



Dear Parents and Carers

We are the 5-19 Healthy Child Team (previously known as the School Nurse Service) for your child's school.

We would like to say thank you to the parents, carers and children who recently completed the **Year 6 Health Questionnaire**. The information from this has helped us to identify some of the health issues in our local Year 6 population. For those parents and carers with younger children, you may still find this information interesting and informative.

Although the transition from junior school to secondary school can be exciting for children, it can also be a time of anxiety and uncertainty when children are also encountering the physical and emotional changes associated with puberty. This new developmental stage is what prompts our service to revisit the health and emotional wellbeing of this age group.

Fortunately, most of our children are healthy and happy but two areas on the questionnaire which were highlighted as areas of concern by this age group were **body changes associated with puberty** and **sleep** (feeling tired and struggling to get to sleep).



Puberty and body changes are addressed with children in school as part of their curriculum but you may find the following 'Busy Bodies' website useful to either look at as a parent/carer, offer to your child so they can gather more information independently or look at jointly with your child to share this developmental stage with them and encourage opportunities for discussion:

https://www.healthpromotion.ie/health/inner/busy_bodies

Sleep advice for children and teenagers can be found on the NHS Choices website 'Healthy sleep tips for children':

<http://www.nhs.uk/Livewell/Childrenssleep/Pages/bedtimeritual.aspx>



viewing.

It is worth considering the impact of 'screen' time (television, tablets, mobile phones etc.) upon the reduction in quality of our children's sleep. There are numerous web based articles and discussions on this subject. Also, the Panorama programme 'Sleepless Britain' is available on iPlayer and is worth a

Many of our Year 6 children stated that they had tried alcohol (though were not regular consumers). If anyone wants to check the legal information on children and alcohol usage, please visit the 'Gov.uk Alcohol and Young People' website <https://www.gov.uk/alcohol-young-people-law>

Summer Holidays



We hope that all our families take some time to enjoy the summer school break coming up. For those who want to use this time as an opportunity to establish improved habits in diet and activity please have a look at the Change4Life website for ideas. Also, the 'NHS Choices Child Health 6-15 Live Well' site offers lots of advice and information around improving the health of our children and families.

5-19 Healthy Child Service Referral

If you would like to seek further support from our service or discuss anything mentioned in this letter, please contact us via 01609 780780 option 2 to self-refer. Your child's school or GP can also refer into our service on your behalf.

Kind Regards from

Specialist School Nurses - Katy Boyd, Jo Mason and Carol Pickles

Healthy Child Nurse - Julie Scott

Assistant Practitioners - June Abraham and Ruth Martin Harper.