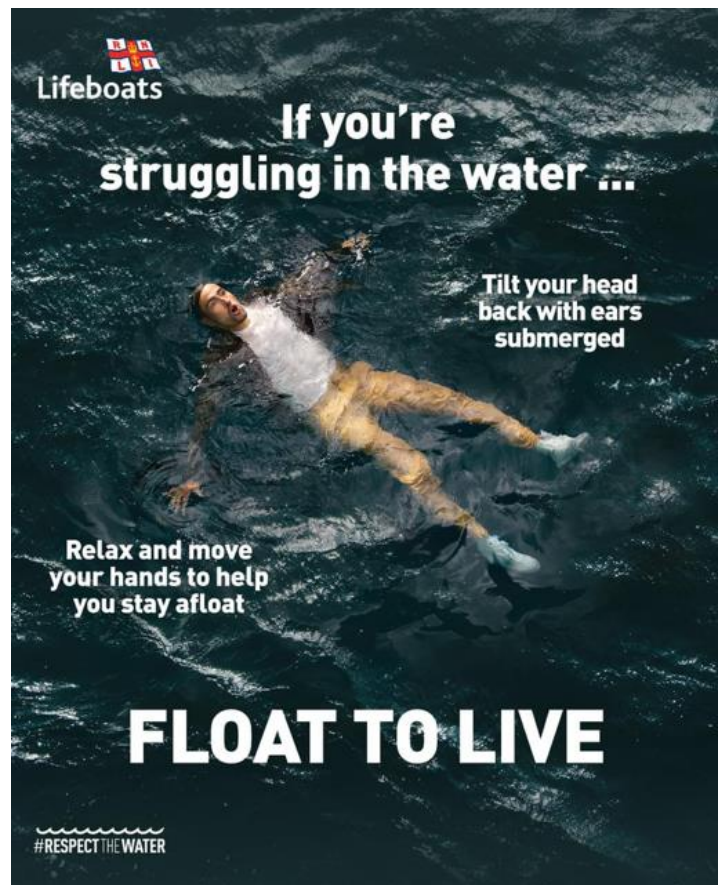
Swimming is great fun and good exercise.

But death from drowning or lifelong injuries because of accidents in the water are far too common.

53% of the children and young people who died by drowning were aged 8-17yrs and were believed to have known how to swim!

If you come into trouble in water:
Float To Live.

- Tilt your head back with your ears underwater
- Relax and try to breathe normally
- Move your hands to help you stay afloat
- Once you are over the initial shock, call for help or swim to safety



Watch the hugely popular campaign video '[Drowning It's Up To You](#)'

Staying Safe in the Sun



Three simple things to stay safe in the sun:

1. Plan ahead

- Check the weather forecast
- Plan to avoid the hottest time of the day, usually between 11am-3pm when the UV and air pollution is at its highest.
- Wear lightweight, loose-fitting clothing to keep cool and comfortable in the sun. Dark colours absorb more heat, so lighter colours are better.

2. Keep yourself cool

- Drink plenty of fluids (WATER is best!)
- Use sunscreen with SPF 30 or higher to protect your skin (Reapply sunscreen every 2 hours).
- Wear a hat, and sunglasses
- Cool your skin by having regular breaks in the shade or inside.

3. Be safe

- Be mindful of hot surfaces like metal furniture or car interiors. They can quickly become too hot and cause burns.
 - If you start feeling dizzy, lightheaded, or nauseous, find a cool, shady spot to rest and drink water. These could be signs of heat exhaustion.
-

Staying safe in water



Look out for lifeguards

Never swim unless there is a lifeguard present



Don't go too far

Swim parallel to the shore so you are never too far away from it



It's stronger than it looks

Currents in water can be very strong. If you get caught in a rip tide don't try and swim against it, swim with it and shout for help



Bring a friend

Always bring a friend so if you get into difficulties someone is there to help



It's colder than it looks

Check the temperature of water before you enter. Cold water shock can affect your ability to swim and self-rescue. Most water in England is below 15 degrees and can cause cold water shock.

Staying safe at festivals



Festival season is a fantastic opportunity to gather with friends, enjoy incredible bands and unwind. Whether you're planning a day visit or a weekend stay, being prepared can help make sure you stay safe.

Here are our top tips to help you stay safe and make the most of your festival experience.

