

## Message from your school nurse

I know that this is a very anxious time for many of you and there may be concerns about where to access support during the school closures and the need for you to stay at home.

I know how difficult it is to stay at home during this outbreak but it's very important that you do. By staying at home you will be playing your part to help stop the spread of the virus and to protect yourself and other members of your family. Thank you for doing this and please don't be tempted to go out and meet up with friends at this time, no matter how hard it is to stay indoors. If you need to go out for fresh air or exercise, you need to do this alone or with members of your own household.

The internet and smart phones mean we are able to connect with each other in more ways than ever before. I know that many of you have a games console, use Snapchat or Instagram and you can call, text or FaceTime each other. Now is the time to make the most of this technology from the safety of your own homes to keep in touch and to also seek support if you need it. While social media is a great tool, it also has its dangers, so please use this responsibly and remember to keep yourself safe while online.

I want to reassure you that **school nurses are still available for you Monday to Friday 9-5** and you can call and speak to the duty school nurse on **0300 247 0013** if you have any questions or worries.

We also have the school nurse **text service** so you can text a school nurse for advice and support for any health issues or worries. This is a confidential service and you don't need to give your name or details. The number for this service is **07520 615732** and you can text this number at any time. One of the school nurses will respond to your text within 24 hours.

Below is some information and resources that you might find useful during this time.

I wish you all the best and hope you all do your bit to stay home and help stop the spread of this virus.

Dan Smith  
Specialist School Nurse  
Essex Child and Family Wellbeing Service

## **Useful websites**

<https://www.healthforteens.co.uk/health/coronavirus/what-is-coronavirus/>

<https://www.healthforteens.co.uk/health/coronavirus/ways-to-deal-with-coronavirus-linked-anxiety/>

<https://www.healthforteens.co.uk/health/coronavirus/staying-active-during-the-coronavirus-outbreak/>

[www.kooth.com](http://www.kooth.com) online counselling service

## **Downloadable apps**

ThinkNinja is an app that will help you understand the following:

1. Fears relating to the virus
2. Isolation struggles and how to stay connected to family and friends
3. Worries about personal health and health of family members
4. Coping techniques to use during the crisis
5. Plus many other helpful tips

Clear Fear is an app developed to help you manage anxiety