

## Year 6 Health and wellbeing - Advice and support websites

Children in year 6 have recently completed a health questionnaire about their health and wellbeing. Below is some information and advice on the topics they answered questions on and other information we hope you find useful in supporting your child's needs.

The children who have identified as needing some further support will be seen by a nurse individually.

If you require any support, please contact the Sefton School Health Service on 0151 247 6354 or email [mcn-tr.seftonschoolhealth@nhs.net](mailto:mcn-tr.seftonschoolhealth@nhs.net)

Sleep	<p>Children in Year 6 need 9-12 hours sleep a night to keep them fit, healthy and emotionally well. Sleep is really important. With enough sleep, we have the energy we need to get through the day.</p> <p>Without enough sleep, you can struggle to concentrate, can feel really cross one minute and like crying the next, or just like you want to crash out and lie down when everyone else is busy getting on and having fun.</p> <p>Sometimes it can be hard to switch your brain off and go to sleep.</p> <p>Sometimes you might wake up after a nightmare. If this happens to you regularly, talk to your parents, teachers or school nurse who will be able to give you more tips on how to sleep well.</p> <p>For more information and advice, take a look at the links below.</p>
Sleep support Websites	<p><a href="https://www.healthforkids.co.uk/staying-healthy/sleep/">https://www.healthforkids.co.uk/staying-healthy/sleep/</a></p>
Smoking	<p>It is against the law for a retailer to sell any form of tobacco to anyone under the age of 18. From 1st October 2015, it also became illegal for an adult to purchase any tobacco product or nicotine containing product on behalf of anyone under the age of 18.</p> <p>Smoking damages the heart and the circulation of blood around the body, increasing the risk of heart disease or having a heart attack. Smoking can also make you feel more out of breath when you exercise, you are more at risk of getting coughs and colds too. Smoking increases the risk of getting cancer, particularly lung cancer.</p> <p>If you live with people who smoke around you a lot, you could be at risk of developing the same diseases that smokers can get when you are older. Breathing other people's smoke is called passive smoking. Breathing other people's smoke can make you cough or wheeze, and if you have asthma it can make breathing very difficult. It can also give you a headache or make you feel sick.</p>
Smoking support websites	<p><a href="https://www.healthforkids.co.uk/staying-healthy/avoiding-smoking/">https://www.healthforkids.co.uk/staying-healthy/avoiding-smoking/</a></p>
Feelings	<p>The experience of feeling low in mood will differ from person to person. It can be helpful to identify the triggers and things that may have led to you feeling this way. This will help you to learn ways to look after your emotional and physical health, which in turn could enable you to become more resilient, more able to move through life's challenges with more confidence.</p> <p>Feeling 'worried' can describe lots of different feelings from being tired, upset or a bit shaky, to frustrated, on edge or a bit sick. You might be worried about something in particular, like a test, or you might not know why you feel worried, which is normal and okay too.</p>

	<p>When you are feeling worried, you can begin to lack confidence and start feeling that you're not good enough. This is normal. The best thing to do is to stop, take a deep breath and focus on all the things you are good at or talented at, however small they may seem. Thinking positive thoughts will help you feel better in yourself.</p> <p>For more information and advice, take a look at the links below.</p>
Feelings support websites	<p><a href="https://www.healthforkids.co.uk/staying-healthy/building-your-character-resilience/">https://www.healthforkids.co.uk/staying-healthy/building-your-character-resilience/</a></p> <p><a href="https://www.healthforkids.co.uk/staying-healthy/building-your-character-self-esteem/">https://www.healthforkids.co.uk/staying-healthy/building-your-character-self-esteem/</a></p> <p><a href="https://www.healthforkids.co.uk/feelings/feeling-ok-about-myself/">https://www.healthforkids.co.uk/feelings/feeling-ok-about-myself/</a></p> <p><a href="https://www.healthforkids.co.uk/feelings/feeling-worried/">https://www.healthforkids.co.uk/feelings/feeling-worried/</a></p>
Bullying	<p>Bullying happens when weak people want to feel more powerful, so they pick on people and make them feel bad.</p> <p>Bullying is when someone upsets you on purpose, either by what they say or by what they do. Bullying is different to just having an argument with someone or falling out with one of your friends because bullies set out to hurt you again and again.</p> <p>No-one should be made to feel like this, and it is important to tell a grown-up and get help if you're being bullied.</p> <p>For more information and advice, take a look at the links below.</p>
Bullying support websites	<p><a href="https://www.bullybusters.org.uk/">https://www.bullybusters.org.uk/</a></p> <p><a href="https://www.healthforkids.co.uk/feelings/bullying/">https://www.healthforkids.co.uk/feelings/bullying/</a></p>
Alcohol	<p>Alcohol changes the way that your brain works within just five to ten minutes, which means that after drinking you may do silly things. Some of these things may be dangerous, as alcohol can stop you thinking about what might happen. This can make it very dangerous to do things like driving, which is why it is against the law to drink and drive.</p> <p>Alcohol is only for adults aged 18 and above. Children and young people are more affected by alcohol than adults as they tend to be smaller and not used to drinking it. Children and young people can also be affected by others' drinking.</p> <p>For more information and advice, take a look at the links below.</p>
Alcohol support links	<p><a href="https://www.healthforkids.co.uk/staying-healthy/alcohol/">https://www.healthforkids.co.uk/staying-healthy/alcohol/</a></p>
Continence	<p>More young people have problems with continence than you might think. It can be embarrassing to talk about, and you might think you're the only person it's happening to, but you're not.</p> <p>ERIC, the bladder and bowel charity, say that in an average sized secondary school there will be around 30 young people who have problems with wetting or problems with their poo. If it's happening to you, it's a good idea to visit your GP.</p> <p>For more information and advice, take a look at the links below.</p>