Before you leave

- Plan your packing. Aside from the tent and sleeping bag, remember other items such as a head torch, portable phone charger, suncream and anti-bacterial gel. A refillable water bottle will save you money and help reduce plastic waste!
- Think layers when packing your clothing as temperatures can change from day to night. A poncho is a great idea for the inevitable rain.
- Don't pack valuables and if you can, split your cash into two in case one gets lost or stolen. Arm wallets are also a good idea.
- Pack a tiny first aid kit to deal with bites, stings, blisters or small cuts so they don't ruin your fun.



Festival Safety



When you arrive

- Get your bearings when you arrive. Look for landmarks around you to remember where you pitched your tent. Familiarise yourself with where the medical team are located – you never know when you may need them.
- Look after each other. If you're going with a group of friends, organise a meeting place in case you get lost from each other.
- Look out for other people as well as your friends. If someone looks unwell take care of them or approach festival staff if they need help.
- It may seem dull advice but it's really important to stay hydrated. Drink plenty of water, especially if it's hot. And remember that alcohol or drugs can really dehydrate you, as well as significantly impact your judgement and ability to make safe decisions.
- If it is sunny, protect yourself from the sun. Remember a sunhat and suncream, and reapply it throughout the day. Sunburn is no joke: it hurts. Seek shade when you need it to prevent heat exhaustion.
- Never leave your drinks unattended, as drink spiking is a significant concern at festivals. Use a lid or buy a reusable drink spiking prevention cover online. Common symptoms of drink spiking include nausea, confusion, disorientation, fatigue, vision problems, dizziness, difficulty communicating or breathing, sudden changes in body temperature and memory loss. If you suspect you or someone else has been spiked, seek medical help immediately.
- Have your portable phone charger accessible. You don't want your phone battery to run out when you need it most.
- Festivals are busy places, and it can be slow moving around – don't get irritated, go with the flow.
- Plan your safe journey home. Arrange your transport in advance and don't walk home alone.



Above all, enjoy yourself and create some lifelong memories with your friends. Just remember to stay safe in the process.



Don't smoke? Don't start to vape.

“cigalikes, e-cigarettes, e-cigs, e-hookah, e-liquids, vape pens...”



Vapes contain a liquid that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. Most vapes or vaping liquids contain nicotine and other toxic chemicals.



In the UK, it's illegal for anyone to sell or buy nicotine vaping products under the age of 18

Risk factors of vaping products:

- **Nicotine addiction** – a highly addictive stimulant, which can also have detrimental effects on brain development in under 25's.
- Increases your heartbeat and can often make you feel sick.
- People with lung conditions like Asthma can be more sensitive to the vapour, triggering asthma attacks or breathing difficulties.

Coping with peer pressure (Don't vape just because your friends are!)

1. Practice being assertive – clearly and confidently stating to others your boundaries.
2. Talk to someone outside the situation – a trusted adult like parents, teacher or a health professional.
3. Take time away from those people – If someone makes you feel bad because you are not doing things, then take time away from them and focus on yourself.

Need more support or advice?

SmokeFreeLife Berkshire

Phone: 0800 622 6360

Text: Quit to 66777

FRANK:

Phone: 0300 123 6600

Text with a question: 82111

 Website: <https://www.talktofrank.com/drug/vapes#the-risks>



Skin care

As you go through puberty, your body starts producing more hormones. This can lead to oilier skin, which might cause spots or acne. Spots are really common during this time, so you're not alone! But if you're noticing that your spots are sticking around, getting bigger, or spreading across your face, chest, or back, it could be a sign of acne.

What should you do?

If your skin is bothering you or not getting better, it's a good idea to speak to your GP. They can help you find the right treatment to manage acne and take care of your skin. Remember — having spots is nothing to be embarrassed about. Help is available, and looking after your skin is part of looking after your health!

Skincare tips for Clearer, Healthier Skin:


1. **Cleanse Gently** – Wash your face twice a day using a mild, fragrance-free cleanser. This helps remove oil and dirt without drying or damaging your skin.
2. **Moisturise After Cleansing** – Pat your skin dry (Don't rub) and apply a thin layer of light moisturiser.
3. **Use Sunscreen Every Day** – even on a cloudy day. Sunscreen of at least SPF 30, will protect your skin from harmful UV rays and keep it looking healthy.

