



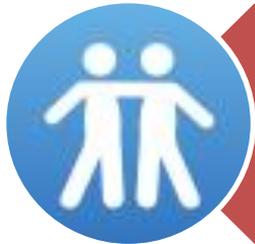
# Healthy Lifestyles



**0-19 Public Health Nursing Service  
School Nurses**



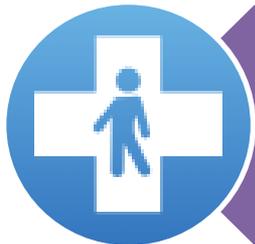
# What do the school nurses do?



The school nurse team is made up of specialist public health nurses, nurses, and healthcare support workers.



We work closely with schools to identify children that might need our help.



We support children, young people and their families around:  
Physical, Social & Emotional health



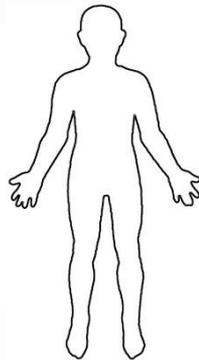


# Physical

# Health



- Sleep
- Body image
- Nutrition
- Dental care
- Hygiene
- Exercise
- Puberty & Body changes
- Injuries
- Health conditions





# Emotional Wellbeing

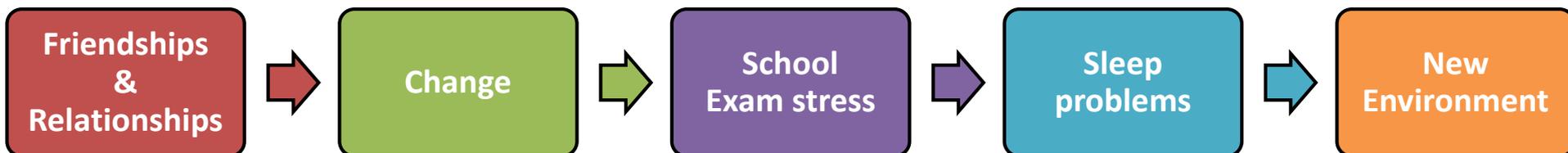


**Emotionally healthy people can still feel anxious, stressed, angry and sad at times, but they are able to manage their negative feelings.**

