

The School Based Youth Health Nurse

Hello,

A warm welcome to everyone, my name is Adrienne and I am the School Based Youth Health Nurse here at Aviation State High School. I am based at the school on Mondays.

The School Based Youth Health Nurse works with students, school staff and parents to:

- Address concerns or problems about health & wellbeing
- Help create a more supportive, healthy school environment
- Promote preventative health measures
- Connect people to other support services outside the school



I work with individuals and school members to identify and act on issues that affect both the individual and the health of the school community. This includes helping with curriculum, teaching and learning activities, supporting an environment and school culture that supports health and wellbeing and working with the community and other services.

I can see young people privately and confidentially to talk about health concerns:

- Mental health and general wellbeing
- Relationships/personal/ family issues
- Sexual health
- Smoking, alcohol & other drug use
- Gender and sexuality
- Sleep hygiene
- Feeling unhappy/stressed
- Puberty & Development
- OR Referral to other services

There will also be regular health information articles in the school newsletters so look out for those.

How to make an appointment:

Students are welcome to stop by my office (next to the guidance officer in C block) to book in a time with me. Alternatively, students can schedule an appointment through admin or ask the Guidance Officer/Head of Wellbeing to make a referral to me. Students can also contact me via email.

Please click here for more details about the role - [School Based Youth Health Nurse Role](#)