

COVENTRY SCHOOL NURSING NEWSLETTER

Secondary Schools

Welcome!

A big welcome to the autumn 2025 term! We hope you had a lovely summer and have settled into the back-to-school (or, for some of you, new to 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 and Sexual Health.



SEXUAL HEALTH

Did you know that September was Sexual Health Awareness Month? This campaign aims to promote knowledge and information about sexual and reproductive health. We want to remind you that you have access to free sexual health services in Coventry through an organisation called Umbrella.

You can call them at **0121 237 5700** or contact them online at <https://umbrellahealth.co.uk/.Childfriendly>.

Contact Us

School Nurse Team:

01926 495321 Ext 7494

swg-tr.contactschoolnursescoventry@nhs.net

STARTING SECONDARY...

Starting Secondary is an exciting time but of course it is completely normal to be anxious or have some worries. Remember to always speak openly about any concerns that you may have to a trusted adult or your parent/carer. Remember you can reach out to the Coventry School Nursing team using our ChatHealth dedicated line which is confidential. Alternatively you can reach out to outlets such as Childline or the NSPCC on the following:

ChatHealth: [07507 331 949](tel:07507331949) (For 11-19 year olds)

Childline: [0800 1111](tel:08001111)

NSPCC: [0808 800 5000](tel:08088005000).

GOING OUT ALONE

As Autumn approaches the nights will start to draw in earlier and with starting secondary school you may be able to leave home alone to spend time with friends. So here are some key tips to help ensure your safety:

- Don't trust others immediately, even if they seem friendly. It's okay to say no if you feel uncomfortable.
- Do not accept items like drugs, alcohol, or cigarettes. Wait to share your number or add people on social media until you know them well.
- Keep your phone charged and have credit. Memorise important contacts, such as parents or trusted friends.
- Be honest with parents or friends about your whereabouts.
- Discuss meeting someone in person with a parent or trusted adult first.
- Talk to someone you trust if you have any concerns.
- Try not to wear headphones when you're out walking alone and make sure you are focusing on your surroundings, not your phone. Being pre-occupied and distracted will make you more vulnerable, both to being robbed or hit by a car.

The NSPCC provides a helpful guide for staying safe when alone at home or out and about. [click here](#) for more information



07507 331 949 (For 11-19 year olds)



[Coventry School Nursing Team](#)



[COVSCHOOLNURSES](#)

COVENTRY

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STOPTOBER

The month of October brings the campaign to raise awareness and provide support for quitting smoking. If you need help contact the National Smokefree Helpline on 0300 123 1044 advising them you want help to quit smoking. Please keep an eye out on our social media pages for more important and advice. Don't forget the NHS quit smoking app or our ChatHealth service is also there for you to reach out to us!



FIREWORK & BONFIRE SAFETY

Remember to follow these safety guidelines during fireworks and bonfire displays:

- Adults should supervise the activity.
- Stand a safe distance away from bonfires and firework displays.
- Light fireworks at arm's length.
- Do not store or light fireworks in pockets or on streets/roads.
- Never return to a lit firework.
- Ensure bonfires are extinguished before leaving them.
- Wear gloves when using sparklers as they can get hot enough to cause burns.
- Do not wave sparklers near people, and dispose of them in a bucket of water after use.
- If you catch fire, stop, drop to the floor, cover your face, and roll to help put out the fire. Share this method with others to raise awareness.



ONLINE SAFETY

Online Safety Tips - The 5 P's
PASSWORDS

- Use letters, numbers, and symbols. Don't share. Change regularly and have a different password for every account.

PRIVACY SETTINGS

- Set up privacy settings to control who sees what information about you and your location.

PERSONAL INFORMATION

- Do not share personal information about yourself with people you do not know, and make sure this information isn't visible to all.

PADLOCK

- Check for the padlock symbol in the browser address bar, as this means the website is secure. If it's not there, don't use the site.

For more information about online safety, visit the [Childline](https://www.childline.co.uk) website.

CHILD FRIENDLY COV



The Child Friendly Cov campaign is committed to creating an environment where the needs of children are prioritised, ensuring that they are valued, safe, healthy, and have access to opportunities.

If you are looking for information on safe locations and guidelines for traveling around the city, please visit www.childfriendlycov.co.uk

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