



Building a healthy future this spring



An information leaflet from the
Wolverhampton 0-19 Service, January 2024

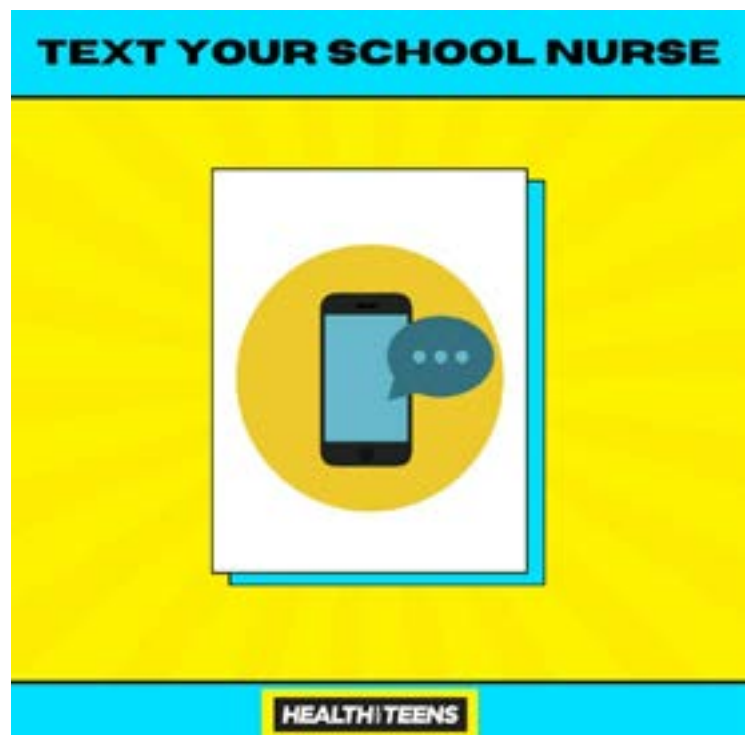
Do you know about Health For Teens?

Health For Teens is a website that provides comprehensive and up-to-date information on various topics of health for teens, including healthy eating, body image, managing stress, advice on relationships, puberty, sexuality and much more.

The website offers a great choice of content and quizzes across all areas of your health, from sexual health to your feelings, growing up, lifestyle.

All of the content has been produced by School Nurses, a whole range of other health and wellbeing experts, and most importantly young people like you. School Nurses are always supporting young people to stay happy and healthy.

You can text your School Nurse for confidential and anonymous advice and support using ChatHealth on 07507 332 631.





Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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As your teenage years are such an important time for growth and development, a healthy, varied diet is essential to ensure that you receive all the energy and nutrients you need to concentrate well at school and take part in sports and activities.

The Eatwell Guide shows how much of what we eat overall should come from each of the five main food groups to achieve a healthy, balanced diet.

Try to choose a variety of different foods from each of the groups to help you get the wide range of nutrients your body needs to stay healthy.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

Does the Eatwell Guide apply to everyone?

The Eatwell Guide applies to most of us, whether we're a healthy weight or overweight, whether we eat meat or are vegetarian, and no matter what our ethnic origin.

Anyone with special dietary requirements or medical needs might want to check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.

How to stay safe in the winter:

The dangers of frozen or icy cold water

It is extremely dangerous to play or walk on open water or canals covered in ice.

It's risky for people of all ages, but especially children. You may be tempted to rescue any person in danger, or even dogs and other animals which stray on to the ice.

Although frozen lakes, ponds, canals and reservoirs can look picturesque during the winter months, please do not be tempted to venture into the water or on to ice.

If you get into difficulty, or see someone else in trouble, here are some important emergency tips.



Keep dogs on their leads when near ice and don't throw sticks or toys onto the ice.



Time your walks to make the most of the daylight. If walking in the dark, only use well-lit areas and avoid waterside routes.



Don't go onto the ice or into the water to rescue a dog. Move to somewhere where the dog will be able to climb out and call them.



If you do walk near water, stay away from the edge.

What to do if YOU fall through the ice:

- Stay calm and shout for help
- Spread your arms out across the surface of the ice in front of you
- First check if the ice is strong enough. If it is, then kick your legs to propel yourself forward
- Lie flat and use your arms to pull yourself over the ice towards the shore
- If the ice on the water breaks, try to make your way to the bank or shore, breaking ice in front of you as you go
- If you find yourself stuck and unable to escape, wait for help. Stay as still as possible to conserve your energy. Bring your arms close to your sides and keep your legs together, while keeping your head out of the water
- When you're safely out of the water it's important to go to a hospital for a check-up.

What to do if you see SOMEONE ELSE fall through the ice:

- Shout for help, call 999 or 112 and – if the incident involves inland water – ask for the fire service
- Do not go on to ice to attempt a rescue
- Call out to the casualty and encourage them to stay calm
- To try to reach the person from the bank, use a rope, pole, tree branch, clothes tied together or anything else that can extend your reach
- Lie down flat on the bank, to avoid slipping or being pulled in
- If you can't reach them, try sliding something that floats – like a football or large plastic bottle – to them, to help them float
- If the casualty is too far away, DO NOT try to rescue them yourself.
- Wait for the emergency services to arrive. Continue to calm and reassure the person.

10 ways to look after your mental health



Children's Mental Health Week will take place from 5 - 11 February 2024. The theme this year is 'My Voice Matters'.

Here are some brilliant tips from young people just like you on how you can look after your mental health.

- 1 Don't keep it all to yourself and spend too much time in your own head. This can sometimes make it keep piling up, and make you feel worse.
- 2 Talk to someone you trust and feel comfortable with - a teacher, parent, sibling, cousin friend... if you can't think of anyone and need to talk, try talking to someone like Shout by texting SHOUT to 85258 for free.
- 3 Write your thoughts and feelings down.
- 4 Keep in contact with people, don't isolate yourself.
- 5 Don't dismiss your feelings because you think they aren't valid. Everything you feel is valid and important to you.
- 6 Focus on the good parts of your life and doing what you love, rather than the negative.
- 7 If you feel like harming yourself then tell someone you trust and distract yourself in the meantime.
- 8 Do something you enjoy to help you relax and have a break - watch a film, play a game, watch your favourite YouTuber, listen to music.
- 9 Be your own best friend because at the end of the day, you're stuck with you - so look after yourself!
- 10 Remember that you are not alone, even if it sometimes feels like you are.

*With thanks to students at Stewards Academy and Ark Globe Academy.



Ask for help

Let your family, friends and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk, you can text a School Nurse on 07507 332 631 to get confidential advice and support.

If you wish to speak with a school nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on 01902 441057, text 07507 332 631 or speak with your school receptionist.

