

OUTSTANDING CARE

HEALTHY COMMUNITIES

AND A GREAT PLACE TO WORK



Buckinghamshire Healthcare  
NHS Trust

# School Health Zone – Summer 2024

*"Every child deserves the best start in life and beyond to reach their full*

*potential – Children and Young people's services working together with our community creating the foundations for children to thrive"*

Health for Kids!  
Buckinghamshire Healthcare NHS Trust

A fun and interactive resource for learning about health

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

**Psst! Parents!**  
As well as enjoying the content with your child, you can get advice on supporting their health and wellbeing.

Follow us: Buckinghamshire Healthcare NHS Trust @BucksHealthcare

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**HEALTH FOR TEENS**

TEXT YOUR SCHOOL NURSE FOR  
CONFIDENTIAL HEALTH ADVICE AND SUPPORT

**07312 263295**

OR SCAN THE QR CODE TO START A CHAT:

**WWW.HEALTHFORTEENS.CO.UK**

SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES,  
AND FIND OUT THE TRUTH BEHIND THE RUMOURS

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## Bucks School Health Zone Issue No 1

This is the first Public Health Nursing Newsletter from the School Nurses at Buckinghamshire Healthcare NHS Trust. Each term we will share information and resources from our two, school aged interactive websites for children and families on a range of different seasonal health topics.

### How to make an enquiry

If you think the School Nursing Service might be able to support you or a child in your care, please contact the School Nursing Team by phone **01296 838000 option 5** or by email: [bht.schoolhealth-enquiries@nhs.net](mailto:bht.schoolhealth-enquiries@nhs.net)

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# ADHD HEALTH CHECKS

## for Children

If your child has been prescribed medication to manage their ADHD by Buckinghamshire Healthcare NHS Trust and requires their height, weight and blood pressure to be monitored please come along during the summer holidays to our drop in at:

### Health on the High St

\* Unit 33, Friars Square, Aylesbury on a Monday between 10 and 3  
(Please note that this is just to monitor height, weight & blood pressure)

Meet **Fran & Deb**  
from the Community Paediatrics Team

## ADHD Health Checks

Fran and Deb are 2 of the newest members of the Community Paediatric Team. This summer we will be launching new health checks specifically for children who have been prescribed ADHD medication by Bucks Healthcare NHS Trust.

Children who take this type of medication require their height, weight and blood pressure monitored on a regular basis.

This summer we are offering these checks in Aylesbury before we roll out the programme through school visits in September.

All parents will be contacted whose children this applies to when we start the school programme.

**Friars Square, Aylesbury**  
**10am-3pm Every Monday**

## ADHD: What you need to know

[ADHD: What you need to know - Grownups - Health for Kids](#)

[ADHD: Just the Facts | Health For Teens](#)

Attention Deficit and Hyperactivity Disorder (known as ADHD) is a neurological condition. ADHD affects people's concentration, activity levels and impulsivity. ADHD often runs in families and is not linked to intelligence.

There's been a lot of videos on TikTok, and other social media platforms, about ADHD. These usually share signs that you have ADHD which include things like daydreaming, impulsive spending, skin picking and being talkative. Whilst these habits can be true for people with ADHD, it is often true of the whole population and not necessarily an indicator of neurodiversity. It is important to recognise that ADHD is a condition that can have a significant impact on the person who has it and it is much more complicated to assess and will need to be formally diagnosed by a specialist clinician such as a Psychologist or Psychiatrist.



## School Readiness

Is your little one starting school this September? The School nursing team have partnered with others to create these resources, links, videos to help you with the next exciting steps.

[School Readiness - Buckinghamshire: Parents Health for Kids](#)

We have created a series of news posts about helping your child get ready for school. These focus on communication, behaviour, wellbeing and toileting. Our Child Health and Well-being Assistants have also created a handy self-checklist to help you focus on areas to support your child, so they can be ready to learn when they start school.

## Toilet training for School Starters



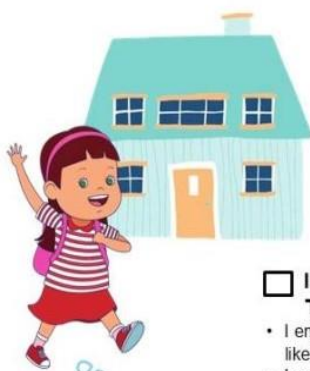
If your child is starting school & you think they need a little extra help, we're here for you.

Sign up to our Toilet Train Summer Challenge to receive helpful advice to get your child ready for school:

<https://ow.ly/I2Lr50SBi8Z>

ERIC: [Toilets and school readiness - ERIC](#)

## IS YOUR CHILD READY TO START RECEPTION CLASS IN SEPTEMBER?



### SELF-CARE

- I can wash my hands.
- I can wipe my nose.
- I can tidy up & look after my belongings.
- I ask for help if I don't feel well.