<p>Continence support websites</p>	<p><a href="https://www.healthforkids.co.uk/illness/problems-with-poo/">https://www.healthforkids.co.uk/illness/problems-with-poo/</a></p> <p><a href="https://www.healthforkids.co.uk/illness/problems-with-wee/">https://www.healthforkids.co.uk/illness/problems-with-wee/</a></p>
<p>Grooming</p>	<p>Grooming is when someone builds a relationship, trust and emotional connection with a young person so they can manipulate, exploit and sexually abuse them. This can be done online, in person or both.</p> <p>It's important to know what a healthy relationship is and what might not be. Knowing the signs of what's not healthy can help protect yourself and your friends. If someone gives you something in return for sex, sexual activities or sexual photos, that's a sign of an unhealthy relationship. This applies to people the same age as you or older people.</p> <p>It sounds like it would be easy to spot, but relationships can change over time and become unhealthy with people trying to take advantage of you. Someone might gain your trust by building an emotional bond with you and gradually begin to exploit you. This is known as grooming.</p> <p>For more information and advice, take a look at the links below.</p>
<p>Grooming support websites</p>	<p><a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-grooming/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-grooming/</a></p> <p><a href="https://www.thinkuknow.co.uk/11_18/">https://www.thinkuknow.co.uk/11_18/</a></p>
<p>Diet</p>	<p>Food plays an important part in keeping you healthy, if you eat a balanced, healthy diet you are more likely to get all the nutrients your body needs to function properly, plus there are certain nutrients that can help you feel less irritable, tired, lacking in energy and sad. These include iron, B vitamins and Selenium. There is also a chemical that your brain produces when given the right food called Serotonin which can make you feel happy.</p> <p>For more information and advice, take a look at the links below.</p>
<p>Diet support websites</p>	<p><a href="https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/">https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</a></p> <p><a href="https://www.healthforkids.co.uk/staying-healthy/eating-healthily/">https://www.healthforkids.co.uk/staying-healthy/eating-healthily/</a></p>
<p>Gaming</p>	<p>When it comes to online gaming, it can be very easy to get hooked. Be aware of how long you're playing for, and make sure you take breaks.</p> <p>If you find yourself doing any of the following it may be time to get help:</p> <ul style="list-style-type: none"> <li>- Hardly seeing or going out with friends anymore and reducing the time spent with your family when at home</li> <li>- Playing your game is the first thing you think about when you wake up, and it's on your mind all day at school</li> <li>- You're playing late into the night, meaning you aren't getting enough sleep so you're very tired during the day</li> </ul> <p>If you recognise yourself in any of the above, talk to someone and get some help. For more information and advice, take a look at the links below.</p>
<p>Gaming support websites</p>	<p><a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-gaming/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-gaming/</a></p> <p><a href="https://www.youngminds.org.uk/parent/a-z-guide/gaming/">https://www.youngminds.org.uk/parent/a-z-guide/gaming/</a></p>
<p>Online Safety</p>	<p>Even though it can be easy and fun to talk to friends online, it can also be dangerous as you can never be certain who it is you are talking to.</p> <p>We all know it's not healthy to spend a lot of time on social media sites but it can be addictive. With the use of social media increasing, there is also a pressure for people to have lots of 'friends'. Having lots of 'friends' or followers online can cause some issues.</p> <p>For more information and advice, take a look at the links below.</p>

