COVENTRY SCHOOL NURSING NEWSLETTER

Secondary Schools

Welcome to the Summer 2026 term!

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 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

Consent and Confidentiality

In secondary schools, young people can access the School Nurse independently for advice and support without parental consent. However, we always encourage young people to speak with their parents/carers. We will talk to you about confidentiality,

QUICK SUNSCREEN TIPS

Did you know that UVA rays can pass through glass? This means your skin can still be exposed to harmful rays when sitting near windows or travelling in a car.

Did you know computer screens emit UVA or B light which causes skin damage?

Protect your skin by:

Applying sunscreen every day, reapplying regularly

Follow the correct order – moisturiser first, then sunscreen, followed by make up (if you choose to wear it)

Wear a hat, sunglasses, and protective clothing when spending time outdoors.

INTERNET SAFETY

The internet can be a great place to learn, connect and have fun, but it is important to stay safe online.

- Set your privacy settings so that only close friends can contact or tag you.
- Think carefully before sharing personal information online.
- Be kind and respectful to others.
- Future employers may search for you online. Think about leaving a positive digital footprint.
- Don't give in to peer pressure by sending inappropriate comments or images

talking-to-children-and-young-people-about-being-online [coventry.gov.uk]

For more information on how to deal with sexting and flirting situations visit Childline tinyurl.com/3ekmujmc

If you are experiencing cyberbullying, talk about it with a trusted adult, keep the evidence, block the bully online and visit www.internetmatters.org for advice on how to deal with it.

WATER SAFETY

WATER SAFETY AT THE BEACH:

A day at the beach can be great fun, but it's mportant to stay safe

- Never go near the water alone.
- Ensure you have appropriate safety gear.
- Check the beach you are going to has lifeguards.
- Look at the flag signs. Around the beach you will find signs telling you which colour flags mean it is safe to go out to sea. These may be placed near to lifeguards. To see the different types of beach flags and signs visit: https://rnli.org/safety/beach-safety/flags-and-signs

WATER SAFETY IN RIVERS, PONDS, LAKES & CANALS:

- Stay away from the edge of water.
- Never walk near lakes, rivers or canals alone.
- If you see someone that needs help, call 999 and ask for the fire service.
- If you have fallen in, remember to float to live!

See the links below for more information about water safety!

Royal Life Saving Society UK
https://www.rlss.org.uk/Pages/Category/water-safety-information

Child Accident Prevention Trust
https://capt.org.uk/drowning/

The RNLI - The Royal National Lifeboat Institution
https://rnli.org/safety

Canal and River Trust
https://canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways/summer-water-safety

Contact us (Monday to Friday, 9:00 AM - 5:00 PM, excluding bank holidays)

01926 495321 Ext 7494

swg-tr.contactschoolnursescoventry@nhs.net

Text via ChatHealth

07507 329 114 (Parent Line)

Linktree https://linktr.ee/coventryschoolnursing

Coventry School Nursing Team

COVSCHOOLNURSES

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SUBSTANCE MISUSE

During your time at secondary school, there may be conversations amongst your peers about trying illegal substances or taking drugs that haven't been prescribed to you by a doctor or medical professional.
It is important to be aware of the dangers of taking illegal substances. Please note some of the risks below:

- You never know exactly what a drug contains and how it may affect your body
- Some drugs can be highly addictive and difficult to stop using.
- Drugs can have a negative impact on both your physical and mental health.
- Taking illegal substances can get you into trouble with the police or involved in a crime.
- Drugs can cause dangerous side effects, including overdose and severe reactions that may require emergency medical treatment.
- You could become involved with drug dealers or gangs and may be pressured into situations that put you at risk

If you have questions, feel pressured to try drugs, or are worried about yourself or someone else, please contact your school nurse.

There is also so much help and support out there from specialist organisations and helpline services such as:
YoungMinds: Drugs and Alcohol | Support For Young People | YoungMinds
Childline: Drugs | Childline
Frank: Honest information about drugs | FRANK (talktofrank.com)
We are with you: Home - With You (wearewithyou.org.uk)
Please seek support if you need it

RESULTS DAY!

Results season can stir up all kinds of feelings – excitement, nerves, hope, and sometimes a bit of uncertainty. Whether you're opening your own results or supporting someone who is, it is important to remember that help and guidance are available.

Futures have put together two downloadable guides designed to answer key questions, ease the pressure, and support you as you consider what comes next – be it further study, a new job, or simply taking a moment to pause and breathe. Follow the link to find out more https://www.futuresadvice.org/news-and-events/exam-result-guides-2025.html

MANAGING ANXIETY ABOUT CHANGE

Leaving Secondary School is a significant milestone and can bring a range of emotions. Alongside excitement about the future, it is completely normal to feel nervous or uncertain about what comes next.

With so many choices about the next step, making a decision can feel overwhelming. Taking the time to explore your options, seek advice and discuss your plans with trusted adults can help you feel more confident.

For more advice & guidance, visit:
https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-16

TOPS TIPS FOR MANAGING SCREEN TIME

Spending a lot of time on your phone, tablet, computer, or gaming console can affect your sleep, focus, mood, and physical health. Screens are great for learning, gaming, and keeping in touch with friends but it's important to make time for other activities too. Finding a healthy balance can help make you feel happier, sleep better, and make more time for the things you enjoy.

Sleep Using screens before bed can make it harder to fall asleep. When you don't sleep enough, it affects your mood and how well you can focus the next day. Experts say it's best to avoid screens for an hour before bedtime so you can get a good night's sleep.
Movement Sitting for long periods whether watching TV or gaming isn't good for your health. To stay healthy, experts recommend at least 60 minutes of movement every day. Because most screen time involves sitting still, try swapping some of it for a run, a bike ride, or a game of football. You'll feel better for it.
Limit notifications – Turn off unnecessary notifications. Fewer alerts can help you stay focused and avoid constantly checking your phone.

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