



**Birmingham  
Community Healthcare**  
NHS Foundation Trust

# Transition To Secondary School

Birmingham School Health Support Service  
March 2026



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# Learning Outcomes

- For parents to be aware of how they can support their child moving to secondary school.



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# Who are we?

- School Nurses
- Community Staff Nurses
- School Health Assistants
- Administrators



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# What do we do?

- Health care plans
- Poor school attendance
- Medical Needs Training
- New medical needs
- Health Education sessions
- Health Assessments as required



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# Starting Secondary School

We understand that moving to Secondary School can make children feel lots of different emotions. They may be feeling happy, nervous, anxious, overwhelmed, excited and many other feelings. All of these are normal.



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# Starting Secondary School

- Look at the school website
- Visit the new school
- Find out about what the school day consists of
- Be familiar with the school uniform and school rules
- Practice the journey to school
- Encourage your child to talk to an adult that they can trust about how they are feeling



# Starting Secondary School - video

[https://youtu.be/YMPirhJCwqE?si=jDiwxW1BP  
EqhI7FX](https://youtu.be/YMPirhJCwqE?si=jDiwxW1BP<br/>EqhI7FX)



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# Health Care Plans

- The school health service may complete a health care plan if required
- Independence with medications
- EHCP
- Additional support in school

# Safety

- Understand your young person's online use
- Parental controls
- Open and honest conversations about being safe online
- Consider screen time limits
- Journey to school

# (Un)comfortable Conversations

- <https://youtu.be/14hhQfppn64?si=zBclpacE4NTpVPcl>

# Eating and Drinking

- Children should be eating three healthy meals per day
- Healthy drinks
- Energy drinks



# Sleep

- [Teen Sleep Hub - Top Tips - Delayed Sleep Phase on Vimeo](#)

# Sleep

- Teenagers need between 8-10 hours sleep per night.
- Getting enough sleep is important
- Brain changes make getting to sleep more difficult.
- Good sleep hygiene.



# Dentist and Optician

- Independently toothbrushing twice a day.
- Yearly dental checks
- 2 yearly vision checks



# Immunisations

## Year 8: HPV

Human Papillomavirus (HPV)

## Year 9: 2 vaccinations

1. 3-in-1 Teenage Booster – Tetanus, Diphtheria and Polio (Td/IPV)
2. Meningitis ACWY

# Is my child too ill for school?

- Absence disrupts the education of the individual pupil and the whole class.
- It's fine to send your child to school with a minor cough, cold or sore throat.
- The NHS and UK Health Security Agency provide specific advice on infectious diseases.

# Family Hubs



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# Contact us

- **South Central School Nurse Team**  
Lansdowne Health Centre  
34 Lansdowne St  
Birmingham  
B18 7EE
- **Telephone:** 0121 245 5750  
**Email:** [BCHNT.southcentralsnteam@nhs.net](mailto:BCHNT.southcentralsnteam@nhs.net)
- **Team Leader:** Mandip Panesar  
**Tel:** 07718669026
- **North East School Nurse Team**  
Hob Moor Road Health Centre  
192 Hob Moor Road  
Birmingham  
B10 9JH
- **Telephone:** 0121 466 6565  
**Email:** [BCHNT.northeastnteam@nhs.net](mailto:BCHNT.northeastnteam@nhs.net)
- **Team Leader:** Samantha Parry  
**Tel:** 07592510272

# ChatHealth



**Do you know where I can  
get some health advice?**

**The School Health  
Support Service can  
help students with all  
kind of things like...**

**Relationships, mental  
health, alcohol,  
bullying, self-harm,  
smoking, drugs and  
healthy eating.**



**Text the School Nurse for  
confidential advice and support  
on 07480635485**

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.



# Proof

# School Nurse Virtual Drop-in Clinic

Birmingham School Health Support Service

**NHS**

**Birmingham  
Community Healthcare**  
NHS Foundation Trust

**Every  
Tuesday  
and  
Thursday  
from  
4:30-5:30pm**

Your School Nurse is here to help you feel healthy, happy and safe, so you can get the best out of school life and your education.

You can chat confidentially with a School Nurse or, for parents, about your child (ages 5-19).

Just scan the QR code or visit the link below to get started.

[https://nhs.vc/BCHC/  
C-F/Schl-Nurse/Drop-In](https://nhs.vc/BCHC/C-F/Schl-Nurse/Drop-In)



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# Useful Resources

- Bladder and Bowel UK  
<https://www.bbuk.org.uk/children-young-people/>
- ERIC is a children's bowel and bladder charity  
<https://eric.org.uk/>
- Sleep Charity is one of the leading charities on sleep issues in the UK. They have lots of advice from sleep environments to bedtime routines.  
<https://thesleepcharity.org.uk/>
- Forward Thinking Birmingham Provides Mental Health Support to children and young people across the area. [Home | Forward Thinking Birmingham](#)
- Young Minds Provides advice on young peoples mental health. [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)



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# Any Questions?

