

# School Nursing

School Nurse health information to support you on your journey after Year 11



**Nyrsgol | School Nursing**  
BIP Caerdydd a'r Fro | Cardiff & Vale UHB



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

One of the main roles of the School Nurse is supporting the physical and emotional wellbeing of children and young people. If you are staying on in sixth form and wish to access your School Nurse, we provide weekly health hubs. Young people can access the School Nurse for confidential health and wellbeing support and advice on a wide range of subjects- ask your head of year for details or look out for the School Nurse posters.

Young people can also access the free Condom card (c-card) scheme from their School Nurse if attending school.

## Community services

### GP

You should already be registered with a GP practice, however, if you are not, you can register by visiting your nearest surgery.

### Dentist

Ideally, you should see a dentist every year for a free check-up. If you are not registered, [register here](#)

### Opticians

Ideally, you should see an optician every 2 years for a check-up. This can be done at any local high street opticians, this is a free service if you remain in full time education.

Please see link below for further help and support

[Local Health Services - Cardiff and Vale University Health Board](#)

## Immunisations

By the end of Year 11, you should have had the following vaccinations:

- Measles, mumps and rubella (MMR) – two doses (early childhood)
- Human Papilloma Virus (HPV) – one dose offered in high school, year 8.
- Tetanus, diphtheria and polio (Td/IPV) – Teenage boosters – one booster dose from age 13 years 4 months
- Meningitis ACWY (MenACWY) – one dose offered from age 13 years 4 months



If you are unsure if you are up to date with your immunisations, you can ask your GP to check your record and can receive any outstanding if needed.

## Vaping & energy drinks

Vaping is not recommended it is not completely harmless. It is especially important to protect young lungs and brains.

That's why there's a minimum age of sale for vaping products in the UK. It is illegal to sell nicotine vaping products to anyone under 18 or for adults to buy them on behalf of under-18s.

It's important for young people to know the facts about vaping so they can make an informed choice. Young people can find out more on the [FRANK website](#).

Common side effects of vaping include:

- coughing, dry mouth and throat, bleeding gums
- mouth and throat irritation
- shortness of breath
- headaches

Vaping has not been around for long enough to know the risks of long-term use. This includes the long-term effects of inhaling the flavourings in vapour. While vaping is substantially less harmful than smoking, it is unlikely to be totally risk free.

Ideally, if you are vaping to quit smoking, you should aim to eventually stop vaping too. The healthiest option is not to smoke or vape. If you do not smoke, do not start vaping. Ref: [nhs.uk](#)

While the occasional consumption of an energy drink may not pose a significant health risk, drinking them daily may have a detrimental effect on your body.

Energy drinks contain high levels of caffeine and sugar (in non-diet varieties), which can lead to health problems including:

- Anxiety- panic attacks, feeling your heart pounding or having an irregular heartbeat
- Affecting your mood – they may make you feel happy for a while and then you may feel really sad, may affect sleep patterns.
- Long term issues may include Increase in weight, tooth decay, type 2 diabetes

For more facts and information about energy drinks, [please click here](#).

# Looking after your emotional health

We all need good mental health and wellbeing- it's essential to living happy and healthy lives. It's something we should think about and really invest in-just like our physical health.

Some ways to improve your mental health:

- Keeping active
- Good sleep routine
- Healthy balanced diet
- Talking to someone
- Learning a new skill

If you are struggling, there is lots of help available:

- [Young Minds Mental Health Support For Young People](#)
- [Samaritans | Every life lost to suicide is a tragedy | Here to listen or call 116 123](#)
- [Papyrus UK Suicide Prevention | Prevention of Young Suicide | 0800 0684141](#)
- Talk to someone
- Contact your GP
- If you are concerned about your safety, then speak to a trusted adult who can help you attend A&E for further support.
- Provide specialist Emotional Wellbeing & Mental Health services to children and young people under the age of 18 in Cardiff and the Vale of Glamorgan.  
[www.cavyoungwellbeing.wales](http://www.cavyoungwellbeing.wales)