



**Welcome to our fourth edition of the School Health newsletter**  
**The hot topic this issue is emotional health**

School Nurses are experienced Qualified Registered Nurses who have undertaken further study at degree level for a Specialist Public Health Qualification, making them the most suitable professional to work with Children, families and young people in promoting and protecting health. There are a number of practitioners who can also prescribe from the Nurses Prescribing Formulary



School Nurses provide holistic assessment of the health and wellbeing needs of children and young people. Offering health advice and promotion, signposting and referral to other services. Providing a link between school, home and the community. The offer to schools from our 0-19 public health nursing service has two strands. The 5-11 age group are supported by our Health Visiting service, whilst the 11-19 age group are supported by Specialist Public Health School Nurses.

**The 0-19 service also offers the NCMP (growth measurements for FS2 and year 6 children), Audiology assessments (hearing testing) and classroom based Personal, Social, Hygiene Education.**

**We can support children and young people aged 5-19 who need additional support around the following areas.**

- |  |                           |
|--|---------------------------|
| Enuresis (bed wetting),                | Sexual health             |
| Encoporesis (child pooing their pants) | Body image worries        |
| Diet and nutrition                     | Physical health concerns  |
| Behaviour                              | Eating disorders          |
| Sleep                                  | Drug and alcohol support  |
| Emotional wellbeing                    | Relationship difficulties |
| Managing minor illness                 | Bullying                  |
| Weight management                      | Stress management         |
|  | Parenting                 |

The 0-19 Integrated Public Health Nursing Service is available

8.30am-5.00pm Monday to Friday

Tel: 01482 336634/344301 Text: 61825

email: [hull.cypcommunityservices@nhs.net](mailto:hull.cypcommunityservices@nhs.net)

# Hot Topic: Emotional Health

## Why is emotional wellbeing important for young people?

Emotional wellbeing is just as important as physical health. Good mental health allows young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

Young people often experience emotional turmoil as their minds and bodies develop. An important part of growing up is working out and accepting who you are.

## Here are some things young people can do to stay mentally well:



### Be active

Going for a walk, spending time in a park or playing football can all make you feel better



### Eat a balance diet

Try to avoid reaching for sugary snacks when you are feeling low. Sugar can cause an initial 'high' or surge of energy that soon wears off, leaving you feeling tired and low



### Take time out

Taking small breaks can mean you have more energy. Check out the charity Young Minds advice for ways to relax.



### Change focus : Why not try something new?

If you have a lot on your mind or you find that you are going back over the same thoughts then it can help to focus on something different



### Take five minutes

Breathing slowly for a few minutes can help reduce stress levels.

Why not try this breathing exercise and see if you can feel the difference



### Talk it out

We all have moments when we think things might never feel

better. If you feel that way, it's important that you speak to someone that you trust



### Remember the bigger picture

Exams, money and relationships can all feel like the end of the world when they are not going well. Talk to someone you trust if you are worried



### Sleep well

If you have trouble getting to sleep or staying asleep then you might find it helpful to keep a sleep journal. Try writing down your worries before you go to bed and then discuss them with someone you trust.



### Act now make a change

If you are worried about how you feel then it's time to make a change

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## Other support services available in the Hull area:

Barnardos: [www.barnardos.org.uk](http://www.barnardos.org.uk)

Child and Adolescent Mental Health Service (CAMHS): 01482 303688 [www.camhs.humber.nhs.uk](http://www.camhs.humber.nhs.uk)

Childline: 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

HeadStart Hull: 01482 326513 [www.howareyoufeeling.org.uk](http://www.howareyoufeeling.org.uk)

Kooth: [www.kooth.com](http://www.kooth.com)

MIND Hull and East Yorkshire: 0800 138 0990 [www.heymin.org.uk](http://www.heymin.org.uk)

Samaritans: 116123 [www.samaritans.org](http://www.samaritans.org)

Young Minds: 0800 8025544 [www.youngminds.org.uk](http://www.youngminds.org.uk)

