



Integrated Specialist Public Health Nursing School Nursing Newsletter

September 2022

The core ambition of the Integrated Specialist Public Health Nursing Service (ISPHNS) School Nursing team is to promote healthier, happier children and young people, who are ready to take advantage of positive opportunities and able to reach their full potential.

National Fitness Day 2022 -

Takes place on Wednesday 21st September 2022, helping to raise awareness of fitness and is important in assisting us lead healthier lifestyles through being physically active.

Physical activity has the ability to bring people together and to positively impact on **all** of our physical, mental and social wellbeing.

It means something different to us all, but fitness is for everyone.

It can be simple and free, but lots of us have lost the art of movement.

There are so many different types of physical activity, there is something for everyone.

It can be fun when we find an activity that we like.

How Do I Make a Start?

Sometimes there are barriers to starting our fitness journey, it may be embarrassment, financial or transport issues. There is always a way to make a start.

Trying out new activities can be easier if we do this with other people such as friends or family.



Physical activity guidelines for children and young people aged 5-18

Children and young people need to do at least 2 types of physical activity each week:

1. Activity that raises your heart rate, makes you breath faster and feel warm.
2. Exercises to strengthen your muscles and bones.

Aim for an average of at least 60 minutes of physical activity a day.

Reduce the time spent sitting or lying down.

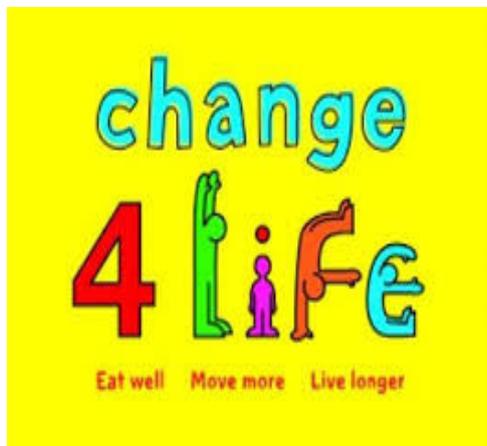
Break up long periods of not moving with some activity.

Aim to spread activity throughout the day.

Enjoy what you do!

Here are some ideas -

Walking to school or walking the dog,
Playground activities,
Physical education, Tennis,
Swimming, Skipping,
Jumping, Dancing,
Skateboarding,
Rollerblading, Cycling,
Gymnastics, Cheerleading,
Football, Martial arts,
Resistance exercises,
Sit ups and press ups.



Useful resources/websites

[Exercise - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Water, drinks and your health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

<https://www.nhs.uk/nhs-services/services-near-you/>

[Healthier Families - Home - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Helpline numbers

Helplines

Childline 0800 1111

Samaritans 116123

CAMHS Crisis 01482 301701

Text SHOUT to 85258

Young Minds Textline-Text 'YM' to 85258

School Nurse DROP-IN

If you are aged between 12 and 19 (25), you can access confidential NHS advice about your health, safety and emotional wellbeing. We play an important role in educating young people about making healthy choices and offer help and advice.

To find out when your drop-in is, speak to student services or take a look here

[School Nurse Drop-in | Humber ISPHN](#)

Our website contains lots of reliable health and wellbeing information you may find useful, take a look at page

[Key Topics for ages 12 - 19 | Humber ISPHN](#)

[Key Topics \(SEND\) | Humber ISPHN](#)

CHAT HEALTH

TEXT 07507 332891

A confidential texting service to support young people in the East Riding with their health needs, and to discuss issues that may be impacting on them emotionally.

This provides young people with quick, accessible and confidential support from our School Nursing Team.

Young people can remain anonymous if they choose to, but can also access face-to-face support and/or be sign-posted to local services if they choose to share their details.



Thank you for taking the time to read our newsletter.

If you would like to learn more about our service, please visit our website

humberisphn.nhs.uk

