

**NHS****The Royal Wolverhampton
NHS Trust**

Building a healthy future this Autumn



An information leaflet from the
Wolverhampton 0-19 Service, September 2026

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. We offer all young people a "drop-in" session at your secondary school - This is run by a School Nurse where a young person can get confidential advice about any physical, sexual, or mental health concerns.

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 educational establishments including Pupil Referral Units, Educated at Home and the Youth Justice Service (YJS)

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 14 September 2026, 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'll be written by a medical 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.

Some schools might require an IHCP for medical conditions such as:

- Von Willebrands disease
- Low blood pressure
- Eating disorders

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 think you might need an IHCP for a medical condition, speak to your teachers or a School Nurse.



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

Are you feeling anxious about returning to school?

Anxiety often affects our body, thoughts, feelings and behaviour. If you are struggling with anxiety, you may also behave differently or start using coping strategies to try to manage or avoid your anxiety. Here are some signs:



Physical signs:

- Feeling sick
- Feeling tense
- Trouble sleeping
- Difficulty concentrating
- Feeling more sensitive to noises, smells or sights around you
- Having panic attacks



Thoughts:

- Preoccupied by upsetting, scary or negative thoughts
- Worrying a lot about things that may happen in the future
- Worrying about not being able to cope with daily things like school and friendships



Feelings:

- Nervous, on edge, panicky or frightened
- Overwhelmed or out of control
- Full of dread or an impending sense of doom



Behaviours and coping mechanisms:

- Not wanting to go to school
- Wanting to be on your own
- Being more irritable or angry
- Eating more or less than usual

There are things you can do to help when you feel panicky. Remember, you don't need to do all of these things each time. Everyone is different, and it's about figuring out which of these strategies suits you best.

Use breathing and grounding techniques

Breathe it through

Hold your hands out in front of you. Trace the outline of each of your fingers slowly with your other hand. Breathe in as you go up each finger, and out as you come down. Move and breathe as slowly as feels comfortable.

Find your calm

Connecting with what we can see, touch, hear, smell and taste is sometimes called 'grounding'. Doing grounding techniques can make us feel more present and bring us back into our body. This can reduce the intensity of our anxiety. Think about what you can see, touch, hear, smell and taste.

[Download this resource to help with this technique](#) 📄

Think of a safe place or person

When you are feeling calm, think of what your safe place or person is. It could be your bedroom, a favourite place in nature or somewhere you've been on holiday. Sometimes holding a memento of a relaxing place, like a seashell or pebble, can help.

Do an activity you like

This could be running, walking, listening to music, painting, drawing or colouring-in, writing in a journal, watching a favourite film or reading a favourite book.

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.

