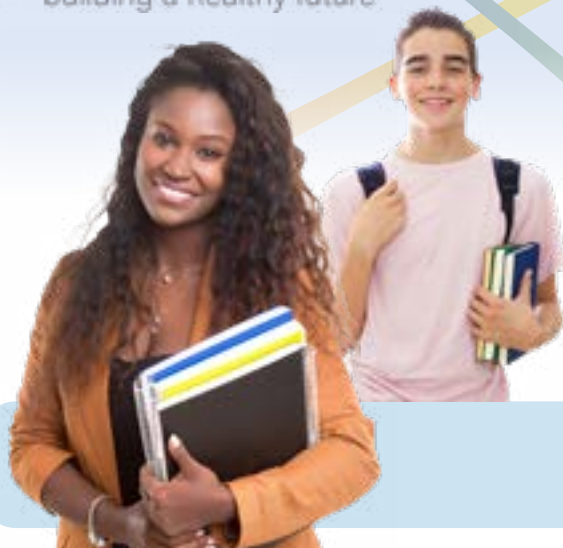




The Royal Wolverhampton
NHS Trust

Building a healthy future this autumn



An information leaflet from the
Wolverhampton 0-19 Service, October 2025

Who is your School Nurse?



New term, new opportunities!

Starting a new term can feel stressful. Try to keep a balance between school, rest, and things you enjoy. If you're feeling low, anxious, or overwhelmed, your School Nurse can help!

The School Nursing team are here to offer you advice, support and information to help you be as healthy as possible. If you would like to speak to a School Nurse, you can text them for free via ChatHealth on 07507 332 631.

Whether you're focusing on your learning, friends, or hobbies, looking after your health will help you get the most out of this year.

Who are School Nurses?

School Nurses are registered nurses with additional qualifications / specialist training in public health.
Public Health Associates (PHA's) and Sexual Health Workers also support the school nurse teams.

Where do School Nurses deliver their services?

School Nurses offer a service to pupils who attend the schools in Wolverhampton that are State Funded, Academies, Free Schools, Special Schools and other education establishments including Pupil Referral Units, Educated at Home and the Youth Offending Team (YOT)

What do School Nurses do?

Promote the health, wellbeing and protection of children and young people in the city, identify health needs and early support for those who need it and work with other services / agencies to address local need and national health priorities.

BOOST your immunity this winter

Protect yourself against flu this winter.

Having the vaccine will help protect you from what can be a very nasty illness in children and young people. It will also reduce the chance of others in your family, who could be at greater risk from flu, such as grandparents, from getting flu.

From Monday 15 September 2025, Vaccination UK will be visiting your school this winter, offering all children the quick and painless nasal spray flu vaccine. The vaccination is totally free and recommended for all school aged children.

[Read more about the nasal flu vaccine for school children](#) ➡

What is an Individual Healthcare Plan (IHCP)?



An individual healthcare plan (also known as an IHCP) is a care plan given to your school if you have a medical condition that requires support or medication from school staff.

It may be written by a health professional and will include specifics about your medical condition, should you need help, support or any medication issuing.

For example, an IHCP may be given to your school if you have:

Diabetes: This might include information on what to do if you have low or high blood sugar levels.

Asthma: This might include details of any triggers, or how and when to use your inhaler in the event of an asthma attack.

Epilepsy: This could include information about triggers and what to do in the event of a seizure.

Eczema: This might include details of medication such as creams or ointments.

But most schools will have an IHCP for any person that has a recognised/diagnosed medical condition that needs support or adjustments during a school day. IHCP's are reviewed every year for any changes, or as soon as any significant changes such as medication dosage are made to your care plan.

If you have a health condition, you can play an important part in looking after yourself at school. Make sure you bring any medication or equipment you need every day, check that it's in date, and let school staff know about your condition so they can help if needed. If you're unsure about what to do, ask your parents, carers, or your School Nurse for support - they're there to help you stay safe and healthy.



Aged 11 – 19?

Text a school nurse on
07507 332 631
for confidential help and advice.

Staying healthy

Anxiety, emotions and anger

Social media

Family issues and
friendships

Smoking, alcohol
and drugs

Body image
and identity

Bullying

Sexual health and
contraception

Sleep


#ChatHealthWolves

More information, including T&Cs and privacy, at:
www.royalwolverhampton.nhs.uk/chathealth

A digital mental health platform for young people, building mentally healthier, happier populations



Kooth is a free, safe, anonymous website, commissioned by the NHS across the Black Country to support young people aged 11-18 (extends to the age of 25 for care leavers/SEND). You can access support for any issue you may be experiencing, including; Body image, self-esteem, bereavement, academic pressures, suicidal thoughts, friendships, bullying, low mood, anxiety, sexuality etc. As well as chatting to Kooth's qualified counsellors on the text based service, you can message the team 24 hours a day, access their fully-moderated support forums, online magazines, self-help activities, goal setting and journaling space.

Access instant support 



The "Salt & Ice Challenge" is NOT harmless

A dangerous online trend is resurfacing where young people put salt on their skin and press ice on top.



This causes serious cold burns (like frostbite)



Injuries can need hospital treatment and even skin grafts



Young people may not realise the damage until it's too late

This challenge can leave scars for life.



It's not worth it for likes. Protect your skin, protect your future.



#StaySafe



If you wish to speak with a school nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on 01902 441057 or speak with your school receptionist.