*Emotions clip*

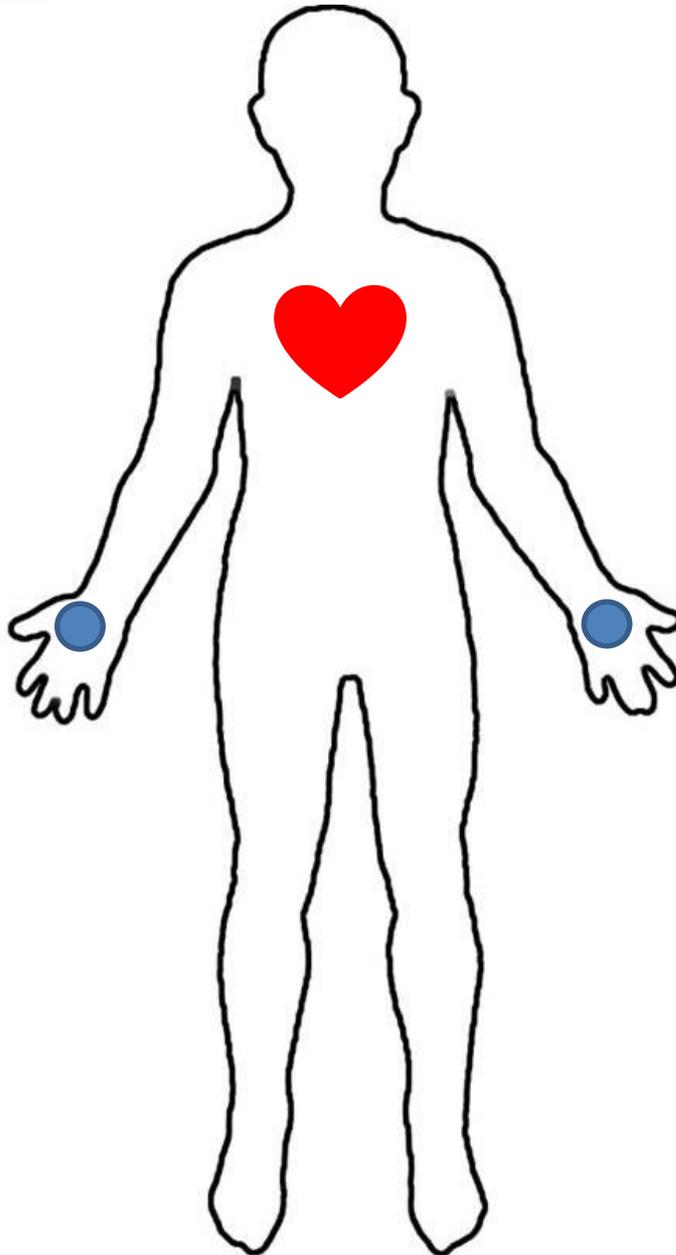


**Things that affect our emotions include:**





# Anxiety or Worry



- ‘Anxiety’ is a word we use to describe feelings of worry, fear and panic.
- It is a normal response to feeling threatened or in danger this could be real or imagined.
- Anxiety might cause physical symptoms such as a racing heart, breathing fast, sweaty hands, dry mouth and feeling shaky.



# Managing your worries

- ❖ Take time out – Relax and enjoy your hobbies
- ❖ Limiting caffeine intake – tea, coffee, fizzy or energy drinks
- ❖ Get enough sleep!
- ❖ Exercise daily to help yourself feel good
- ❖ Take slow...deep...breaths
- ❖ Eat well-balanced meals





# Feeling Angry?

Anger is a normal emotion but it is one that can affect our self-esteem, friendships and relationships.

## Turtle Technique

**Recognize that you feel angry.**

**Go into shell. Take 3 deep breathes. And think calm, coping thoughts.**

**“Think” Stop.**

**Come out of shell when calm and think of a solution.**

RAGE

ANGRY

UPSET

SAD

HAPPY

VERY HAPPY

**STOP !**

**CALM DOWN**

**RELAX**

THINK ABOUT WHAT YOU REALLY WANT

THINK ABOUT SOMETHING GOOD

MAKE YOURSELF HAPPY



# The Importance of Sleep



**Children aged 6-12 years old need 9-12 hours of sleep every 24 hours.**

## Sleep Tips

**Here are some things you can do to help get a good night's sleep.**

**Make sure your bedroom is cool, dark, and quiet.**  
Ask your parents to help.

**Exercise during the day.**  
Running and playing at least 3 hours before bed help your body get ready for sleep.

**Try to go to bed the same time every night.**  
Your body gets used to a schedule and will be ready to sleep.



**Avoid big meals before bedtime.**  
Drink a warm glass of milk or have a light healthy snack like fruit instead.

**Don't drink sodas with caffeine...**  
especially in the afternoon and at night.

**Have a bedtime routine.**  
Do the same relaxing things before bed each night, like taking a warm shower, reading, or listening to quiet music.  
Your body will know it is time to get ready to sleep.



