

# SOLIHULL SCHOOL NURSING NEWSLETTER



## Welcome

We hope you all had a lovely Easter break and are enjoying the summer term so far!

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

You can contact us on: **0121 726 6754**

Message us on our ChatHealth text service; Parent line: **07480 635496**



## EXAM SEASON IS HERE



Now that the summer term has started, children are getting closer to sitting their Key Stage 1 and 2 SATs.

- Key Stage 1 SATs take place in May when children are in Year 2.
- Key Stage 2 SATs take place in May when children are in Year 6.

Children in Years 2 and 6 will have spent lots of time in school and at home preparing for these exams, and it can be a stressful time for them and you as parents/carers. With this in mind, we have put together some information on signs of exam stress and how you can support your child.

### Signs of exam stress/anxiety

Children may exhibit physical, behavioural, and emotional symptoms which can indicate they are worried about their exams. These could be:

- Excessive worrying.
- Moody/irritable. *Continued in next column...*

- Disturbed sleep.
- Loss of interest in food or eating more than normal.
- Lacking enjoyment in activities they usually enjoyed.
- Suffering headaches and/or stomach pains.

**Note: children may display more than one of these symptoms.**

### How to support your child with exam stress/anxiety

Here are some ideas on how you can support your child:

- Have regular conversations.
- Help them study.
- Encourage them to eat a balanced diet.
- Make sure they are getting enough sleep.
- Encourage regular movement/exercise.

Most children start to feel better when the exams are over. If your child is still feeling anxious or suffering from low mood when the exams are over, see your GP.

## MENTAL HEALTH AWARENESS WEEK 15TH - 21ST MAY 2023



In our last newsletter, we wrote about Children's Mental Health Week and the ways you can support your child's mental health.

Between the 15th and 21st May 2023, it is Mental Health Awareness Week. The official theme, as set by the Mental Health Foundation, is anxiety.

Take a look at the NHS page linked below for more information about anxiety in children:

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-in-children/>

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## WATER SAFETY REMINDER

With summer approaching and hopefully warmer weather, we would like to remind parents and children of some key things to remember when playing in the water this spring/summer.

- Never leave children unattended while in a paddling/swimming pool or sea.
- Always empty water from the paddling pool once you have finished with it, or if you have a larger pool remove/block access.
- Look for beaches with lifeguards and never take your eyes off a child playing in the sea.

Water safety is a huge topic, so for more information visit these trusted websites:

**Child Accident Prevention Trust**

<https://capt.org.uk/drowning/>

**The RNLI - The Royal National Lifeboat Institution**

<https://rnli.org/safety>



## SUN SAFETY REMINDER

Monday 1st to Sunday 7th May is Sun Safety Week. So how can we be safer in the sun? Take a look at our tips that will not only protect ourselves but our children too.

- Seek shade between 11 am - 3 pm.
- Drink plenty of water to prevent dehydration.
- Use sunscreen, the NHS recommends SPF30 with UVA/UVB protection.
- Wear sunglasses to protect your eyes from harmful rays and never look directly at the sun!



## STRESS AWARENESS MONTH APRIL 2023

April was National Stress Awareness Month. Among other things, the campaign aims to spread awareness about signs of stress and how to manage them. Stress can affect children as well as adults. Different situations can cause stress in life, for example, exams, moving home, changing school/jobs, or the loss of a loved one.

We can't always prevent stress for our children, but we can teach them ways to manage stress, such as eating a balanced diet, getting quality sleep, exercising, and encouraging communication. You could also support your child in taking up a hobby or mindfulness activities.

The important thing to remember is there is always help and support for you or your child if needed.

Take a look at some of the links below for more information and ways to manage stress:

**Place2be - Navigating exam season - supporting your child to beat exam stress**

<https://www.place2be.org.uk/media/Ottpyr0h/navigating-exam-season-guide-for-parents.pdf>

**YoungMinds**

<https://www.youngminds.org.uk/parent/>

**The Children's Society**

<https://www.childrensociety.org.uk/information/young-people/well-being/resources/stress>



## New Parents' Evening for Reception Children

The new parents' evenings for reception children start in May and go through to July. The parents' evenings will be a chance to meet your child's teacher, and you will be given tips to help prepare your child for starting school in September.

School Nursing may also be in attendance if authorised by the school.

