

# HAPPY NEW YEAR!


 2026

**Happy New Year** from the entire School Nursing Team!

We hope that everyone enjoyed a lovely festive break and is now settling back into the school routine.

The school nursing service operates Monday to Friday, 9 am - 5 pm, excluding public and bank holidays. You can reach us at:

**Phone: 0121 726 67 54**

Or text us via  ChatHealth






**Aged 11-19? Text: 07520 615730**  
**Parent Line: 07480 635496**

Here is a reminder of what we can support you with:

- Sleep
- Challenges with eating and diet
- Changes to your body (puberty)
- Emotional and mental health support
- Managing behaviour
- Stop Smoking Support
- Hygiene
- Sexual Health

## Winter Water Safety

Cold weather makes rivers, canals, and ponds more dangerous. If you're out walking near waterways, please remember:

-  Stay off the ice
-  Keep back from the edge
-  Look out for your friends
-  In an emergency, call 999
-  If you fall in: float on your back & shout for help.

**Stay safe this winter!**

For more advice, visit:  
[Royal Life Saving Society UK](https://www.royallifesaving.org.uk)







## LOOKING AFTER YOURSELF IN WINTER



Winter can be a tricky time. The days are shorter, it's colder outside, and there is less daylight. This can affect how your body and mind feel. Looking after yourself during winter is really important.

### Ways to feel your best







Try these simple things to help keep yourself healthy and happy:

-  Go to bed at the same time each night to help your body rest
-  Drink plenty of water during the day
-  Eat healthy meals and snacks to give you energy
-  Get outside when you can; even a short walk will help
-  Move your body every day – try and aim for 60 minutes of activity a day
-  Talk to a trusted adult if you are worried, sad, or feeling overwhelmed

### Staying warm and healthy

Cold weather can sometimes make people feel unwell, especially if they have conditions like asthma or eczema. Being unwell can make it harder to learn at school, so it's important to stay warm and look after your health.

### You can help by:

-  Keeping your home warm (about 18°C if possible)
-  Wearing layers when going to and from school
-  Wearing a warm coat, gloves, and a hat
-  Have the winter flu vaccine if it's offered to you
-  Wash your hands often and cover your mouth when you cough or sneeze
-  Let fresh air in while staying cosy

### When should you stay at home?

Sometimes, resting at home is the best way to get better. Stay off school if:

- You have a high temperature
- You are being sick or have diarrhoea (stay home until 48 hours after symptoms stop)
- You feel too poorly to join in with school activities

### Need more help?

If you are struggling with your feelings, help is available:

[www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts/](https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts/)



# SOLIHULL SCHOOL

## NURSING NEWSLETTER

PAGE 2

### Awareness Days

#### January to March 2026

#### Children's Mental Health Week

Place2Be's Children's Mental Health Week 2026 is due to take place from 9th - 15th February 2026. The theme for this year is "This is My Place," focusing on the importance of supporting the groups and systems surrounding children and young people. The goal is to ensure that everyone grows up in a welcoming, supportive environment where you feel like you truly belong and can say, "This is My Place".

#### Eating Disorders Awareness Week

Eating Disorders Awareness Week runs from Monday, 23rd February to Sunday, 1st March 2026. It focuses on the loneliness experienced by children and young people dealing with eating disorders. BEAT emphasises the importance of community, family, and support networks in helping individuals feel supported and understood as they work towards recovery. Contact **BEAT** for support.

#### Self Harm Awareness Day 2026

Self-Harm Awareness Day takes place every year on March 1st, aimed at raising awareness, decreasing shame, and encouraging people to seek help for self-harm. The 2026 theme, 'Connection Is Coping: Finding Support Together'. This day serves as a chance for individuals, communities, and organisations across the UK and around the globe to come together in support of those impacted. If you need support, reach out to organisations like **Barnardos** or **Harmless**.



### The Impact of Social Media on Teens



Social media can help you feel more connected to others, but it can also lead to self-comparisons and more anxiety.

#### Risks include:

- **Self-esteem and body image:** Comparing yourself to picture-perfect posts can affect your self-worth.
- **Unwanted contact:** You are more likely to have unsafe interactions on social media, including messages, friend requests, or group invitations, which could lead to uncomfortable or even dangerous situations.
- **Exposure to inappropriate content:** Inappropriate content can sometimes be shared on social media or sent to you in group chats.
- **Time management:** Notifications can be distracting; turning them off can help you focus on your school work.
- **Mental health:** Negative content encountered online can trigger anxiety and a sense of isolation.
- **Social validation:** Becoming addicted to counting likes is an unhealthy pattern.

To reduce these effects, think about;

- **Set healthy boundaries:** Limit daily use, schedule breaks, and have device-free times, such as during meals or before bedtime.
- **Tailor your feed:** Follow uplifting accounts and unfollow accounts that cause you stress.
- **Focus on offline connections:** Focus on face-to-face relationships and engage in hobbies.
- **Use social media in a helpful way:** Look for educational content and supportive communities.
- **Seek help:** If social media is affecting your mental health, talk to trusted adults or professionals.

For further support and guidance, visit the **YoungMinds** website for tips on social media and mental health.



[solihullschoolnurses](https://www.facebook.com/solihullschoolnurses)

Linktree\* [linktr.ee/solihullschoolnursing](https://linktr.ee/solihullschoolnursing)

 ChatHealth



[solihull\\_school\\_nurses](https://www.instagram.com/solihull_school_nurses)



[SolSchNurses](https://www.solichnurses.com)

Parent line: 07480 635496  
Aged 11-19?: 07520 615730