

Manchester School Health Service

Improving the health of children and young people in Manchester



Secondary School Information for Young People



Some information about the School Health Service

Who are we?

We are a team of nurses, assistant practitioners and school nurse assistants who want to help you keep healthy and look after yourself.

Every school has a school nurse (sometimes called a school health advisor) who takes a lead for that school, but you might see more than one member of the team in your school.

What do we do?

We want to help you stay healthy by offering support, help and advice about issues affecting your health.

When will you see a member of the team?

You might see a member of the service teaching you lessons about your health and wellbeing. You might also see them walking around school or in an office. All young people at secondary school will see someone in the School Health Team for their injections in year 10, and the girls have extra injections in year 8.

If you want to see a member of the service for some advice or help, they usually have an office in school or a mobile number you can text or call. If you are stuck - ask your form tutor or someone in the pastoral team.

For more information about your health check out:

www.younghealthymanchester.nhs.uk

We offer confidential advice and support about lots of health issues, for example:-

- **Smoking**
- **Drugs & Alcohol**
- **Sexual Health**
- **Diet**
- **Exercise**
- **Emotional Problems**
- **Health Problems**
- **Issues with Parents or Carers**
- **Pregnancy and Parenthood**

We are also here to help protect you from harm. If you have any worries about your safety, please speak to one of us.

Alternatively you can contact Child Line, free + confidentially on

0800 1111

or via their website
www.childline.org.uk



Vaccinations are very important to protect you against some potentially serious diseases. You will have had a number of vaccinations when you were a baby and before you started primary school.

By the time you go to high school, you should have already had vaccinations against:

- **Diphtheria, Tetanus and Polio**
- **Meningitis C**
- **Hib**
- **Pneumococcal**
- **Measles, Mumps and Rubella vaccine (MMR)**

In high school you will be offered a booster vaccination for diphtheria, tetanus and polio which is given in one injection. These boosters top up your level of antibodies (the substances our bodies produce to fight off disease and infections) and help to keep you protected.

Girls are also offered the HPV vaccine (Human Papilloma Virus) which helps to protect against Cervical Cancer.

Having your vaccinations is nothing to be worried about. Your School Nurse can help you with any questions or worries you may have and can explain what will happen in school when your vaccinations are due.

You can also find lots of information about immunisations from www.immunisation.nhs.uk

www.younghealthymanchester.nhs.uk