Sleep

A good sleep routine is crucial for overall health and development. During sleep, the body and brain undergo essential processes that support physical growth, cognitive development, emotional regulation, immune function, memory consolidation and helps you to retain new information.

You need between 9-11 hours sleep each day but some may need less and others more; sleep needs vary.



 [Teen Sleep hub](#) – have lots of resources to help you with sleep and help ensure you are getting an effective sleep routine.

 [Sleep | Berkshire Healthcare Online Resource](#)

Positive eating habits

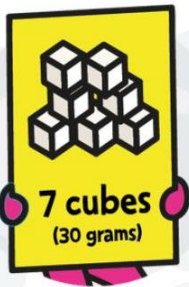
Over the summer holidays it can be easy to fall into unhealthy snacking and eating habits, especially when you may have a change in routine.

Try and remember the importance of three regular meals a day and choose healthier snacks in between as needed.

[How to make healthy choices | Health For Teens](#)

For homemade snack ideas, advice and choosing healthy snacks ideas and other recipes go to:

[NHS Healthier Families](#)



11+ Years Old

Try not to have more than 7 cubes of sugar a day!

High sugar foods to watch out for...



The importance of breakfast

Healthy breakfasts make a difference to the quality of your diet, your mood and help to support your learning. Skipping it makes it harder to get all the nutrients needed within your day.

For some easy breakfast ideas that you can share with those at home visit:

[Healthy breakfast ideas \(www.nhs.uk\)](http://www.nhs.uk)

Staying Active

Be active for at least 60 minutes a day.

This should include 3 sessions a week of activity that strengthens muscles and bones, so mix it up!

Big Sister Project

[Big Sister Project | Places Leisure](#)

The programme helps girls aged 9-15 in targeted areas feel 'sport ready' by recruiting a network of 'Big Sisters' – peer leaders and supporters from sport, school and community organisations. Sport leaders will be trained in the emotional and physical barriers girls face.



Sport in Mind

Transforming the nation's mental health through sport.

Sport in Mind offer children, young people and family

programmes, to support and improve mental health through our free sports and physical activity programmes.



[Visit: Exercise | Lifestyle | Health for Teens](#)

Quizzes and information about keeping active

Love your body, love yourself, #lovehealth

[SIGN UP for next term here](#)

Tellmi peer support app



The Tellmi app is a safe and secure peer support forum for young people aged 11+, where you can discuss any issue affecting your life.

You can get anonymous advice from experts and young people going through similar experiences.

Tellmi has moderators who check everything to keep you safe, and their in-house counsellors are always on hand if you need extra support.


Tellmi can be downloaded for free from [Google Play](#) and [Apple App Store](#).


For more information visit www.tellmi.help

Are you off to further education or university?

For some young people, navigating this significant change in their life can be daunting and stressful.

Take a look at these websites on how to help cope with this change and any other changes and challenges you may face in your life.

 [Looking after yourself at uni | Mental health guide | YoungMinds](#)

 [Transitioning to further education | Resources | YoungMinds](#)



Are you leaving school?

When entering new environments, such as starting university or work, you'll be mixing with a new, wide group of people which can make you more at risk of some infections.

Making sure you have caught up with any missed vaccines can help to keep you well.

For more information  [NHS vaccinations website](#)



ChatHealth



If you are aged 11-19 you can contact a member of the school nursing team by text message for confidential, anonymous help and advice.

We can offer advice and support on many topics like:

- Sleep
- Low mood
- Bullying
- Self-harm
- Body changes
- Healthy eating
- Drugs, alcohol and smoking/vaping
- Anxiety and stress
- Emotional health and wellbeing
- Relationships

Text: 07312 263266

Open 9am - 4:30pm Monday-Friday
(excluding bank holidays)

How to contact your School Nursing team

Every school has an allocated school nurse.

We are available Monday to Friday 9am-5pm, with reduced cover during school holidays.

Bracknell Forest

0300 365 6000

BracknellForest.SN@berkshire.nhs.uk

Reading

0118 9047320

csnreading@berkshire.nhs.uk

Wokingham

0118 9047330

csnwokingham@berkshire.nhs.uk

West Berkshire

0118 9047325

csnwestberks@berkshire.nhs.uk

You can also use our website to **make a referral** to our service



cypf.berkshirehealthcare.nhs.uk/school-nursing

Follow us on social media

