

We're Going Back To School



March 2021

Welcome Back

Schools are back as of the 8th March. This may be causing anxiety and worries for both young people and parents. The Solihull School Nurses are here to support and advise you through these difficult times.

Over the coming weeks we will be offering virtual drop-in appointments with a nurse to help you with any worries or concerns. You can request either a phone or video consultation which will be held on the 5th March 3pm-5pm or 12th March 11am-1pm. To book one of these appointments please text us on our new ChatHealth Parent line: 07480 635496.

In the meantime here are some useful tips to get ready for heading back to school!

Establishing a routine

During lockdown it may have been difficult to create and stick to a daily routine. Easing children back into their usual school day routine can help to reduce anxieties and reintroduce some normality to the week.



COVID-19 has had a significant impact on everyone's daily routine and lifestyle. This can have a big impact on our emotional and mental wellbeing. It is important to know that nobody is alone. It is okay to feel anxious, stressed or low in mood and it is okay for you to talk about these feelings. If you are worried about your child's mental health you can find some great resources at:

www.healthforkids.co.uk

<https://youngminds.org.uk/find-help-for-parents/>

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/school/>

For children aged 11+ online counselling and support can be accessed through:

www.kooth.com

Preparation is key!

Try to prepare for back to school in advance. Try on uniforms before Monday morning. Make sure that everything still fits and is ready for the big day! Prepare lunchboxes and lay out clothes the day before so you can relax in the morning and get ready in a calm and positive environment.



Eat well, feel well.

Eating a healthy, balanced diet will boost your mood, give you more energy and improve your thinking. Eating breakfast everyday will prepare your brain for the day ahead, helping you to concentrate and learn. Avoid snacks that are high in sugar such as sweets, biscuits and fizzy drinks. These can make your blood sugar rise and drop rapidly which can cause you to feel irritable and tired. When planning and preparing meals for the day or week think use the Eatwell Plate, to help you to achieve a balanced diet. Take a look at the Change4Life recipe page for great healthy meal ideas:

<https://www.nhs.uk/change4life/recipes>

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



Imagine that every child has a cup that needs to be filled with affection, love, security and attention. Most children will have a full cup a lot of the time but during stressful situations the cup may empty a little. It's natural for children to feel anxious or worried at times, just like adults may get anxious. It is important that children know that they are able to access support from those around them so they can fill their cup again. It may be difficult for children to express when they are feeling like their cup is running on empty, and it may be difficult for adults to spot this too. Take a look at the emotional cup image for some ways that children may be expressing these feelings.

Image credit- CAMHS Professionals

You can also follow us on:



@Solihull School Nurses



@Solihull_School_Nurses



@SolSchNurse

The Solihull School Nurses can be contacted on our confidential text messaging line.

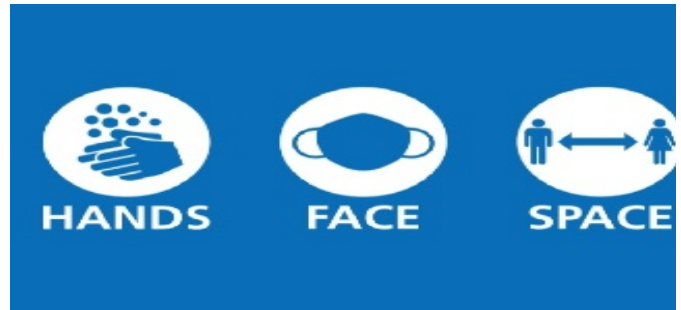
Young people aged 11+ can contact a nurse on:

07520 615730

Parents/Carers of children in a Solihull school can contact a nurse on:

07480 635496

This service is run between 8am-5pm, Monday-Friday.



Useful Contact Numbers

**Birmingham and Solihull
Mental Health Trust
0-19 year olds service
Solihull (Solar)
0121 301 2750**

**Birmingham (Forward Thinking)
0-18 years
0207 841 4470**

**Women's Aid Support for Victims of
domestic abuse
0808 800 0028.**

**Children's Services
0121 788 4300 (Solihull)
0121 303 1888 (Birmingham)**

**Bereavement Support
0121 687 8010**

**Solihull Carers Trust Young Carers
0121 788 1143**

**SIAS
Solihull Integrated Addiction
Services 0121 301 4141**

**We also have two websites that you
and your child can access:**

