

## Student Reading List No.9

### Children's Health

- AUSTIN, H. (2008)**  
Parents' difficulties with decisions about childhood immunisation.  
*Community Practitioner*, vol.81, no.10 (Oct). pp32-35.  
(There are many reasons why parents choose not to immunise their children, including fear, risk, anger, worry and guilt, confusion, difficulty of decision making and trust of professionals. The authors conclude that providing more information is unlikely to change parents' decisions).
- BANES, D. (2008)**  
Switch on to health.  
*Special*, (Jan). pp8-10.  
(Asks what can be done to reduce computer related health problems among school children. The author makes suggestions that are designed to promote healthy computer use in education).
- BASTON, J. (2008)**  
Healthcare decisions: a review of children's involvement.  
*Paediatric Nursing*, vol.20, no.3 (Apr). pp24-26.  
(Baston advises that there are still unresolved issues relating to a child's right to decide about healthcare treatment and nurses may be confused about the extent to which children can and should be involved in decision-making).
- BEKAERT, S. (2008)**  
Meeting the health needs of young offenders.  
*Paediatric Nursing*, vol.20, no.9 (Nov). pp14-17.  
(A recent review of health care for young offenders recommended that youth offending teams should include health care provision which is targeted to meet the particular health care needs of this vulnerable group. This article looks at a pilot scheme in Hackney, London, which was commissioned to explore innovative ways to improve health care for local teenagers, including young offenders).
- BLEWITT, J. (2007)**  
Meningitis: everyone's concern.  
*British Journal of School Nursing*, vol.2, no.5 (Sep/Oct). pp198-204.  
(Provides a brief description of meningitis, its presentation, diagnosis, treatment and outcomes. Discusses methods of prevention and then explores the role of the school nurse in supporting the health protection team, coordinating the care of a disabled child and raising disease awareness).
- BRETTINGHAM, M. (2008)**  
There is help out there for distressed teens.  
*Times Educational Supplement*, no.4776 (22 Feb) pp14-15.  
(Looks at the impact of suicide clusters among teens and how schools respond to the need to support adolescent pupils).
- CASWELL, H. (2009).**  
Effects of poor nutrition on school performance.  
*British Journal of School Nursing*, vol.4, no.4 (May). pp170-174.  
(New school food guidelines are being introduced and all secondary schools must adhere to them by September 2009. This article provides an overview of what these new guidelines entail, as well as the positive effects of a healthy balanced diet and good breakfast).

8. **CLEARY, V. and STOCKER, K. (2008)**  
Infection: is your school prepared for an outbreak?  
*School Health, vol.4, no.2. pp18-19.*  
(With increasing concern about outbreaks of illness and flu pandemics, school nurses need to be proactive in ensuring adequate infection control procedures in their schools).
9. **COLTON, A., SHEFFIELD, A., and ELLIOT, L. (2008)**  
Eating disorders in school-age children.  
*British Journal of School Nursing, vol.3, no.2 (Mar/Apr). pp88-92.*  
(Eating disorders can have serious effects on a child's health and if undetected could result in hospitalisation or even death. This article outlines the types of eating disorder seen in school age children and the risk factors for their development, early signs of such disorders, and suggestions for effective interventions).
10. **CURTIS, B., and POLLOCK, K. (2009).**  
Understanding sun exposure in adolescent girls in the UK.  
*British Journal of School Nursing, vol.4, no.4 (May). pp175-180.*  
(Explores the factors influencing adolescents' 'sun behaviour').
11. **FRANKEL, H. (2009)**  
Number 1 priority.  
*Times Educational Supplement, no.4837 (1 May) [TES Magazine] pp11-17.*  
(School toilets are an essential facility for pupils' health and wellbeing but are often neglected. The author discusses standards for school toilets and looks at whether schools are meeting them or not).
12. **FRANKEL, H. (2008)**  
Pedalling a better lifestyle.  
*Times Educational Supplement, no.4792 (13 Jun) [TES Magazine] pp6-9.*  
(Initiatives that promote cycling among schoolchildren).
13. **HACKETT, A.J. (2008)**  
Risk, its perception and the media: the MMR controversy.  
*Community Practitioner, vol.81, no.7 (Jul). pp22-25.*  
(How does the media contribute to parents' perception of the risk of having their children immunized? To counter negative media stories, health care professionals need to provide clear, evidence based information and acknowledge any areas of uncertainty).
14. **HARRIS, J., GRAHAM, H., and LIGHT, M. (2009)**  
Promoting better breast awareness in teenagers.  
*British Journal of School Nursing, vol.4, no.3 (Apr). pp124-129.*  
(Report of a study by Breast Cancer Care into the information needs of young people around breast awareness and breast cancer).
15. **HORRIDGE, D. (2008)**  
Tackling obesity in children: what can schools do?  
*British Journal of School Nursing, vol.3, no.3 (May/Jun). pp121-124.*  
(What are the causes of childhood obesity, what is being done to tackle the problem, and what more can schools do, especially with regard to providing physical exercise and promoting fitness).
16. **HOSKINS, G., and others (2009)**  
Engaging pupils with asthma in physical activity.  
*British Journal of School Nursing, vol.4, no.1 (Feb). pp23-27.*  
(Studies suggest that pupils suffering from asthma are more likely than other children to avoid or miss physical activity in schools. School staff need to be more aware of the condition to support pupils in their management of asthma and to promote their participation in school physical activities).
17. **HOULSTON, A. (2009)**  
Cook to order: meeting the nutritional needs of children with cancer in hospital.  
*Paediatric Nursing, vol.21, no.4 (May). pp25-27.*  
(A survey by the children's cancer charity CLIC Sargent found that hospital food for children with cancer was of poor quality, unhealthy, unsuitable for sick children and lacking in choice. This article describes the approach taken by one hospital following similar findings from a local survey, which introduced innovations including new menus and a cook-to-order service).

