

# SCHOOL NURSE SECONDARY SCHOOL NEWSLETTER

Volume 1 / Issue 3



## SUMMER TERM 2018

In this issue:

- Drop in information
- Medical conditions plea
- Immunisations reminder
- Sun safety



## WELCOME TO OUR NEWSLETTER

School Nurses are here  
if you want to talk about:



Problems with  
friends or family

Relationships

If you are feeling  
sad or angry



Bullying

Drinking alcohol  
or smoking

Changes to  
your body

### HOW TO CONTACT YOUR SCHOOL NURSE:

Email: [HSSD-  
SchoolNurses  
@gov.gg](mailto:HSSD-SchoolNurses@gov.gg)

By Phone:  
01481 725241  
and ask for the  
school nurse  
for your school

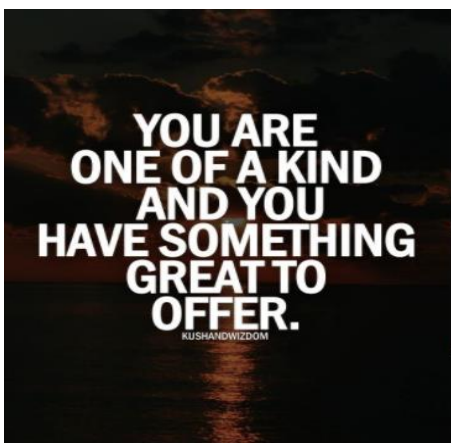
### SCHOOL NURSES

Lukis House  
Grange Road  
St Peter Port  
QY1 2QE  
Telephone: 01481  
725241  
Website [School Nurses](http://SchoolNurses.gov.gg)

We issue each term with important dates and information.

### Drop in lists for this term

School	Day	Time
Blanchelandes	By appointment	Via School, email: <a href="mailto:HSSD-SchoolNurses@gov.gg">HSSD- SchoolNurses@gov.gg</a> Or call: 01481 725241 and ask for your school nurse
Elizabeth Collage	By appointment	
Grammar	By appointment	
Grammar 6th Form	By appointment	
Ladies	By appointment	
La Mare De Carteret	Wednesdays	Lunchtime
Les Beaucamps	Tuesdays	Lunchtime
St Ann's	By appointment	
Les Voies	By Appointment	
St Sampson's High	Wednesdays	Lunchtime



**Reminder: If you have a medical condition your school needs to know.**

All students that carry Asthma inhalers should have a spare in reception for emergencies **with a spacer.**



**SOME HELPFUL ADVICE ABOUT IMMUNISATIONS**

Recently there has been scares re various illnesses in UK and on island. This a gentle reminder to all parents and carers to check that their children are up to date with all their scheduled vaccinations.

<https://www.nhs.uk/conditions/vaccinations/childhood-vaccines-timeline/>

**TEEN BOOSTER IMMUNISATION SESSIONS FOR THIS TERM (YEAR 9):**

**TO OFFER DIPHTHERIA, TETANUS AND POLIO BOOSTER AND MENINGITIS ACWY. INFORMATION AND CONSENT FORMS WILL BE SENT OUT IN THE POST.**

Blanchelande	24.04.18
Elizabeth College	18.04.18
Grammar	18.6.18
St Sampson	19.06.18
Les Beaucamps	28.06.18
Le Mare De Carteret	03.07.18
Ladies	23.04.18
Les Voies	24.04.18

Lukis House Immunisation Clinics	
May 17 <sup>th</sup> 2018	08.30-09.30
July 12 <sup>th</sup> 2018	08.30-09.30
To book call Lukis House: 01481 725241	



# SHUNBURN:

## STAY SAFE IN THE SUN

- **Slap on SPF 30 sunscreen** - Apply generous amounts of water resistant sunscreen of at least SPF30 and above, to clean, dry skin before going out in the sun. Make sure you re-apply regularly throughout the day.
- **Wear a hat** - Whether it's a stylish fedora, a trilby or a baseball cap, all can help to keep the heat off your head, face, neck and ears.
- **Stay in the shade between 11am-3pm** - When the sun's rays are strongest between 11am-3pm, find a shady spot to avoid the burn.
- **Protect your eyes** - Slip on those sunglasses to make sure your eyes are protected from the strong rays of the sun.
- **Cover up** - Throw on a long sleeved shirt or top that ideally has a collar and a sarong or long shorts to protect your skin.

It's the damage done to your skin when you're young that could lead to skin cancer developing in later life, so it's vital to get clued up now and protect yourself from the sun.

We've found that worryingly nearly 2/3 (61%) of young people aged 13-24 have avoided using sunscreen in order to get a better tan. We want to change that. See how much you know about sun safety with our myth-busting video...

<https://www.teenagecancertrust.org/support-us/spread-word/shunburn-stay-safe-sun>