

# HEALTHY TOGETHER NEWSLETTER

ISSUE 02



## WELCOME TO YOUR HEALTHY TOGETHER NEWSLETTER

Hello and welcome to the second issue of your newsletter from Healthy Together. Each term you will receive this information leaflet designed for young people, parents/carers and school staff.

In this update, you can find out more about the digital support available during exam season, view our brand-new body image animation and meet one of our Healthy Together School Nurses!

## CHECK OUT OUR AUTISM SPECIFIC CONTENT

We now have a varied range of content around autism and other neurodevelopmental conditions on Health for Teens!



**Check out this content by clicking here.**

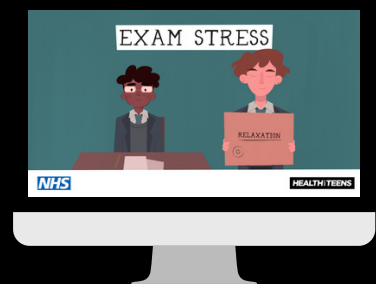


## SUPPORT DURING EXAMS

HEALTH FOR TEENS

With exam season upon us, there is a wide range of support, advice and information available on Health for Teens to help young people during this time.

**Click here to access our dedicated 'Exam Stress' content**



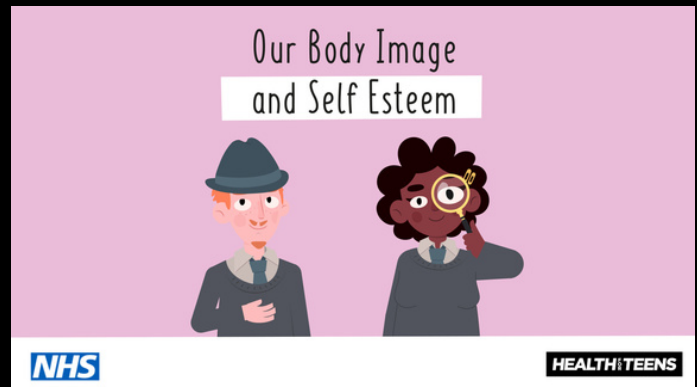
Alongside our brand-new exam stress animation which we shared with you in issue one, you can also discover:

- Advice on how to get organised ahead of exams
- Tips and techniques for handling exam stress
- Steps to get you through each exam day

## IN THE SPOTLIGHT

### SUPPORTING YOU IN UNDERSTANDING BODY IMAGE AND SELF-ESTEEM

How you feel about yourself and your body really matters, so to support you in understanding more about this, we have launched a brand-new animation exploring body image and self-esteem. Created with support from the Healthy Together School Nursing teams, the animation offers lots of support, advice and guidance on where to go if you need some help



**[TAKE A LOOK AT OUR NEW BODY IMAGE ANIMATION BY CLICKING HERE](#)**

### NEED SUPPORT DURING EXAMS? WANT TO DISCUSS A WORRY OR CONCERN?

Text your Public Health Nurse (School Nurse) on:

**07520 615 386**

You can also text to book an appointment to see a School Nurse too



### MEET A SCHOOL NURSE



Hi, I'm Gabriella, a school nurse working in Leicester City

Which school(s) do you work in?

Moat Community College & Willow Bank School

Why do you enjoy being a school nurse?

The thing I enjoy most about being a school nurse is working and interacting with children and young people. Every day is different!

What's your favourite motivational quote/piece of advice?

I really like this advice from Theodore Roosevelt: "Do what you can, with what you have, where you are."

### STUDENTS FROM RUSHEY MEAD ACADEMY FEATURE IN LATEST AUDIO SNIPPETS

Students at Rushey Mead Academy produced some fantastic audio snippets which have now been embedded into content across Health for Teens.

Students gave their views and insights on a range of topics linked to resilience, friendships, healthy eating and online safety.

Here are just three examples:

- What does being resilient mean to you?
- What are the signs someone might not be a good friend?
- Do you think young people feel safe online?

## MENTAL HEALTH AWARENESS WEEK 2023

15-21 MAY

There are a wide range of support services available if you are struggling with any aspect of your emotional or mental health. Take a look through just some of these below:



Send a text to your Public Health  
Nurse (School Nurse) on

**07520 615 386**

to start a conversation about how  
you're feeling

# YOUNGMINDS

Visit their website

**[youngminds.org.uk](https://www.youngminds.org.uk)**

for support, advice and information

# HEALTH FOR TEENS

Visit

**[healthforteens.co.uk](https://www.healthforteens.co.uk)**

for support, advice and information  
from NHS professionals

# kooth

Visit their website

**[kooth.com](https://www.kooth.com)**

for a free online counselling service

# childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Visit their website

**[childline.org.uk](https://www.childline.org.uk)**

or call

**0800 1111**