# Social Health

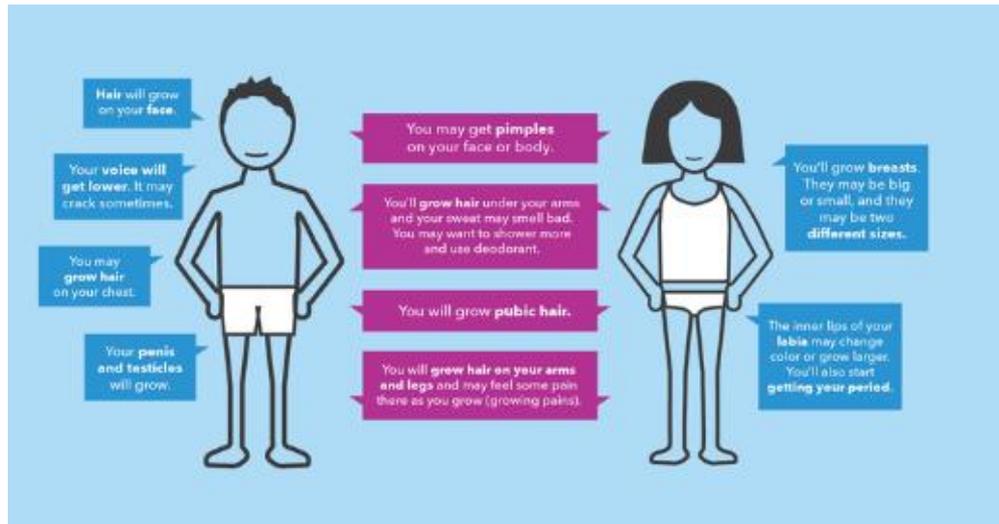


**Social health is:**

**How you get along with other people,  
How other people react to you  
How you interact within society.**



# Body changes during puberty



Puberty is controlled by hormones, and these hormones affect your feelings as well as your body. Taking care of your emotions during this time is very important.

There are many body changes that are similar for boys and girls.

Skin changes can cause hair to become greasy and pimples develop on the face or body.

Pubic hair growth happens for both including hair around genitals and hair under armpits. Boys may also grow hair on their face and chest.

Girls will also start getting their periods.

# Managing periods

Girls may like to have a small 'wash bag' in their school bag. This should contain spare underwear and sanitary pads.

Schools all have free sanitary provisions available. Being prepared will help to reduce worry for young girls.





# What can school nurses help with ?

**Anxiety**

**Health concerns**

**Emotions**

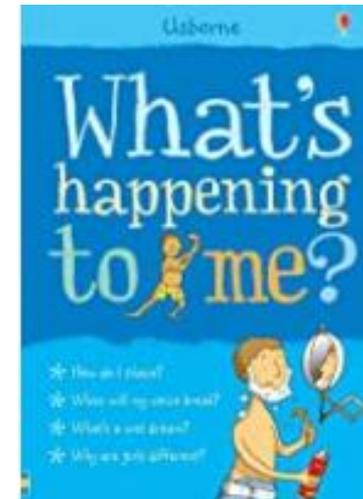
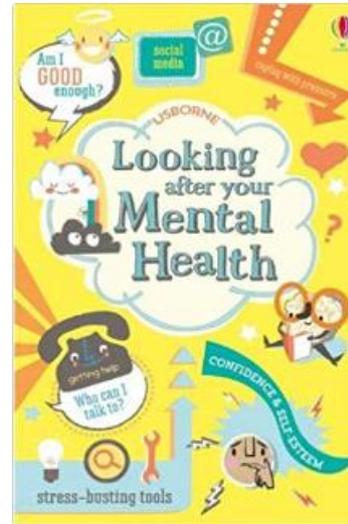
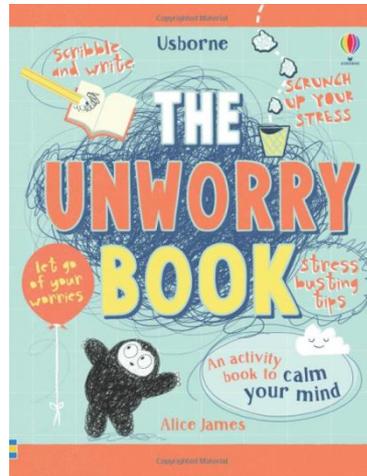
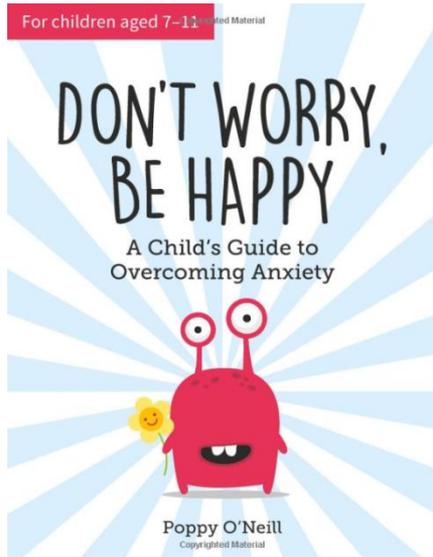
**Sleeping problems**

**Body Changes**

**Family separation**

**Self Image**

# Book recommendations



There are many books available and they can be a great supportive resource.



# Contact a School Nurse



**Telephone: 01983 821388**

**Ask a member of school staff to contact the school nurse team on your behalf.**

**We go in to High Schools regularly and the student support team will arrange appointments for us to meet you.**