

Year 6 Health and wellbeing - Advice and support websites

Children in year 6 have recently completed a health questionnaire about their health and wellbeing. Below is some information and advice on the topics they answered questions on. We hope you find this useful in supporting your child's needs.

The children who have identified as needing some further support will be seen by a nurse individually.

If you require any support, please contact the Sefton School Health Service on 0151 247 6354 or email mcn-tr.seftonschoolhealth@nhs.net

Allergies

Allergies can be serious and affect anyone at any age. The things that set off allergic reactions are called allergens. Common allergens are pollen, pets, moulds and dust mites. People can also be allergic to certain types of foods; for example, nuts or eggs. It is possible to be allergic to more than one thing.

An allergy develops when your body reacts to the allergen (for example, grass) as though it is a threat to your health. Your body produces antibodies to fight off this threat, and you might have a runny nose, itchy eyes or sore throat. People can develop allergies when they are babies, children, teens, or adults, although allergies often affect older people less.

If your child has a severe allergy (anaphylaxis), it is essential to provide an emergency box containing their adrenaline auto injector and any prescribed allergy medication to school. Your child should have a personal care plan given to them by their doctor, and it is important that the school has a copy of this.

Advice

[Allergies - NHS](#)

[Allergy UK | National Charity](#)

[Allergies | Illness | Health for Kids](#)

Health Conditions and Disabilities

Living with a health condition can be hard sometimes and you may have to face challenges which others don't have to deal with such as hospital appointments and taking medications.

However, learning about and understanding your health condition and how you can manage it can make you feel stronger and more resilient.

If your child has a health condition, they may also need an Individual Health Care Plan for when they are at school. This is a written document which specifies what kind of help the school can provide for your child. For example, what medicines they can administer and what to do in an emergency. This will be created by the school with input from anyone involved in your child's care, with your permission.

Advice

[Local Offer - Special Educational Needs and Disabilities | The Sefton Directory](#)

[Staying Healthy | Health for Kids](#)

[Illness | Health for Kids](#)

Sleep

Sleep helps the body to recover and repair and is vital for us. 10- and 11-year-olds need to get around 9-12 hours of sleep each night. Sleep is important, with enough sleep, we have the energy we need to get through the day.

Sleep difficulties in primary aged children are very common. However, a good night's sleep will help your child to be healthy and happy. So, it is important to support them to get a good night's sleep.

A bedtime routine will help your child prepare for sleep and should be followed in the same order each night. Try to maintain this as well as possible, even in the school holidays.

Also think about your child's sleep environment. Children need darkness to help them produce melatonin (sleep hormone). Use blackout blinds or thick curtains, and dimmer lights or night lights if your child fears the dark. Remove screens from their bedroom, such as the TV, tablets, and phones. Using technology prior to sleep slows the release of melatonin, making it harder for your child to sleep.

Advice

[Sleep and young children - NHS](#)

[Home - The Sleep Charity](#)

[Sleep | Staying Healthy | Health for Kids](#)

Smoking

It is against the law for a retailer to sell any form of tobacco to anyone under the age of 18. From 1st October 2015, it also became illegal for an adult to purchase any tobacco product or nicotine containing product on behalf of anyone under the age of 18.

Smoking damages the heart and can affect the circulation of blood around the body, increasing the risk of heart disease or having a heart attack. Smoking can also make you feel more out of breath when you exercise, you are more at risk of getting coughs and colds too. Smoking increases the risk of getting cancer, particularly lung cancer.

Advice

[Why You Should Avoid Smoking | Staying Healthy | Health for Kids](#)

Vaping & E-cigarettes

Vaping is not for children and young people. Their developing lungs and brains mean they are more sensitive to its effects.

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

Advice

[Young people and vaping - Better Health - NHS](#)

[What is vaping? -](#)

Healthy Eating

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel at your best. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

Eating family meals together helps encourage children to enjoy a variety of foods and to spend time with the family. It is a good idea to eat together as a family at the table and not alongside other activities, for example watching the TV, to prevent distractions.

Most people do not eat enough fruit and vegetables. They should make up over a third of the food we eat each day. You should aim for your child to eat at least 5 portions of a variety of fruit and veg each day.

