

Health Promoting Schools Newsletter



Wokingham | November 2025

Issue 5

The Wokingham Public Health team in partnership with schools and Wokingham Secondary Federation aim to support young people and families to live well in the Wokingham Borough through the Health Promoting Schools programme. The Health Promoting Schools programme strives to create a healthy environment for schools, including pupils, staff, and the wider community through connecting schools with local services that support PSHE provision and health and wellbeing needs.

This issue of the Health Promoting Schools newsletter provides local and national updates, and links to resources and opportunities to support the whole school community with health and wellbeing and PSHE provision.

Preventing winter illness in schools

As the colder months approach, we can expect to see increases in common airborne viruses. The Department for Education has recently published two blog articles, which give practical guidance to schools and families to help keep pupils and staff healthy, support healthy learning environments, and reduce illness-related school absences.

Please share these with those in your communities:

- **For parents and carers:** [Top tips on how to keep your child healthy at school](#)
- **For teachers and school staff:** [Reducing the spread of illness this winter: Seven steps to healthier schools and higher school attendance](#)



WOKINGHAM
BOROUGH COUNCIL

[Health Promoting Schools Wokingham](#)



Completing the flu vaccine consent form

Schools across the Borough will have been contacted by the [Berkshire School-Aged Immunisation Team](#), which offers flu immunisations in school to children from Reception through Year 11.

Please remind parents and guardians to look out for the consent form, and return it to the immunisations team by the deadline.

For most children, the flu vaccine is a nasal spray which is quick and painless. Having the vaccine will help protect children from what can be a very nasty illness.

- **Parents:** See [this page](#) for posters and leaflets about the vaccination programme.
- **Schools:** See [this page](#) for details on the important role that they play in supporting immunisations programme.

HPV Vaccination Awareness

The Thames Valley Cancer Alliance have recently launched a campaign to promote HPV vaccination awareness among sixth form/ college students. The HPV vaccine helps protect against the human papillomavirus virus (HPV), which causes cervical cancer, head and neck cancers, and genital warts. The vaccine is routinely offered to boys and girls in year 8 at school.

If young people missed their vaccination at school, they can still get vaccinated at their GP, or by contacting the Berkshire School Aged Immunisation Team: westschoolimms@berkshire.nhs.uk.

Girls are eligible up until their 25th birthday. Boys are eligible, if born on/after 1 September 2006, up until their 25th birthday. The vaccine is safe, effective at preventing cancer and is free on the NHS.

TikTok: [Under 25 and missed your HPV vaccination at school?](#)

Please see the posters and flyers attached at the end of this newsletter to display in education settings.

For more information about the HPV vaccination [click here](#).



Drug awareness campaign

The government has launched a new campaign to alert young people to the dangers of ketamine, counterfeit medicines and adulterated THC vapes. Launched in October, the campaign, which includes online films and TikTok content, will target 16 to 24 years olds and social media users, following a worrying rise in the number of young people being harmed by drugs. The campaign provides clear information on accessing help and support for those experiencing drug-related problems or mental health issues.

Key risks highlighted include the:

- potentially irreparable damage ketamine can cause to your bladder
- dangers of counterfeit medicines containing deadly synthetic opioids purchased online
- risks from so-called 'THC vapes' that often contain dangerous synthetic cannabinoids like spice rather than THC

Key resources

Talk to FRANK web pages and videos

<https://www.talktofrank.com/news/ketamine>

<https://www.talktofrank.com/news/dangerousdrugs>

<https://www.talktofrank.com/news/cannabisvapes>

Talk to FRANK factsheets for educational settings

[Factsheet - THC vapes](#)

[Factsheet - Ketamine](#)

[Factsheet - Fake medicines](#)

TikTok content

[THC vapes](#)

[Counterfeit medicines](#)

[Ketamine](#)

For information and support on drug-related issues, visit

www.talktofrank.com or call the FRANK helpline on 0300 123 6600.

Sexual Health services

Women will now be able to access the morning-after pill free of charge on the NHS in high-street pharmacies across England, without needing to make an appointment. For young people under 16, they will be assessed using Fraser Guidelines – [Gillick competence and Fraser guidelines | NSPCC Learning](#). Young people can find their local pharmacy using the Wokingham directory: [Wokingham Directory | Find a Pharmacy](#).

For further sexual health support, including free contraception, young people in Wokingham can visit the Florey Clinic: [Sexual Health - Royal Berkshire NHS Foundation Trust](#).

Young people can also access sexual health support via the national charity Brook: <https://www.brook.org.uk/> or by speaking to their [school nurse](#) either in person or by texting 07312 263266.

Health visiting/ school nursing feedback surveys

Wokingham Borough Council are looking at our Health Visiting and School Nursing services, and we want to make sure they're working for children, young people and families. We would like to hear from school staff, pupils, and parents and carers:

- What's working well?
- What could be better?

