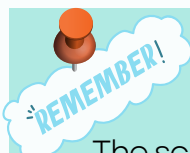


# SOLIHULL SCHOOL NURSING NEWSLETTER



The school nursing service works all year round, Monday to Friday excluding public and bank holidays!

You can contact us on:

0121 726 67 54

Message us on our ChatHealth text service;

Parent text line: 07480 635496



## YEAR 6 HEALTH QUESTIONNAIRES

If your child is in Year 6, please watch out for a letter from School advising about the Health

Surveillance Questionnaires that will be completed between now and Easter, which is there to offer help and support to your child.

WE NEED  
YOUR

## FEEDBACK



Solihull 0-19 Services rely on your feedback to help improve our services. We are looking for service users to provide feedback on our website and social media pages. The survey only takes a couple of minutes to complete, so please scan the QR code using your smart device or click the link below to share your thoughts by Tuesday 28th February 2023.

<https://forms.office.com/e/P8M2ZqzXcd>



*Thank You*

# SOLIHULL SCHOOL NURSING NEWSLETTER



## A REMINDER ABOUT ONLINE SAFETY

### HOW CAN YOU HELP KEEP YOUR CHILD SAFE ONLINE?

- Have a discussion with your child/children about their internet use, ask what sites /apps they are using and discuss together ways they can use them to ensure they are safe.
- Set up parental controls on their devices .
- Control your search engine.
- Protect each device used.
- Add safety measures .
- Block pop ups.
- Research - look at the links below and search for internet safety for more information.



### TAKE A LOOK AT THE BELOW LINKS FOR MORE INFORMATION ABOUT ONLINE SAFETY:

ChildLine

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

The National Crime Agency's CEOP Education team

<https://www.thinkuknow.co.uk>

Internet Matters

<https://www.internetmatters.org/>



## CHILDREN'S MENTAL HEALTH WEEK 6 TH - 12 TH FEBRUARY 2023

As it is Children's Mental Health Week we wanted to remind you of some of the ways you can try to support children with their mental health.

Take a look at the below tips from the NHS Every Mind Matters campaign:



### COMMUNICATE

Talking with each other and listening to what your child is saying shows you are there for them.

### BE SUPPORTIVE



Reassure your child that you are there for them to help them understand and process when things have happened and the potential reasons.



### SHOW INTEREST AND ENCOURAGEMENT

Show you are interested in your child's life and that you want to be involved. Are they active or creative? Encourage this, learning new skills and being part of a team can connect people with each other

### BUILD POSITIVE ROUTINES



Structure around regular routines such as healthy eating, exercise and sleep is very important for our mental health.

Check out the below links for more information and support for children's mental health:

NHS - Every Mind Matters

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/#top-tips>

SOLAR - Support for children and young people in Solihull

<https://www.bsmhft.nhs.uk/our-services/solar-youth-services/>



@ SOLIHULL SCHOOL NURSES



@SOLSCHNURSE



@SOLIHULL SCHOOL NURSES

HEALTH FOR TEENS

Health  
for Kids!