18. **JACKMAN, R. (2009)**  
Anorexia nervosa: diagnosis and management.  
*British Journal of School Nursing, no.5 (Jun). pp234-236.*  
(A brief overview of anorexia nervosa, its symptoms and management).
19. **JAROSZEWICZ, R. (2008)**  
Developing a knowledge base: caring for children with HIV.  
*British Journal of School Nursing, vol.3, no.4 (Jul/Aug). pp162-167.*  
(Literature review of HIV and some of the surrounding issues. There are over 1,000 children who are HIV-positive in the UK, but those who choose to disclose their status are often discriminated against and bullied).
20. **LAURENT, C. (2008)**  
Smells like teen spirit.  
*Health Service Journal, (4 Sep) pp20-22.*  
(Reports on moves to target health services to meet the needs of young people, which often fall between child and adult services).
21. **LEARNER, S. (2008)**  
Ambitious plans for fighting obesity.  
*Children & Young People Now, (30 Jan) pp13.*  
(The government has announced ambitious plans to tackle the growing problem of obesity. Do the planned changes go far enough to make a real difference to the future health of England's children and young people?).
22. **LOUIS, S. (2008)**  
Childhood phobias.  
*Practical Pre-School, no.94 (Nov). pp20-21.*  
(Gives some common examples of childhood fears and phobias, asks why some children suffer from them and briefly discusses how they can be addressed).
23. **McDONAGH, J.E., and HACKETT, J. (2008/9)**  
Growing up in school with a chronic condition.  
*British Journal of School Nursing, vol.3, no.8 (Dec/Jan). pp385-392.*  
(Considers the role of professional staff, including teachers, doctors, physiotherapists, social workers and youth workers in supporting pupils in secondary schools. Increasing numbers of young people have chronic conditions, which need to be addressed in schools to prevent education being disrupted).
24. **MEGHJI, S. (2008)**  
A good start to the day.  
*Children & Young People Now, (19 Mar) pp20-21.*  
(Looks at this year's winners of the National Breakfast Club Plus Awards).
25. **MIDDLETON, K. (2008)**  
Eating disorders: What to do when your child won't eat.  
*Childright, no.248 (Jul/Aug). pp22-23.*  
(Describes what eating disorders are, the risk factors associated with developing an eating disorder, the increasing numbers of younger children affected, and what treatment is available. Full recovery is possible, but that there is an urgent need for more services to deal with eating disorders among children).
26. **MORRIS, S. (2008)**  
In harm's way.  
*Special Children, no.183 (Jun/Jul). pp32-35.*  
(Definition of self harm, prevalence and the factors that increase and reduce the risk of primary school age children engaging in this behaviour).
27. **MORRIS, S. (2008)**  
Tackling deliberate self-harm.  
*Special Children, no.184 (Aug/Sep). pp32-35.*  
(Outlines what schools can do to tackle deliberate self harm and suicidal behaviour among primary school children).