Online Safety websites	<a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/</a>
School Life	There will always be an adult at school who you can speak to about any worries or concerns. This could be a member of school staff or a school nurse. Small worries are normal and will go away, but you don't need to worry about things on your own. There will always be someone to help you. For more information and advice, take a look at the links below.
School Life websites	<a href="https://www.healthforkids.co.uk/feelings/bullying/">https://www.healthforkids.co.uk/feelings/bullying/</a>
Caring Responsibilities	<p>A young carer is someone under the age of 18 who has to look after someone else, such as a parent, brother or sister. A young carer may have to look after someone because they are sick, have mental health issues or have a disability. In some cases, young carers have to care for parents or a family member with a drug or alcohol problem.</p> <p>Many young people don't realise or class themselves as young carers, especially if they have been providing care from a young age. If you are providing support on a regular basis, even if you are not the only one providing support, then you would be classed as a young carer.</p> <p>It can sometimes feel like it's a massive responsibility and can be difficult to cope with, but it's important to remember to look after yourself; you are not alone and can talk to someone about your experiences, whether that is a teacher at school, the school nurse, your GP or a charity offering support to young carers, like Barnardo's.</p> <p>For more information and advice, take a look at the links below.</p>
Caring Responsibilities websites	<a href="https://www.barnardos.org.uk/what-we-do/helping-families/young-carers">https://www.barnardos.org.uk/what-we-do/helping-families/young-carers</a>  <a href="https://www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/">https://www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/</a>
Home Life	<p>Your home is where you should feel safe and secure, and have people who care about your wellbeing and how you're feeling. Sometimes disagreements and arguments happen, even if you usually get on well with the people in your house.</p> <p>Unfortunately life isn't always easy, and sometimes things outside your control can put strain on your home life which you can't change and aren't your fault. It's really important that you talk to someone if you have any worries or concerns about your life at home. This can be your parent/s, a teacher or another trusted adult.</p> <p>For more information and advice, take a look at the links below.</p>
Home Life support websites	<a href="https://www.childline.org.uk/info-advice/home-families/family-relationships/">https://www.childline.org.uk/info-advice/home-families/family-relationships/</a>
Healthy Lifestyle - Exercise	<p>The NHS recommends an hour of physical exercise every day for the under 18s. This should be a mixture of moderate and more vigorous exercise. Regular exercise can have a number of benefits such as:</p> <ul style="list-style-type: none"> <li>- You sleep better</li> <li>- It reduces stress levels</li> <li>- It makes you physically and mentally stronger</li> <li>- It improves your mental health</li> <li>- It increases self-confidence</li> <li>- It improves your hearts health</li> </ul> <p>For more information and advice, take a look at the links below.</p>

Healthy Lifestyle – Exercise websites	<a href="https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/#moderate">https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/#moderate</a>  <a href="https://www.healthforkids.co.uk/staying-healthy/moving-about/">https://www.healthforkids.co.uk/staying-healthy/moving-about/</a>
Puberty	<p>Puberty happens to everyone – it’s just part of growing up. It’s one thing we all have in common. Just like the weather – your body changes and the changes can be very unpredictable.</p> <p>Puberty usually happens between the ages of 8-16. Not everyone goes through it at the same time though as we’re all different, so don’t worry if your friends have started to change and you haven’t, or if you have begun changing but your friends haven’t; we all get there in the end.</p> <p>During puberty, your body will grow faster than any other time in your life. Your brain releases hormones that tell your body it’s time to change. This happens gradually over a few years, not overnight so you might not even notice the changes happening straight away.</p> <p>For more information and advice, take a look at the links below.</p>
Puberty information websites	<a href="https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-facts/">https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-facts/</a>  <a href="https://www.healthforkids.co.uk/staying-healthy/as-i-grow/">https://www.healthforkids.co.uk/staying-healthy/as-i-grow/</a>
Friendships	<p>All friendships are different. Everyone is different, with their own individual opinions on how friendships work. Nobody should feel pressured to do things that they don’t want to in a friendship. Different people like and want different things from their relationships, and sometimes this can make things confusing!</p> <p>Having good friends can help boost your emotional wellbeing. Good friends do more than just making you feel happy, they are there for you when things get tough, and help support you in lots of different ways. Friends come and go in our life and it doesn’t matter how long a friendship lasts, the most important thing is that your friends accept you for you.</p> <p>For more information and advice, take a look at the links below or talk to a parent, carer or a trusted adult, maybe a teacher</p>
Friendship websites	<a href="https://www.healthforkids.co.uk/staying-healthy/building-your-character-friendship/">https://www.healthforkids.co.uk/staying-healthy/building-your-character-friendship/</a>
Health Conditions	<p>Living with a health condition can be hard sometimes and you may have to face challenges which other teenagers don’t have to deal with such as hospital appointments and taking medications.</p> <p>However, learning about and understanding your health condition and how you can manage it can make you feel stronger and more resilient.</p> <p>For more information and advice, take a look at the links below.</p>
Health Conditions – information websites	<a href="https://www.youngpilepsy.org.uk/">https://www.youngpilepsy.org.uk/</a>  <a href="https://www.youngminds.org.uk/young-person/mental-health-conditions/autism-and-mental-health/">https://www.youngminds.org.uk/young-person/mental-health-conditions/autism-and-mental-health/</a>  <a href="https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health/">https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health/</a>  <a href="https://www.healthforkids.co.uk/illness/asthma/">https://www.healthforkids.co.uk/illness/asthma/</a>  <a href="https://www.healthforkids.co.uk/illness/diabetes/">https://www.healthforkids.co.uk/illness/diabetes/</a>  <a href="https://www.healthforkids.co.uk/illness/operation-ouch-asthma/">https://www.healthforkids.co.uk/illness/operation-ouch-asthma/</a>

