

Solihull School Nursing - Secondary School Offer

Needs Assessment:

Year 9 – Health Awareness Prevention Intervention: an online tool completed in school, school nurse may contact parents to discuss any health concerns highlighted if appropriate and or arrange to see the young person in school.

The tool also provides whole year 9 school population information which supports the development of a public health plan. A member of the team will contact to discuss this further following completion of HAPI in your school.

Long term conditions awareness raising sessions :

Epi – Pen, Asthma, - Training sessions planned in each locality between September and February with a catch up session in April. Schools will be sent the planned programme in May for the next academic year, staff can book on these training sessions in any locality via the school nursing team.

Health care plans:

The school nurse will work with parents/child/school/GP /consultant to support the development of a health care plan for those children who require one. – Where a child needs a care plan written by a specialist nurse / consultant this will be the specialist nurses / consultants responsibility however the school nurse will help to facilitate this process.

Drop In Sessions:

Fortnightly sessions in school to see young people/parents/staff. This is a confidential service; information will not be shared with school unless the young person consents and it is appropriate to share information.

ChatHealth:

A School Nurse texting service for 11-18 year olds across Solihull . The service enables students to send confidential SMS text messages to School Nurses who will provide impartial advice and support. The number to text is

Persistent Absenteeism:

The school nurse will work with the parents and school to reduce absenteeism when related to a health condition.

Referrals to School Nursing:

School nursing accept referral either face to face / telephone from parents, school must complete a referral form. Please ensure you discuss the referral with young person and parent/legal guardian if appropriate before you send the referral to school nursing as they will not be accepted if young person and parent/legal guardian if required are not aware of referral.

Transition work:

School nurses offer both individual and group sessions on transition to collage/work, on request

Exam stress:

School nurses offer both individual and group sessions on managing exam stress, on request

Sexual health:

Individual or group advice/support on relationships and sexual health

Website:

www.healthforteens.co.uk hosts videos and webchats as well as articles to educate teenagers on a range of health topics such as contraception, mental health, drugs and alcohol.

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Health Promotion Activities: Group/Assemblies

Below are some **suggested topics** the priorities for each school will be different and the school nursing team do not have capacity to delivery all sessions in every school therefore please ensure you discuss and agree with the school nurse what the **priorities** are in your school.

- Displays /health promotion – throughout academic year
- *Drugs, smoking and alcohol health promotion* - throughout academic year
- *Sun safety* - Spring term
- *Immunisation and vaccination promotion* – throughout the year
- *Healthy eating reducing obesity initiatives* – January – Jun
- *Contraception* – classroom sessions - throughout the year
- *Breast & testicular cancer awareness* - classroom sessions
- *Self-esteem* - classroom sessions - throughout the year
- *Health Days* - throughout the year