Advice

[The Eatwell Guide - NHS](#)

[5 A Day – Food Facts – Healthier Families - NHS](#)

[Eating Healthily | Staying Healthy | Health for Kids](#)

[How to Enjoy Positive Mealtimes | Healthy Bodies | Health for Kids Grownups](#)

Exercise

The NHS recommends an hour of physical exercise every day for the under 18s. This should be a mixture of moderate and more vigorous exercise.

Regular exercise can have a number of benefits such as:

- You sleep better
- It reduces stress levels
- It makes you physically and mentally stronger
- It improves your mental health
- It increases self-confidence
- It improves your hearts health

Advice

[Physical activity guidelines for children and young people - NHS](#)

[Moving About | Staying Healthy | Health for Kids](#)

Growing up

Puberty usually happens between the ages of 8-16. Not everyone goes through it at the same time though as we're all different, so don't worry if your friends have started to change and you haven't, or if you have begun changing but your friends haven't.

During puberty, your body will grow faster than any other time in your life. Your brain releases hormones that tell your body it's time to change. This happens gradually over a few years, not overnight so you might not even notice the changes happening straight away.

Advice

[Puberty | Childline](#)

[As I Grow | Staying Healthy | Health for Kids](#)

Oral Health

Teeth are very important, and you need to take really good care of them because they need to last you your whole lifetime.

It is important to be registered with a dentist and have regular check-ups as advised by your dentist.

If you don't have a dentist, your parent or carer can use the link below to register you with one.

Toothbrushing Tips:

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Parents or carers should brush the teeth.
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a pea-sized amount of toothpaste.

- Spit out after brushing and do not rinse – if you rinse, the fluoride will not work as well.

Advice

[Take care of your teeth and gums - NHS](#)

[Find a dentist - NHS](#)

[Find an NHS Dentist - Healthwatch Sefton](#)

Feelings

The experience of feeling low in mood will differ from person to person. It can be helpful to identify the triggers and things that may have led to you feeling this way. This will help you to learn ways to look after your emotional and physical health, which in turn could enable you to become more resilient, more able to move through life's challenges with more confidence.

Feeling 'worried' can be describe in lots of different ways including, being tired, upset or a bit shaky. You might be worried about something, like a test, or you might not know why you feel worried, which is normal and okay too.

When you are feeling worried, you can begin to lack confidence and start feeling that you're not good enough. This is normal. The best thing to do is to stop, take a deep breath and focus on all the things you are good at or talented at, however small they may seem. Thinking positive thoughts will help you feel better in yourself.

Advice

[Your feelings | Childline](#)

[Feelings | Health for Kids](#)

[5 steps to mental wellbeing - NHS](#)

Relationships

It's important to know what a healthy relationship is, forming positive relationships helps children and young people feel safe and supported as they grow up.

Having good friends can help boost your emotional wellbeing. You should only ever chat to people that you know online and please remember people are not always who they say they are.

Grooming is when someone builds a relationship with a young person and asks them to do things which may make them feel uncomfortable. This can be done online, in-person or both.

Advice

[Building your Character: Friendships | Staying Healthy | Health for Kids](#)

[Grooming and online grooming | Childline](#)

[Keeping Your Child Safe Online | Healthy Minds | Health for Kids Grownups](#)

Bullying

Bullying is intentional behaviour that hurts someone else. It can happen anywhere – at school, at home or online.

No-one should be made to feel like this; it is important to tell a trusted adult and get help if you're being bullied.

Advice

[Bullybusters | Local Solutions](#)

[Bullying | Feelings | Health for Kids](#)

[Bullying and advice on coping and making it stop | Childline](#)

Looking after others

A young carer is someone under the age of 18 who looks after someone else, such as a parent, brother or sister because they are sick, have mental health issues or have a disability.

In some cases, young carers care for parents or a family member with a drug or alcohol problem.

There are support groups for young people who have caring responsibilities where they can make friends and access support.

Advice

[Young Carers – Carers website](#)

[Young carers | Barnardo's](#)

[Help for young carers - Social care and support guide - NHS](#)

Library Access

Libraries provide free access to a wide range of information resources, including books, databases and digital platforms. This is particularly important for community members who may not have internet access or cannot afford to purchase books or other resources.

Advice

[Sefton Libraries | Sefton Libraries](#)