

# Secondary School Health Nurses

## Term 4 March 2023 Newsletter

*This newsletter aims to provide families and young people with some useful tips for keeping healthy...*

**School Health Nurses** are based in secondary schools in Oxfordshire. If you have any health concerns regarding your child, please contact your school health nurse, details at the end of this newsletter.

### WORLD SLEEP DAY is 17th

**March, 2023.** During teenage years, sleep patterns can change, and we can all forget just how important sleep is for our health and well-being. Sleep problems can be a very serious issue and lack of sleep has been linked to *obesity, depression and impaired learning.*

Teens need 8-10 hours sleep a night.

The [Sleep Charity](#) launched a resource for teens and their parents/carers called [Teen Sleep Hub](#) (click the link).



You'll find lots of top tips to help you understand your teens sleep and how you can help!

3 top tips to start are:

- Get into a good bedtime routine and try to keep the same bed time each night.
- Avoid using electrical devices an hour before bed
- Reduce caffeine (in cola, coffee and tea).

Remember, habits learned in adolescence often become lifetime habits – so make sure good sleep habits are learned early.



### No Smoking Day is on 8th March 2023

This day occurs to spread awareness of the health dangers linked to smoking. Click on the image below to find out more details on stop smoking services in your area, useful tips and aids for quitting, including the free [NHS Quit Smoking App](#).

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



#### After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



#### After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



#### After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



#### After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



#### After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



#### After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



#### After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



#### After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

### Why not have a chat with your child about vaping?

Nicotine vaping helps smokers quit smoking and is safer than smoking tobacco. But, nicotine vapes are not harmless and the long term effects are not yet known. Nicotine vapes are not recommended for non-smokers or children.

Most children and young people do not smoke or vape but there has been an increase in vaping over the last year. So, on National No Smoking Day, why not talk to your child about vaping. This helpful parents guide [11435-SFS—A5-4pp-vaping-Parent-and-carers-2.1-s.pdf \(smokefree-sheffield.org\)](#) can give you some information and pointers on having this conversation.

