

Young Person's Wellbeing Update

Spring Term



SCHOOL NURSE

DROP-IN

Aged between 11 and 19? You can access confidential NHS advice about your health and emotional wellbeing.

To find out when your school drop-in is, speak to student support or take a look here

[School Nurse Drop-in | Humber ISPHN](#)

Our website contains lots of reliable health and wellbeing information you may find useful, take a look

[Key Topics for ages 12 - 19 | Humber ISPHN](#)

Healthy Eating for Teenagers

Key foods during teenage year?

-Iron is essential for teenage health due to fast growth and development. Animal sources (meat, fish), Plant sources (wholegrain cereals, dark green leafy vegetables, pulses, dried fruits)

-Calcium is needed for healthy bones and teeth as well as function of muscles and nerves. Requirements for calcium are higher in teenagers. Milk, yoghurts, cheese, fortified breads and cereals, canned fish (salmon, mackerel, pilchards), soya and tofu.

-Vitamin D is important for healthy bones, muscles and teeth. The best source is sunshine. Daily supplements of 10 mg are recommended during autumn and winter.

[Healthier Families - Home - NHS](#)
(www.nhs.uk)



CHAT HEALTH

TEXT 07507 332891

A confidential texting service to support young people in the East Riding with their health needs, and to discuss issues that may be impacting on them emotionally.

This provides young people with quick, accessible and confidential support from our School Nursing Team.

Young people can remain anonymous if they choose to, but can also access face-to-face support and/or be signposted to local services if they choose to share their details.

We should all drink 6 to 8 cups or glasses a day .

This can include-Water, lower-fat milks, lower-sugar or sugar-free drinks and tea and coffee all count.

Fruit juice and smoothies also count towards your fluid consumption, but they contain free sugars that can damage teeth, so limit these drinks to a combined total of 150ml a day.



Blueberry and Banana Muffin

Ingredients

125g lower-fat spread, melted and cooled slightly

2 tablespoons semi-skimmed milk

1 teaspoon vanilla extract

2 eggs, beaten

1 ripe banana, mashed

50g unsweetened apple purée

100g self-raising flour

1 teaspoon ground mixed spice

50g soft brown or light muscovado sugar

75g dried blueberries

75g porridge oats



Method

-Preheat the oven to 180C (fan 160C, gas mark 4). Line a muffin tin with 8 paper muffin cases or squares of baking paper.

-Mix together the cooled low-fat spread, milk, vanilla extract, mashed banana, apple purée and eggs in a bowl.

To make your own apple purée, simmer a chopped cooking apple in a little water for 5 to 6 minutes until tender. Then simply drain, mash and leave to cool.

-In a separate large mixing bowl, combine the flour, mixed spice, sugar, blueberries and porridge oats.

-Slowly tip the wet ingredients into the bowl of dry ones, gently mixing as you go, until combined.

The secret of successful muffins is to avoid over-mixing the wet and dry ingredients.

-Divide the mixture evenly between the muffin cases, then bake for 25 to 30 minutes, until firm and golden. Remove from the oven and leave to cool on a wire rack.

Next time, try dried cranberries instead of blueberries.

OTHER WAYS WE CAN HELP OURSELVES

[The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk)

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

[Recipes - Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Click on the link above for more healthy recipes

Useful Links & Numbers

[Home - Thirteen](#) Thirteen Me

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

CAMHS Crisis 01482 301701—24/7

Text SHOUT to 85258—24/7



Caring, Learning
& Growing Together

Thank you for taking the time to read our newsletter.

If you would like to learn more about our service, please visit our website

humberisphn.nhs.uk

