

Strive to better yourself

March 2014

Dear Parent/Guardian

We are pleased to announce that the Choices Service has re-launched in Melior Community Academy with immediate effect.

The choices service was introduced in 2006 and was available in school until 2008, when due to a lack of resources it could not continue. Most other secondary schools in North Lincolnshire already provide this service in schools.

Government guidance recommends that Local Authorities and the NHS should work together to provide accessible, confidential services for health using 'You're Welcome Framework' – Quality Criteria for Young People Friendly Health Services (DOH, 2011).

There will be a fully qualified and experienced Registered General Nurse available for this appointment and Drop In service.

The aim of choices is to maintain the health and wellbeing of pupils and provide support if they are experiencing any physical or mental health problems. The nurse will be able to support and give advice to pupils on the following topics:-

- Smoking Cessation
- Healthy Eating
- Drug and Alcohol advice and information
- Mental Health Problems – e.g. self-harm
- Stress
- Bullying
- Menstrual Problems

The service also provides contraception and sexual health services:

- Contraception and Sexual Health advice
- Provision of emergency hormonal contraception
- Provision of condoms, contraception pills, contraception injection, implant insertion and removal
- Pregnancy Testing
- Chlamydia Testing

The nurse will encourage pupils to talk to their parents when they attend Choices, and parents are welcome to attend with pupils. However, if the pupil feels they cannot discuss issues with their parents it will remain confidential, unless the nurse feels that they may be at risk or harm. (DOH guidance on confidentiality, 2004).

If you would like any further information on the Choices service please contact Mrs Van Den Berg or Mrs Gibb at the Academy.

Yours faithfully



Mrs A C Briggs
Principal