

# SCHOOL NURSE SECONDARY SCHOOL NEWSLETTER

Volume 1 / Issue 2



## SPRING TERM 2018

In this issue:

- Drop in information
- Medical conditions plea
- Managing hayfever



- Water: everyone needs it
- The School Nurse web page
- HPV immunisation dates
- Exam management

## WELCOME TO OUR NEWSLETTER

We issue each term with important dates and information.



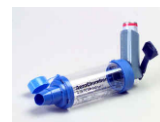
## Drop in lists for this term

School	Day	Time
Blanchelande	Thursdays	Lunchtime
Elizabeth College	By appointment	
Grammar	Tuesday	Lunchtime
Grammar 6th Form	Wednesday	Lunchtime
Ladies' College	Mondays	Lunchtime
La Mare De Carteret	Wednesday	Lunchtime
Les Beaucamps	Tuesdays	Lunchtime
St Sampson's High	Wednesdays	Lunchtime

it Doesn't  
matter what  
others are Doing.  
it Matters what  
YOU are doing.

**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.

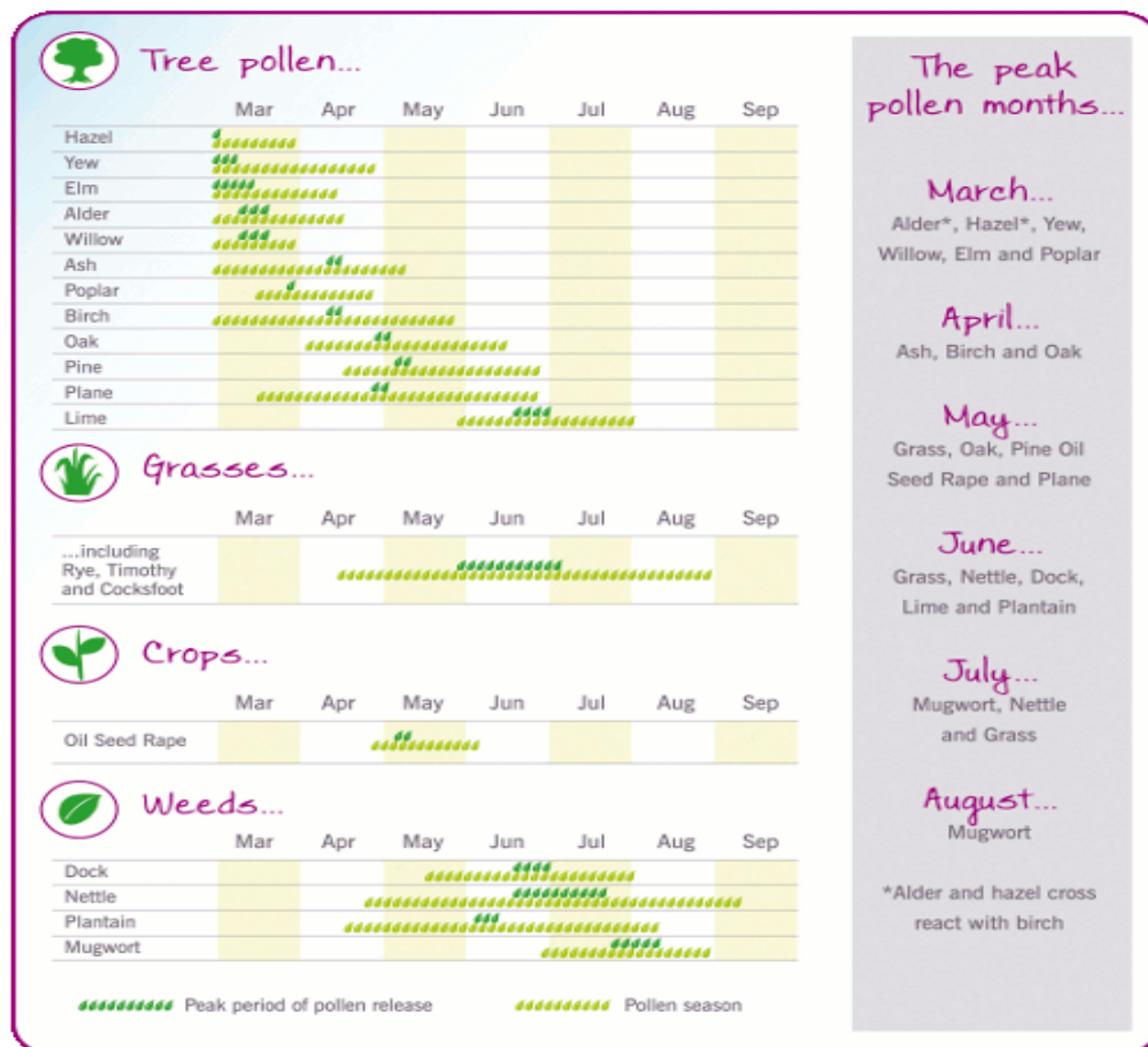


## SOME HELPFUL ADVICE ABOUT COPING WITH HAY FEVER

**Hay Fever Symptoms:** Sneezing, a runny nose and itchy eyes.

### WHAT CAN I DO?

If you suffer regularly with Hay fever you know how frustrating it is to deal with. Symptoms of allergic rhinitis/hay fever can impair sleep and can consequently affect a child's general learning, memory and school performance. The trick is to be prepared and deal with it before the symptoms get bad. Being prepared during the exam season is very important as unmanaged hay fever can affect your results. The chart below will help you to consider when you should start taking your medications.



(Information supplied by The National Pollen & Aerobiological Research Unit)

# WATER is important for all living things

Average person ~ 60-70% water  
Babies ~ 78%  
Human brain ~ 90%



Image from: [http://ijc.state.fl.us/programs/outreach/public/updates/images/water\\_glass.jpg](http://ijc.state.fl.us/programs/outreach/public/updates/images/water_glass.jpg)

## BOOST YOUR BRAIN FUNCTION WITH...WATER!

Drinking water and brain function are integrally linked. Lack of water to the brain can cause numerous symptoms including problems with concentration, memory, brain fatigue and brain fog, as well as headaches, sleep issues, anger, depression, and many more.

## GREAT BRAIN

Since your brain is mostly water, drinking it helps you in a number of ways, including:

- Improving concentration and cognition
- Helping to balance your mood and emotions
- Maintaining memory function
- Increasing blood flow and oxygen to your brain
- Preventing and relieving headaches
- Reducing stress