To capture your views, we currently have a survey open until the 7th December 2025. The survey should take around 10 minutes to complete, and your responses will remain confidential. By sharing your experiences and suggestions, you can help shape how these services are designed and delivered in the future.

Please follow the links below to fill out the survey, and please circulate the links to colleagues, pupils and parents for their input.

[Providers and Partners survey](#)

[Parents and Carers survey](#)

[Children and Young People survey](#)



If your school has a health and wellbeing success story which you would like to share in the Health Promoting Schools newsletter, or if you have any queries about the Health Promoting Schools programme, please contact caitlin.airey@wokingham.gov.uk (Wokingham Borough Council Public Health Children and Young People Project Officer).

For further health and wellbeing resources and RSHE support, please visit the [Health Promoting Schools website](#)

Next Health Promoting Schools/ PSHE network meeting:
Wednesday 11th March 2025 3:45-4:45pm

PROTECT yourself against serious diseases

Students are at higher risk of many infectious diseases. Follow these steps today to make sure you're protected:

- ✓ **Register with a GP surgery in your local area**

For more information on how to do this, scan here:



- ✓ **Ask the GP to check you're vaccinated against:**

HPV – protects against the virus causing cervical cancer, head and neck cancers and genital warts. Both girls and boys should have this vaccine

MenACWY – protects against four deadly strains of meningitis

MMR – protects against measles, mumps and rubella

- ✓ **Get caught up**

These vaccines are safe and available for free at your GP



Scan here to find out more

PROTECT yourself against serious diseases

Students are at higher risk of many infectious diseases. Follow these steps today to make sure you're protected:

- ✓ **Register with a GP surgery in your local area**

For more information on how to do this, scan here:



- ✓ **Ask the GP to check you're vaccinated against:**

HPV – protects against the virus causing cervical cancer, head and neck cancers and genital warts. Both girls and boys should have this vaccine

MenACWY – protects against four deadly strains of meningitis

MMR – protects against measles, mumps and rubella

- ✓ **Get caught up**

These vaccines are safe and available for free at your GP



Scan here to find out more



**Sport
In Mind**



SCAN HERE

Sport & Games - for Youth Mental Wellbeing

Venues

We have weekly sessions running at Wokingham Leisure Centre and Bulmershe leisure centre for young people aged 10-15 years

Description

Fun, free and interactive sessions to help improve the mental wellbeing of young people. A great way to help build confidence and self-esteem and meet new people!

This group is provided **FREE** by the mental health charity Sport In Mind for the benefit of local young people..



@sportinmind



youth@sportinmind.org



www.sportinmind.org



0300 102 1400



**WOKINGHAM
BOROUGH COUNCIL**

Working in partnership with



SCAN HERE



FREE!

Sport In Mind

Registered Charity 1161323

Youth Activities **for** Mental Wellbeing

Sport in Mind provides **free sport** and **physical activity** opportunities for children and young people to help build confidence and self esteem, meet new people and support low mood and other mental health challenges.

Starts
Monday
15h Sept

Wokingham Sessions (Autumn Term)

Mon	4:00 - 5:00pm	Sports & Games	12-16 years	Wokingham Leisure Centre, Wellington Road, RG40 2AF
Tue	5:00 - 6:00pm	Sports & Games	10-14 years	Bulmershe Leisure Centre, Woodlands Av, RG5 3EU
Thurs	4:00 - 5:00pm	Sport & Games	10-14 years	Wokingham Leisure Centre, Wellington Road, RG40 2AF

Sessions restart from Monday 8th September and run weekly excluding school holidays

@sportinmind youth@sportinmind.org www.sportinmind.org 0300 102 1400

Working in partnership with



WOKINGHAM
BOROUGH COUNCIL



Berkshire Healthcare
Children, Young People and
Families services

HELP PROTECT YOUR CHILD THIS WINTER WITH THE FLU VACCINE



**LOOK OUT FOR THE CONSENT
FORM AND COMPLETE IT**





ChatHealth



Berkshire Healthcare
Children, Young People and
Families services

Aged 11-19? Need some advice?

We can help with all kinds of things like:

Relationships

Healthy eating

Drugs & alcohol

Anxiety

STRESS

Low mood

Bullying

Self-harm

Body changes

SMOKING

Sleep



Text a school nurse
for confidential advice and support
07312 263266



cypf.berkshirehealthcare.nhs.uk



We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we received your text. Texts will only be seen between Mon-Fri 9am-4:30pm. If you need help before you hear back from us, contact a member of school staff, a trusted adult, or your GP. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

Do you have a 5-19 year old?

We can offer advice and
support on many topics like:

- ✓ Sleep
- ✓ Behaviour
- ✓ Bullying
- ✓ Parenting
- ✓ Healthy eating
- ✓ Bedwetting
- ✓ Dealing with medical conditions in school
- ✓ Emotional health & wellbeing



Text a school nurse
for confidential advice and support

07312 263194



cypf.berkshirehealthcare.nhs.uk



We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between Mon-Fri 9am-4:30pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.