Allergies	<p>Allergies can be serious and affect anyone at any age. The things that set off allergic reactions are called allergens. Common allergens are pollen, pets, moulds and dust mites. People can also be allergic to certain types of foods; for example, nuts or eggs. It is possible to be allergic to more than one thing.</p> <p>An allergy develops when your body reacts to the allergen (for example, grass) as though it is a threat to your health. Your body produces antibodies to fight off this threat, and you might have a runny nose, itchy eyes or sore throat.</p> <p>People can develop allergies when they are babies, children, teens, or adults, although allergies often affect older people less.</p> <p>For more information and advice, take a look at the links below.</p>
Allergy websites	<p><a href="https://www.nhs.uk/conditions/allergies/">https://www.nhs.uk/conditions/allergies/</a></p> <p><a href="https://www.healthforkids.co.uk/illness/living-with-an-allergy/">https://www.healthforkids.co.uk/illness/living-with-an-allergy/</a></p>
Dental Health	<p>Teeth are very important and you need to take really good care of them because they need to last you your whole lifetime.</p> <p>It is important to be registered with a dentist and have regular check-ups every 6 months. If you don't have a dentist, your parent or carer can use the link below to register you with one. Sometimes dentists won't have space to take on new NHS patients and they might add you to a waiting list. If this happens try other nearby practices to see if they have capacity for new patients</p>
Dental Health websites	<p><a href="https://www.nhs.uk/service-search/find-a-Dentist">https://www.nhs.uk/service-search/find-a-Dentist</a></p> <p><a href="https://www.healthforkids.co.uk/staying-healthy/looking-after-my-teeth/">https://www.healthforkids.co.uk/staying-healthy/looking-after-my-teeth/</a></p>
Eyesight	<p>Your eyesight is one of your most important senses and refers to the ability to see. Your vision also contributes to around eighty per cent of everything that you learn which is why looking after your eyesight is really important. Unlike other parts of the body, you may not always notice when you have a problem with your eyes, which is why it's recommended that you have regular eye tests, ideally yearly up until the age of 16 where it's then recommended every two years. You can get your eyes tested for free while you're in full time education until you're 18. If you have any worries about your eyesight please ask your parent or carer to take you to have them tested.</p> <p>For more information and advice, take a look at the links below.</p>
Eyesight information website	<p><a href="https://www.nhs.uk/conditions/eye-tests-in-children/">https://www.nhs.uk/conditions/eye-tests-in-children/</a></p>
Hearing	<p>The term hearing loss or impairment doesn't just apply to those who have completely lost their hearing; it actually refers to all types of hearing loss, from mild to severe. This includes short term hearing loss which can be caused by problems such as ear infections or being exposed to very loud noises.</p> <p>If you notice changes in your hearing, you should speak to a GP. They will ask about your symptoms and might look inside your ears using a small handheld torch. If needed, they can refer you to a specialist for more tests.</p> <p>For more information and advice, take a look at the links below.</p>
Hearing information website	<p><a href="https://www.nhs.uk/conditions/hearing-loss/symptoms/">https://www.nhs.uk/conditions/hearing-loss/symptoms/</a></p>
Happy 'n' Healthy	<p>Happy 'n' Healthy Sefton are committed to improving the health, wellbeing and happiness of Sefton's Children and Young People. The service supports young people up to the age of 19 and up to 25 if they have a special educational need or disability, and their families.</p>

	<p>Happy 'n' Healthy Sefton unites a range of services that support children and young people with their health and wellbeing, helping them to become healthy adults. They can give advice and support on topics such as:</p> <ul style="list-style-type: none"><li>• Healthy weight management</li><li>• Mental health and well-being</li><li>• Physical activity</li><li>• Sexual health and relationships</li><li>• Smoking and vaping</li><li>• Substance and alcohol misuse</li></ul> <p>The service can be used by the children and young people and their parents/carers.</p>
Sefton Support website	<a href="http://sefton.gov.uk">Happy 'n' Healthy (sefton.gov.uk)</a>