### INTEREST IN THE WORLD

- I enjoy exploring new things & like asking questions.
- I can follow instructions & understand rules.

### GETTING DRESSED & UNDRESSED

- I can do up buttons and a zip.
- I can put on my socks & shoes.
- I can get changed for PE.
- I can put on my coat.
- I know certain parts of my body are private.

### MEALTIMES

- I can use a knife and fork.
- I can open a packed lunch by myself.
- I can open wrappers and packaging by myself.

### ROUTINES

- I have a regular bedtime routine, including a story, so I won't be tired at school.
- I eat at set times, just as they do at school.

### TOILETING

- I can go to the toilet alone, wipe myself clean and flush the toilet.
- I can wash and dry my hands without help.

### INDEPENDENCE

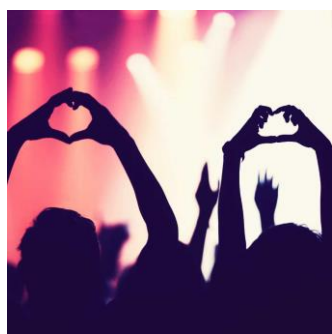
- I'm not sad if I'm away from my parents/carer.
- I'm confident about starting school.
- I can talk about myself & my feelings.
- I have practiced holding a pencil & can recognise my own name written down.

## Health for teens: HOW TO STAY SAFE AT FESTIVALS

Is your teen heading to Reading, Boomtown or Board Masters or one of the other festivals across the country?

We've put together the ultimate guide to staying safe at a festival.

[How to stay safe at festivals | Health For Teens](#)



## Health for teens: STARTING SECONDARY SCHOOL



Moving from primary to secondary school is an exciting step, but it's common to feel nervous about this too. You won't be the only one with questions or concerns about getting to know new people, routines and surroundings at your new school.

**A helpful video to watch with your child:**

[Starting secondary school on Vimeo](#)

## Growing Up MOVE TO UNIVERSITY: 3 THINGS TO KEEP IN MIND

Moving away to university can be a daunting but exciting prospect. Here are a few big differences to be aware of:

1. You'll have a lot of freedom

Although your attendance is likely to be monitored, you probably won't have anyone on your back if you fail to turn up for your lectures or seminars. So, make sure you...

To continue reading this article [click here](#)

## Mental Health REGULATING YOUR EMOTIONS

Emotion regulation is the ability to manage our emotions.

**Paying Attention to Positive Events**  
Sometimes we can pay more attention to negative rather than positive events and experiences. We are often inclined to focus on one item of bad news among numerous other examples of good news or a single criticism among multiple compliments. When you find your attention homing in on the negative elements of an incident, make a conscious effort to...

To continue reading this article [click here](#)

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## Introducing

Every school aged child in Buckinghamshire has access to the school nursing team. Our team is led by specialist community public health nurses (school nurses) and supported by registered nurses, child health and well-being assistants and school health assistants.

We can support with all kinds of health issues such as sleep, healthy lifestyles and emotional health. We can give advice over the telephone, video call, or we can meet with you in school, at home or a clinic.

If you'd like to make an appointment to see the School Nurse, you can talk to a member of staff at your school.

Referrals can be made by school, parents, carers or other professionals.

Young People in secondary school can also self refer through CHAT Health

## Secondary Schools!!! Would you like to book a promotion event for your school?

From Sept 2024, we will be starting more Health Events in Schools!

We can share digital promotion resources with you upon request.

If you would like to get your secondary school involved, please do contact us.

The poster features a collage of images showing diverse young people. At the top right is the NHS Buckinghamshire Healthcare NHS Trust logo. The main title is 'HEALTH FOR TEENS' in large, bold, white letters on a black background. Below this, it says 'TEXT YOUR SCHOOL NURSE FOR CONFIDENTIAL HEALTH ADVICE AND SUPPORT' in white text on a black background. The phone number '07312 263295' is displayed in large yellow digits. Below the number, it says 'OR SCAN THE QR CODE TO START A CHAT:' in white text on a black background. The website 'WWW.HEALTHFORTEENS.CO.UK' is written in white on a black background. At the bottom, it lists activities: 'SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES, AND FIND OUT THE TRUTH BEHIND THE RUMOURS' in white text on a red background. The footer says 'Follow Us: [Facebook icon] Buckinghamshire Healthcare NHS Trust [Twitter icon] @BucksHealthcare'.

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## How to make a referral

Alternatively, you can use [School Nurse Service Referral Form](#)

