

# SOLIHULL SCHOOL NURSING NEWSLETTER



## Welcome

Summer is here and the school year is nearly over! As you prepare for your well-earned break, we wanted to remind you of the ways to enjoy the break safely!

The school nursing service works all year round, Monday to Friday excluding public and bank holidays. If you have any queries or concerns, please contact us!

You can call us on: **0121 726 67 54**



You can message us on our ChatHealth text service;  
Parent line: **07480 635496**  
Aged 11-19: **07520 615730**

**Keep an eye on our socials over the summer - we will try and keep you updated on news, events and campaigns you may be interested in!**

## SUN SAFETY REMINDER

Take a look at these tips for sun safety!

- Seek shade between 11 am - 3 pm.
- Drink plenty of water to prevent dehydration.
- Use sunscreen, the NHS recommends SPF30 with UVA/UVB protection.
- Wear sunglasses to protect your eyes from harmful rays and never look directly at the sun!



For more information visit:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

## WATER SAFETY REMINDER

**Do you have a hot tub or swimming pool in your garden? If so:**

- Do not go in water if you are drinking or taking drugs/substance.
- The adult(s) supervising you must not consume alcohol or drugs/substances whilst they are taking care of you.
- Make sure you check the manufacturer's maintenance and safety guidance and research what to do in an emergency. Or ensure an adult who is supervising you has done so.
- Never swim/use the hot tub alone.
- If you are an under-confident/new swimmer, stay in the depth of water that is safe and comfortable for you.
- Ensure rescue aides' such as reach poles or torpedo buoys are placed close by.
- Ensure hot tub lids have been placed securely and access to pools is restricted safely- once you are done.
- If the pool or hot tub area is restricted, don't try to access it without the support of an adult.

## WATER SAFETY AT THE BEACH

**Water safety at the beach:**

- Never go near the water alone.
- Ensure you have appropriate safety gear.
- Check the beach you are going to has lifeguards.
- Look at the flag signs. Around the beach you will find signs telling you which colour flags mean it is safe to go out to sea. These may be placed near to lifeguards. To see the different types of beach flags and signs visit:  
<https://rnli.org/safety/beach-safety/flags-and-signs>



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HEALTH FOR TEENS

Health  
for Kids!

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## WATER SAFETY REMINDER CONTINUED...

### Water safety at the beach:

- Keep an eye on information about the tides, this changes throughout the day.
- Learn about rip currents/rip tides. Check out the RNLI's (Royal National Lifeboat Institution) website linked below, to watch videos about how to spot rip tides and how to get out of them:

<https://rnli.org/safety/know-the-risks/rip-currents>

- Learn about the dangers of Tombstoning by watching a video of a survivor from the RNLI: <https://rnli.org/video-player/17B632B3-79FA-419B-8EFECA0BF001E0E3>

<https://rnli.org/video-player/17B632B3-79FA-419B-8EFECA0BF001E0E3>

- Learn how to float to live by watching the video, linked below, from the RNLI: <https://rnli.org/video-player/8BE3B1BF-A2D9-4C83-ADE26F55E5696714>

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WE WISH YOU A RELAXING AND FUN SUMMER BREAK!  
REMEMBER TO GET IN TOUCH IF YOU NEED US!

### Water safety in rivers, ponds, lakes and canals:

- Stay away from the edge of water.
- Never walk near lakes, rivers or canals alone.
- If you see someone that needs help, call 999 and ask for the fire service.
- If you have fallen in, remember to float to live!

See the links below for more information about water safety!

#### Royal Life Saving Society UK

<https://www.rlss.org.uk/Pages/Category/water-safety-information>

#### Child Accident Prevention Trust

<https://capt.org.uk/drowning/>

#### The RNLI - The Royal National Lifeboat Institution

<https://rnli.org/safety>

#### Canal and River Trust

<https://canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways/summer-water-safety>

### SOLIHULL HAF (HOLIDAY ACTIVITIES AND FOOD)

If you're parents are registered for benefits-related free school meals in Solihull, check if they have booked your holiday activities.

There are 16 sessions available for each eligible child/young person during the summer holiday. Find providers in your area and book by following the link below: <https://loom.ly/wHomkas>



**WELL DONE TO EVERYONE WHO  
SAT EXAMS THIS YEAR!**



If you have any worries about your exam results, take a look at the link below from YoungMinds, which provides helpful advice and information for managing this:

<https://www.youngminds.org.uk/young-person/blog/exam-results-stress-advice-for-young-people/>



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