Your body needs water or other fluids to work properly and to avoid dehydration. That's why it's important to drink enough fluids. In climates such as the UK's, we should drink about 1.2 litres (six to eight glasses) of fluid every day to stop us getting dehydrated. In hotter climates, the body needs more than this. We also get some fluid from the food we eat.

## Contact Us

### School Nurses

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GY1 2QG  
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Email [HSSD-  
SchoolNurses@gov.gg](mailto:HSSD-SchoolNurses@gov.gg)  
Website [School Nurses](http://SchoolNurses)

## SCHOOL WEBPAGE

For our webpage: Type: Children's Community Nurses, Guernsey into your browser and there you will find lots of useful information to help and advise you.

We are always adding information and our newsletter is added each term.

## HPV IMMUNIZATION DATES

Blanchelande	25 <sup>th</sup> Jan 18
Grammar	29 <sup>th</sup> Jan 18
Ladies	30 <sup>th</sup> Jan 18
Les Beaucamps	06.02.18
Le Mare De Carteret	08.02.18
St Sampson	12.02.18

### Lukis House Immunisation Clinics

08.30-09.30 Thursday 15.02.18  
08.30-09.30 Thursday 15.03.18

Call Lukis House for appointment

## 10 quick ways to help eliminate exam stress

- Watch a film, a TV show or listen to a podcast or comedian that makes you laugh.
- Drink some herbal tea or a hot chocolate. It's a well known fact that hot drinks are known to soothe the soul (avoid too much caffeine though!).
- A shower or a bath can help to relieve stress.
- Cook or bake something. Just the thought of having something delicious to eat can bring you joy. As a bonus side note, try and cook something healthy too. You can't feed your mind well, if you don't feed your body well.
- Get some sleep. The virtues of a good night's sleep during exam season should not be underestimated.
- Keep things in perspective. Yes, exams are important. But you are so much more than your exam results.
- Avoid other stressed people. You know the ones I mean. The ones with cue cards outside of the exam hall, frantically trying to remember key dates and equations. They will do nothing for your stress levels.
- Avoid the exam "post-mortem". You don't need to know how other people fared in the exam. You've done your best, you can't go back and change your answers so the second you step out of the exam hall, focus on your next exam.
- Be flexible. While having a revision time table is one of the best tools in your arsenal for exam success, don't be too hard on yourself if you don't stick to it. If you accidentally oversleep, don't write the day off.
- Write down everything you feel like you need to do and try and tick one thing off. Just the act of feeling like you are in control of your revision can help.