How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

Further information

If you would like any more support of information please contact your local school nursing team – see website for contact details.

http://www.buckshealthcare.nhs.uk/School-nursing

Images used are from the Public Health England, ‘Change for Life’ campaign

Emotional Health and Wellbeing

Year 6
School Nursing Services

Patient information leaflet

www.buckshealthcare.nhs.uk
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If you require a translation of this leaflet please call 01296 315858

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Emotional Health

Year 6 and transition

Moving schools means there are many changes to deal with, like travelling to school, new friends and new opportunities.

Looking after yourself physically and emotionally is really important, so you can feel good about yourself and the world around you and be able to get the most from your life.

Good emotional wellbeing is important for your physical health too. It can help you achieve the goals you set for yourself. Looking after your body will help prevent getting some diseases and aches and pains as you get older too.

Just as your body becomes unwell, there are many reasons why your mind can become unwell too. Mental health problems are more common than you might think.

Emotional health is something that most people find hard to talk about.

This leaflet will give you some tips to help keep your mind and body healthy and happy.

Staying healthy throughout secondary school

Good mood food

Did you know that good food is good for your mood? A health balanced diet helps you grow and gives you energy. It’s not just your body that needs feeding, your mind is affected by what you eat too.

Many scientists have discovered that there is lots of evidence showing the link between what we eat and how we feel. This is called the “food-mood” connection. How we feel influences what we choose to eat or drink and a healthy diet can protect our mental health. (Mind, 2014)

Start your day positively and have a nutritious breakfast and plenty of water to drink throughout the day.

External Websites
Information from:
Mind (2014) www.youngminds.org.uk
5 Ways to Wellbeing
www.bucksc.gov.uk/healthy-living/five-ways-to-wellbeing

Helpful Websites:
www.timetotalkbucks.org.uk
www.healthtalk.org/peoples-experiences
Keep learning

Try something new. Rediscover old interests, like riding a bike. Learn to play a musical instrument or how to cook your favourite food.

Set yourself a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun to do.

Give

Do something nice for friends. Volunteer your time. Join a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Any acts of kindness, whether small or large can make you feel happier and more satisfied about your life.

Having people to talk to...

If you are worried about something or someone, who would you talk to?

It is recommended that you have 5 adults that you can talk to about any worries or concerns you may have.

These people may be people at home, such as your mum, dad, carer, auntie, uncle or neighbour. There may also be people at school, or in your community, such as a school teacher, GP, youth group leader or school nurse.

An easy way of remembering who these people are is to allocate them to a finger on your hand.
What is wellbeing?

The five ways to wellbeing are ways in which you can promote positive wellbeing.

Wellbeing is when you feel good and enjoy your day-to-day life, two main themes; feeling good and functioning well. There are feelings of happiness, contentment and curiosity, engagement and enjoyment are characteristics of someone with a positive experience of their life.

Functioning in the world of positive relationships, having a sense of purpose and some control over your life are important areas of wellbeing.

Connect
You can connect with the people around you; family, friends and neighbours, at school or in your local community. Think of these as the connections and invest time in developing them throughout your life. Building these connections will support and enrich you every day.

Connecting with people around you can be very difficult if you are using your tablet or other screens too much. We recommend you prioritise your family and friend time.

Be active

Being active is for people of all ages and does not need to be intense physical activity.

Being active such as walking and cycling can also encourage social interactions. Taking regular breaks from screens is really important.

Take Notice

Be Curious. Savour the moment, whether you are walking to school, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Take time to stop and become aware of your surroundings, listen to your thoughts and feelings about them.