

COVENTRY SCHOOL NURSING NEWSLETTER

Secondary Schools

Welcome

A big welcome to the autumn 2026 term! We hope you had a lovely summer and have settled into the back-to-school (or, for some of you, new to secondary school) routine.

The school nursing service works all year round, Monday to Friday excluding public and bank holidays! Our details are at the bottom of the page.

We can support with the following:

- Sleep
- Challenges with eating and diet
- Changes to your body (puberty)
- Emotional health and how to relax
- Managing behaviour
- Hygiene
- Sexual Health

Consent and Confidentiality

In secondary schools, young people can access the School Nurse independently for advice and support without parental consent. However, we always encourage young people to speak with their parents/carers. We will talk to you about confidentiality,

Sexual Health

Did you know that September was Sexual Health Awareness Month? The month helps raise awareness and encourages young people to learn more about staying healthy and looking after their wellbeing. If you live in Coventry, you can access free and confidential support from The Sexual Health Hub. Their friendly team can provide information, advice, and support whenever you need it.

Call: 0300 247 0069

Visit: <https://thesexualhealthhub.co.uk/coventry-and-warwickshire>

Remember, it's okay to ask questions and seek advice. Getting information from trusted professionals can help you make informed choices and take care of your health.

Need support? Don't hesitate to reach out. Help is available.

It's time to Catch it, bin it, kill it!

As the weather becomes cooler, we can expect an increase in seasonal illnesses such as colds, flu, and other infections, including Norovirus. With this in mind, we'd like to remind everyone of the importance of practising good hand hygiene and following the "Catch it, Bin it, Kill it" guidance.

Remember to wash your hands thoroughly after blowing your nose, sneezing, or coughing to help prevent the spread of germs and protect those around you.

To refresh your knowledge of effective handwashing techniques, please watch the short video using the link below:

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>



During your time at Secondary School, you will be offered the following vaccines:

School year	Vaccine	To protect against
12 to 13 years old (school year 8)	HPV vaccine	Human papillomavirus (HPV) which can cause cancer including cervical cancer and penile cancer
14 years old (school year 9 or 10)	Td/IPV (3-in-1 teenage booster) MenACWY vaccine	Td/IPV vaccine protects against 3 serious illnesses: Tetanus, Diphtheria & Polio Meningitis and septicaemia (blood poisoning)
Flu vaccine	Annual vaccine offered to all in years 7 to 11	Protects against flu, which can lead to acute bronchitis and pneumonia. Please note - porcine free (gelatine free) option now available.

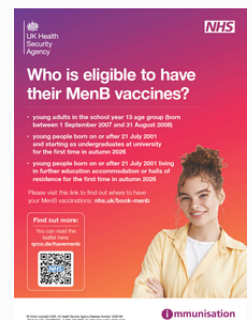
The **School Aged Immunisation Team** will be visiting your school to administer vaccinations. They are also available to offer expert advice to young people and families concerning immunisation and vaccination matters.

To learn more about the team, [click here](#), call 02476 961 422.

A free, time-limited vaccination programme is now available to protect young people against meningococcal B (MenB) disease, which can cause life-threatening meningitis and sepsis.

Find out where to have your vaccinations by visiting: nhs.uk/book-menb [nhs.uk]

For more information about the MenB vaccine visit: grco.de/havemenb



OUR NEW WEBSITE IS LIVE!

Our brand new Coventry Family Health and Lifestyle Services website is now live!

We're excited to launch our brand-new website, bringing together information, advice and support for children, young people, and families.

Find the information you need when you need it.

Visit our new website today:

www.coventryfamilyhealthandlifestyleservices.nhs.uk



Contact us (Monday to Friday, 9:00 AM - 5:00 PM, excluding bank holidays)

01926 495321 Ext 7494

Text via [ChatHealth](#) 07507 329 114 (Parent Line)

swg-tr.contactschoolnursescoventry@nhs.net

www.coventryfamilyhealthandlifestyleservices.nhs.uk

[Coventry School Nursing Team](#)

[COVSCHOOLNURSES](#)

COVENTRY

SCHOOL NURSING NEWSLETTER

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Stoptober

October is all about raising awareness of the benefits of quitting smoking and helping people take their first steps towards becoming smoke-free.

If you're thinking about quitting or just want some advice, support is available. You can contact the National Smokefree Helpline on 0300 123 1044 and let them know you'd like help to stop smoking.

📱 Don't forget, there are other ways to get support too:

The NHS Quit Smoking App

Our ChatHealth service, where you can reach out for advice and support

Keep an eye on our social media pages throughout the month for helpful tips, information, and updates to support your smoke-free journey.

Every step towards quitting is a positive step for your health! ★

[Stoptober launches to give smokers the confidence to quit - GOV.UK](https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/)

<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

World Mental Health Day

Thursday 10th October is World Mental Health Day, a great opportunity to focus on your wellbeing and remember that looking after your mental health is just as important as looking after your physical health.

Here are some simple ways you can support your mental wellbeing:

💡 Talk to someone

Share your thoughts and feelings with trusted adults, friends, or family members. Talking can help you feel supported and understood.

🏃 Get active

Being active can boost your mood and help reduce stress. Whether it's dancing, singing, painting, playing sport, or going for a walk, find something you enjoy and get involved.

🥗 Eat well and stay hydrated

A healthy, balanced diet and drinking plenty of water can help both your body and mind feel their best.

😴 Get enough sleep

A good night's sleep can improve your mood, concentration, and overall wellbeing.

🧘 Take time to relax

Try mindfulness activities, deep breathing exercises, listening to music, or other calming activities that help you switch off and recharge.

💡 Remember: It's okay not to feel okay sometimes, and it's always okay to ask for help. For more information, advice, and support about mental health, please visit the resources listed below. ❤️

YoungMinds - fighting for young people's mental health

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

NHS-Every Mind Matters <https://www.nhs.uk/every-mind-matters/>

Firework, Bonfire & Sparkler Safety

Bonfire Night can be great fun, but it's important to stay safe. Check out these top safety tips:

✅ Make sure an adult is supervising fireworks and bonfires.

✅ Watch displays from a safe distance.

✅ If you're lighting fireworks, always do it at arm's length.

❌ Never carry fireworks in your pockets or light them in the street.

❌ Don't go back to a firework once it has been lit, even if it doesn't seem to work.

✅ Always make sure bonfires are completely out before leaving.

🧤 Wear gloves when using sparklers, as they get extremely hot and can cause burns.

🌟 Keep sparklers away from other people and place them in a bucket of water once you've finished with them.

🔥 If your clothes catch fire, remember: Stop, Drop and Roll! Stop where you are, drop to the ground, cover your face, and roll until the flames are out. Tell your friends and family too so everyone knows what to do.

Want to learn more? There are lots of useful resources available about fireworks, sparklers, bonfires, and the laws around using them. Take a look at the links below for more information.

[RoSPA- Firework safety tips | RoSPA](https://capt.org.uk/stop-drop-and-roll/)

<https://capt.org.uk/stop-drop-and-roll/>

<https://capt.org.uk/firework-safety/>

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