

A dose of Health & Wellbeing

Your bitesize guide to a healthier lifestyle from the school nursing team for secondary school students .

April 2023

Hello and welcome

This newsletter contains useful information, hints and tips for keeping healthy from the School Nursing team.



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Exams: Managing your mental health

The exam season can be extremely stressful. If you are struggling, here are some resources that can help.

[Charlie Waller](#) has some simple tips for how to take care of yourself when exam season approaches, and how to reach out for help and support if things get too much.

There is lots of support for exam stress on the [Mind website](#). Their article on [14 ways to beat exam stress](#) is particularly helpful.

We also have a really informative [blog on coping with exam stress](#) on our website.

Getting active

Being active reduces the risk of obesity, heart disease, diabetes and other medical conditions later in life. But did you know it can also improve your mental wellbeing?

- Try and aim for at least 60 minutes of moderate or vigorous activity each day.
- Vary the type of activity and intensity you do.
- Reduce the amount of time you spend sitting or lying down by taking regular breaks to get up and walk around and be active.

Search for the following apps in your App store which might help you to find ways to be more active.



Couch To 5k

A programme for beginners that can be completed in as little as 9 weeks



Active 10

Track your steps set goals, and tips to boost activity

Avoiding ticks

Preventing tick bites and removing ticks correctly is crucial to avoiding Lyme disease. [Watch this short YouTube film to see how to prevent tick bites and what to do if you're bitten.](#)

[Find out more from Lyme Disease UK.](#)

What is an eating disorder?

It is completely normal to have days when we eat more or less or your appetite varies. But some signs you may have a problem are:

- Focussing a lot on controlling what or how much you eat
- Having urges to get rid of the food from your body
- Feeling unable to stop eating
- Using food to manage your emotions
- Feeling guilty for enjoying food

If you're worried that yourself or someone you know may have an eating disorder, visit: [What To Do If You're Experiencing Eating Problems | YoungMinds](#)

Hayfever

10-15% of us are affected by hay fever. It's usually worse between late March and September, especially when it is warm, humid, and windy. It's caused by airborne allergens from grasses, trees, weeds, plants and outdoor moulds that are wind pollinated.

It may be mistaken for a cold. It can be very distressing and make you feel pretty miserable.

Symptoms

- Sneezing
- Itchy nose/ throat
- Blocked or runny nose
- Post-nasal drip (mucus running down back of throat)
- Red/itchy/watery eyes
- Cough
- Wheezing/asthma symptoms/tight chest
- Headache/blocked sinuses
- Nose bleeds
- Blocked/itchy ears



What can help?

- Monitor pollen forecasts, and stay indoors if possible when the pollen count is high. Counts are usually higher on dry warm days and rain washes pollen from the air.
- Keep windows closed indoors, especially in early morning and evening.
- On high pollen days, shower and wash your hair after arriving home and change clothing to remove pollen from your hair, body and clothing.
- Wear wrap-around sunglasses to keep pollen out of the eyes.
- Wear a hat with a peak or large brim to keep pollen from the eyes and face.
- Apply an allergen barrier balm around edge of nostrils to trap/block pollens.
- Keep car windows closed and the air intake on recirculate.
- Remove pollen from pets with a damp cloth when they have been out.

Medication

Medication can control symptoms and reactions but are not a cure.

Antihistamines block the allergic response & come in tablet, liquid, or nasal form. Nasal steroids reduce inflammation. Eye drops are available over the counter or on prescription.

Seek advice from a pharmacist or your GP before you use any.

Visit [Allergy UK](https://www.allergyuk.org) for more advice and information.

Epilepsy

If you have epilepsy it is very important that school staff are made aware of this and that you have an epilepsy care plan in school, whether you have emergency medication or not.

Please contact the school nursing team for support if you need it.

Adrenaline pens

If you have an adrenaline pen prescribed for severe allergic reactions, don't forget to make sure your pen is in date and that the school is made aware of any changes to your treatment/dose so your care plan is always up to date.

Check out our school nursing TikTok video: [How to use an adrenaline auto-injector 🙌 #allergy #allergyawarenesswe... | TikTok](#)

Please contact the school nursing team for further support if you need it.

Are you up to date with your immunisations?

Vaccines prevent you from becoming ill from infectious diseases. They help to save lives.

Worryingly we are starting to see outbreaks emerging locally of infectious diseases such as measles. So make sure you are protected.

You can check your red book (PCHR), speak to your GP or our local child health service (0300 5611851) on to check whether you have received all of your recommended immunisations. If you were vaccinated outside of the UK it is important that you provide evidence to your GP practice so that they can check whether you need any other vaccinations.

