

Newsletter secondary education

GGD Kennemerland

GGDflits september 2025 English



We regularly publish a newsletter for schools with interesting topics on parenting and health. This is the GGD Flits to share with parents.

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Youth healthcare in school

Each school has a Youth Health Care (JGZ) team. This team consists of a youth doctor and a youth nurse.

Pupils are offered a **health check** to see how they are doing. Parents and pupils receive more information about this in advance.

This year, **walk-in consultation hours** will also be introduced. Young people can come here with questions about health, growth, stress, sleep disorders, etc. The youth nurse can listen, give advice and refer them to reliable information. More information about this will be provided through the school.

The offer may be different in special secondary education. As a parent, you will receive information about the health check in advance.

Do you have any questions or concerns about your child?

You can always make an appointment with the school's youth nurse or youth doctor. We can give you advice, think along with you, conduct research and refer you if necessary.

[Read more on our page: My child aged 12-18](#)



Parents make a difference in alcohol consumption

For many people, drinking is part of everyday life: with meals, at parties or on the sofa. But did you know that:

- 85% of adults sometimes drink in front of children?
- Almost half of parents do not make a clear agreement with their teenager about not drinking alcohol before the age of 18?
- 14% of parents think it is okay for their underage child to drink occasionally?
- Young people suffer damage from alcohol more quickly than adults?

Consuming alcohol responsibly is therefore not only good for you, but also sets a good example for your child. Studies show that parents who make clear agreements and set a good example really do help their children.

What can you do as a parent?

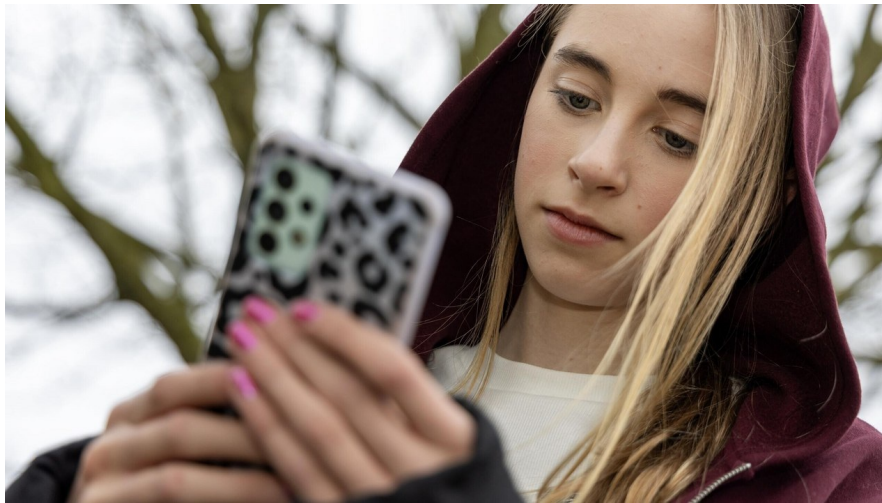
- Talk about alcohol and start doing so early on.
- Set boundaries and make agreements with each other.
- Talk to other parents about parenting and substance use.
- Think consciously: what does my child see when I drink?
- Take part in a challenge such as IkPas or Zomer zonder Alcohol (Summer without Alcohol).

Want to know more? Read all the results at www.ggdkennermerland.nl

Together, we can ensure a healthy start for our children.

For tips, please also visit:

- [Alcohol, drugs, smoking, gaming – Tips for parents](#) Helderopvoeden.nl (in Dutch)
- [Alcohol and young people- Expertisecentre Alcohol](#) (in English)
- [Tips for parents](#) (in Dutch)
- [Tips voor ouders | NIX18](#) (in Dutch)



Healthy Screen use

Children grow up in a digital world. Screens are part of their lives, from watching videos to chatting with friends.

But how can you, as a parent, ensure healthy screen use? And what is healthy screen use? The GGD Kennemerland website provides more information and tips, such as:

- How long should my child be allowed to use a screen?
- Tips for healthy screen use
- Links to websites for more information (in Dutch)

[Read more](#)



National parents' evening: No to vaping

The Ministry of Health, Welfare and Sport (VWS) is organising a free online parents' evening in collaboration with the Trimbos Institute.

- **Wednesday 1 October**
- **7.30 p.m. - 8.30 p.m.**
- In Dutch

During this evening, parents will receive advice from experts and tips from other parents on how to talk to their children. A pulmonologist will also talk to parents about the harmful effects of vaping, and a neuropsychologist will discuss why adolescents are particularly susceptible to addiction.

[Register for National Parents evening](#)



Course offerings in Haarlemmermeer

At the end of September starts in Dutch, a courses for parents will start Hoofddorp.

- 30 October - Parents course **Omgaan met pubers/ Dealing with teenagers** (in Dutch) For parents of children aged 12-18. 6 group meetings

[Read more](#)

Courses offered outside Haarlemmermeer

Looking for courses outside the municipality of Haarlemmermeer?

Take a look at: **Growing up together/ Samen (op)groeien**

This is the place for parents, carers, children and young people to find workshops or training courses on parenting and growing up. There are many different workshops and training courses, but also many different providers.

Samen (op)groeien collects these offerings in Heemskerk, Beverwijk, Uitgeest, Velsen, Haarlem, Bloemendaal and Zandvoort, so you can easily make your choice!

[To the website of Samen\(op\)groeien](#)

Agenda

1/10

Online parents evening; No to vaping

Free online parents' evening 1 October at 7:30 p.m.

[Sign up](#)

Contact

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Uitgebracht door:



Onderdeel van:



Deze e-mail is verstuurd aan {{email}}.

Als u geen nieuwsbrief meer wilt ontvangen, kunt u zich [hier afmelden](#).

U kunt ook uw [gegevens inzien en wijzigen](#).

Voor een goede ontvangst voegt u A0udelansink@ggdkennemerland.nl toe aan uw adresboek.