

# School Nurses are here for you!

Drop in to one of our sessions for advice and support around

- Emotional Health and wellbeing
- Keeping safe and support with bullying
- Healthy lifestyles
- Healthy weight
- Healthy relationships
- Sexual health
- Continence
- Sleep
- Behaviours
- Neurodiversity
- Smoking, alcohol and drug advice
- Body changes/puberty
- Immunisations



If you need to get in touch with School Nurses you can call our  
Single Point of Access on 01922 423349

Or text:

Parent - 07520 634909

Teenager - 07480 635363 (confidential and anonymous support and advice)

We have resources to help you:

Health for Teen Website for teenagers, scan the QR code



Health for Kids Website for children, Scan the QR code



## The School Nurses are in school –

Thursday 18<sup>th</sup> June – Mall - lunch time

Monday 29<sup>th</sup> June – Mall - lunch time

Tuesday 14<sup>th</sup> July – Mall - lunch time