To find out more visit the [NHS Conditions website](#)

Visit [Health for Teens](#) for answers to some commonly asked questions

You can also contact the school aged immunisation team on:

0300 365 0077 or consentschoolimms@berkshire.nhs.uk



14 THINGS TO DO WHEN YOU'RE HAVING A BAD DAY



GET DRESSED



DRAW OR PAINT



READ A GOOD BOOK



MEDITATE



LISTEN TO MUSIC



TAKE A NICE HOT,
LONG BATH



SPEND TIME WITH
FAMILY & FRIENDS



DO AT LEAST A 15
MINUTE WORKOUT



GO OUTSIDE FOR A
WALK



CREATE A LIST OF
GOALS



WATCH A
MOTIVATIONAL VIDEO



PREPARE A
HEALTHY MEAL



LEARN SOMETHING
NEW



TURN OFF YOUR
PHONE



We all have bad days. But if it feels like you're always having more bad days than good days, or your low mood won't go away, you could be depressed.

To find out more and what you can do to get better and how to seek support visit the [Young Minds website](#).

Sleep – are you getting enough?

Not getting enough sleep can have a huge impact on how you feel both emotionally and physically. Sleep can help you feel energised, be less likely to get infections, as well as help your brain to retain information.

Here are some tips for a good night's sleep:

- Have a routine. Try going to bed at the same time each night and winding down an hour before bed
- Reduce screen time and turn off electronics 30- 45 minutes before bed
- Create a good environment – keep it cool and dark, with comfortable and clean bedding
- Reduce how much caffeine you drink, especially in the evening
- Get some natural light during the day, open the curtains as soon as you wake up and aim to spend some time outside
- Stay active and get regular exercise, it really helps with sleep
- Use your bed for sleeping only, not other activities such as homework
- If you find it difficult to fall asleep, try distracting yourself with an activity that doesn't make you feel any emotions such as counting backwards from 1000 in 7s, listing songs or films you enjoy, naming the football teams in each league, thinking of capital cities or countries that begin with each letter of the alphabet
- Have a maximum of a 2 hour lie in at weekends or in school holidays

[The Teen sleep hub](#) gives some excellent advice and tips and has a free e book all about teenage sleeping; they even have a weekly live chat session.

For further support and advice you can also contact your school nurse



Leaving school after your exams?

School may soon be a dim and distant memory but the help and support you have received from NHS services will continue. Without your school nurse team to support you it's now more important than ever that you know how to access help when you need it.

GP

Everyone should be registered with a general practitioner, often known as a family doctor, for all our non-emergency health needs.

[If you don't have a GP you can find one here.](#)

If you don't have a GP and need advice, the [NHS 111](#) telephone service is available 24 hours a day, every day of the year and is intended for 'urgent but not life-threatening' health issues.

Sexual health advice

For all information and services relating to sexual health advice including contraception visit [Safe Sex Berkshire](#).

Dentists

Dental care is also provided on the NHS. [Find your nearest NHS dentist and find out how to book your appointment here.](#)

Mental health

It's just as important to look after your mental health as well as your physical health. Whether it's spending time on social media, being with friends and family, or going to college, university or starting a job, there are things we do every day that impact on our mental health.

[Young Minds](#) has lots of tips and advice on how to look after yourself.

[The NHS also have lots of advice and support for your mental health.](#)

And don't forget, our website has loads of information and support for your mental and emotional health as well as your physical health and development. [Visit our website here.](#)

How to contact your School Nursing team

We are available Monday to Friday 9am-5pm.
There is reduced cover during school holidays.

Bracknell Forest

0300 365 6000, select option 3
Bracknellforest.SN@berkshire.nhs.uk

Reading

0118 9047320
csnreading@berkshire.nhs.uk

Wokingham

0118 9047330
csnwokingham@berkshire.nhs.uk

West Berkshire

0118 9047325
csnwestberks@berkshire.nhs.uk



You can also use our website to make a referral to our service.

cypf.berkshirehealthcare.nhs.uk/school-nursing



Chat Health

If you're aged 11-19 you can also contact a member of the school nursing team by text message for confidential, anonymous help and advice.

We can offer advice and support on many topics like:

- Sleep
- Low Mood
- Self-Harm
- Body Changes
- Relationships
- Emotional health & wellbeing
- Smoking
- Healthy eating
- Anxiety/Stress
- Drugs & alcohol
- Bullying



Text: 07312 263266

Open 9am-4.30pm Mon-Fri
(excluding bank holidays)