28. **O'BRIEN, M. (2008)**  
 School meals: helping young bones.  
*British Journal of School Nursing*, vol.3, no.6 (Oct). pp278-280.  
 (New mandatory standards for all food and drink served to school pupils in England are now in place, and aim to increase vitamins and minerals in pupils' diets, while decreasing the amounts of fat, sugar and salt. This article outlines the standards, and concludes that implementing them presents significant challenges to schools).
29. **PARRISH, A.M., and others (2009)**  
 What factors influence children's activity?  
*British Journal of School Nursing*, vol.4, no.1 (Feb). pp6-10.  
 (Physical activity has an important role to play in children's health and development, and the school environment has an essential role in encouraging children to exercise. This Australian study looks at the effect of the school playground environment on children's activity levels).
30. **PRATT, R. J. (2007)**  
 Examining tuberculosis trends in the UK.  
*Nursing Times*, vol.103, no.38 (18 Sep) pp52-54.  
 (Current trends in TB in the UK and strategies to prevent and control the disease).
31. **PUFFETT, N. (2009)**  
 Five steps to preventing self-harm in custody.  
*Children & Young People Now*, (5 Mar) pp8-9.  
 (Asks what needs to be done to address young offenders' health needs).
32. **SELWOOD, K (ed.) (2009)**  
 Special issue: Childhood cancer.  
*Paediatric Nursing*, vol.21, no.4 (May). 56pp.  
 (This special issue of Paediatric Nursing considers the care and treatment of children and young people with cancer).
33. **SHARMA, Y. and STEWART, W. (2008)**  
 Two years on from Jamie, good health drive begins to bite.  
*Times Educational Supplement*, no.4805 (12 Sep) pp32-33.  
 (Looks at how healthy-eating policies have improved school meals).
34. **SHIEL, V. (2009)**  
 Green gauge.  
*Times Educational Supplement*, no.4830 (13 Mar) [TES Magazine] pp19-21.  
 (Reports on how the Healthy Schools scheme is promoting healthy school food).
35. **SIGMAN, A. (2008)**  
 Hypnotised by the screen.  
*Times Educational Supplement*, no.4807 (26 Sep) [TES Magazine] pp20-22.  
 (Research from New Zealand that examines the effects of watching television for more than two hours a day on the health of children and young people).
36. **SMITH, R. (2008)**  
 Our health challenge.  
*Children & Young People Now*, (12 Mar) pp20-21.  
 (Reports on six primary schools in Kent that are testing the Health Challenge - a four week challenge designed to encourage healthy eating and exercise).
37. **SOLLOWAY, N. (2008)**  
 Gym'll fix it.  
*Young Minds Magazine*, no.93 (Mar/Apr). pp19-20.  
 (A programme in Leeds is helping children to lose weight and addressing the emotional problems that often accompany obesity).
38. **STEPHENSON, J. (2009)**  
 A healthy start in life.  
*Children & Young People Now*, (26 Mar) pp18-19.  
 (The Mini-Mend programme is showing preschool children and their parents how to live healthy lifestyles in an effort to curb obesity).

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39. **THORNTON, H. (2009)**  
Type 1 diabetes, part 1: an introduction.  
*British Journal of School Nursing, no.5 (Jun). pp223-227.*  
(With the rise in the incidence of different forms of diabetes in children and young people, it is importance for school nurses to understand these conditions).
40. **TIMES EDUCATIONAL SUPPLEMENT (2008)**  
The big 5: TES special series. Part 1. Be healthy.  
*Times Educational Supplement, no.4777 (29 Feb) pp1-4.*  
(First article of a six-part series examining what schools are doing about the Every Child Matters outcomes. This section looks at health issues).
41. **WATSON, R. (2009)**  
Unhealthy outlook for South Asians.  
*Children & Young People Now, (11 Jun) pp12.*  
(How best to address health inequalities among South Asian children).

## Useful organisations

**Action for Sick Children**  
[www.actionforsickchildren.org](http://www.actionforsickchildren.org)

**Azad/The Asian Health Agency**  
[www.taha.org.uk](http://www.taha.org.uk)

**Black Health Agency**  
[www.blackhealthagency.org.uk](http://www.blackhealthagency.org.uk)

**Contact-A-Family**  
[www.cafamily.org.uk](http://www.cafamily.org.uk)

**Healthy Schools Website**  
[www.healthyschools.gov.uk](http://www.healthyschools.gov.uk)

**TACADE/The Advisory Council of Alcohol and Drug Education**  
[www.tacade.com](http://www.tacade.com)

**Wellchild**  
[www.wellchild.org.uk](http://www.wellchild.org.uk)

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