

School Nursing Secondary School Newsletter

for secondary school parents.

December 2022

Hello and welcome

This newsletter aims to provide you and your child with some useful information, hints and tips from the School Nursing team for keeping healthy.



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Health topics covered in this edition:

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Asthma

Managing asthma can sometimes be more tricky in the winter. As the temperature gets colder outside you might notice the cold affects your asthma symptoms, maybe making breathing more difficult or wheezing and coughing more.

To help prevent asthma attacks caused by the cold make sure their mouth and nose are covered loosely by a scarf so that the air is warmed before breathing it in. Drinking lots of fluids is also important to help keep the mucus in their lungs thinner so the body can remove it more easily. Make sure they take their preventer inhaler regularly as directed by their GP and make sure they have their reliever inhaler available at all times.

If they are using their reliever inhaler three or more times a week, book an extra asthma review. And please make sure their asthma is regularly reviewed by their GP or asthma clinic.

For further help managing asthma please [visit Asthma UK](#)



Did you know you can now send a text message to our school nursing service for confidential help and advice?

If you are the parent or carer of a child aged 5-19 you can use our new ChatHealth confidential and anonymous texting service. We can offer advice and support on many topics like:

- Sleep
- Low Mood
- Emotional health & wellbeing
- Healthy eating
- Anxiety and stress
- Drugs & alcohol
- Smoking
- Bullying
- Dealing with medical conditions at school



TEXT

07312 263194

This service runs 9am-4.30pm Mon-Fri (excluding bank holidays).

Getting active

Just 60 minutes a day of physical activity will make a difference to your child's health.

Why not encourage them to start the couch to 5K challenge over the school holidays, or do it as a family? The NHS Couch to 5K will help you gradually work up towards running 5K in just 9 weeks, don't worry if you feel out of shape or unfit.

[Find out more here.](#)

To find out more about some free activities in your area visit [Sport in Mind](#)



Keep an eye on your & your child's vitamin D

To keep bones and muscles healthy, everyone should consider taking a daily vitamin D supplement in autumn and winter, when we cannot make enough vitamin D from sunlight.

And some people should take them all year round, including children up to the age of 4 and people who are at risk of not getting enough vitamin D.

Just 10 micrograms a day is all you need – it's the same for teenagers, children & adults. For more information visit [the NHS website](#)



Getting 5 a day

It is very easy to over indulge over the school holidays (especially if you celebrate Christmas) as there are generally a lot more tempting foods around which are usually very high in fat and sugar.

Try and balance everyone's plate by making up a third of the plate with fruit and vegetables. These are rich in vitamins, minerals and fibre they keep us healthy. They may also reduce the risk of disease and some cancers. For more information on what counts, recipes, portion sizes, visit [NHS Healthier Families](#)

As a rough guide, 1 portion of fruit or vegetable is the amount you can fit in the palm of your hand.

Find healthier swaps by using [the NHS Food Scanner app.](#)



Healthy Snacking

It can be difficult with so many tempting treats in the shops over the festive period to remember the importance of controlling portion sizes and making healthy snack options. Fruit & vegetable snacks are always the best choice but if you do have packaged snacks remember to aim for **just 2 a day maximum**.

Encouraging your child to make their own snacks is often much cheaper and healthier.

For homemade snack ideas, advice on choosing healthier snacks in shops, and top tips visit [NHS Healthier Families](#)



Are you worried about your child or their friends taking drugs or drinking alcohol?

FRANK

[Get honest information about drugs and alcohol from Frank.](#)

- ❖ What are the truths and myths?
- ❖ What to do in an emergency
- ❖ How to deal with peer pressure
- ❖ How to stay safe and protect yourself

To immunity and beyond!

Is your child up to date with all of their immunisations?

Since the COVID pandemic the number of young people accessing routine vaccinations has dropped and we are starting to see outbreaks emerging locally such as measles.

Vaccines are free, prevent you becoming ill from infectious diseases and globally have helped to save lives.

You can check your child's red book (PCHR) or speak to their GP to check whether they have received all their recommended immunisations. If they were vaccinated outside of the UK it is important that you provide evidence to their GP practice so that they can check whether they need any further vaccinations.

To find out more visit the [NHS Conditions website](#) and the [Berkshire Healthcare website](#).

For enquiries, advice & to book appointments relating to immunisations please contact The Berkshire School Aged Immunisation Team.

Telephone: 0300 365 0077 Mon – Fri 9am to 4pm



Keeping safe online

Your child may be lucky enough to be getting a piece of tech like a phone, tablet or laptop for Christmas or maybe as a gift for a different occasion. Don't forget it is extremely important to make sure you are safe online if you use or have any device that accesses the internet.



For information on things like how to protect their online reputation, how to report something, block or delete if something happens that upsets them online, and the law – how to legally access the music, film & TV they want, visit [the UK Safer Internet Centre](#).

Winter bugs & germs

One of the easiest ways to protect yourself & your family and prevent getting sick and stop the spread of infection from those nasty bugs & germs is by washing our hands.

Make sure all the family follow this 'handy' advice!

- Wash your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel.
- Wash your hands: before & after eating, when they are dirty, after going to the toilet, before & after handling food, after you blow your nose, cough or sneeze, after touching pets/animals, their food or equipment, handling rubbish/the bins.
- Maybe watch this video with them to check whether everyone is actually washing their hands properly. [How to wash your hands | NHS - Bing video](#)



Developing a child's emotional wellbeing

Think Ninja is a mental health app designed for 10-18-year-olds to help learn about mental health and emotional wellbeing. It helps develop a range of skills that can be used to build resilience and stay well when experiencing daily life stresses, may be feeling anxious or experiencing low mood.

The app is currently free. For more information and to download the app visit [ThinkNinja](#)



For further top tips on looking after your child's emotional health click here: [NHS website](#)

Know where to go if you need medical advice



Minor cuts and grazes
Bruises and minor sprains
Coughs and colds

Self Care
Stock your
medicine cabinet



Minor illnesses
Headache
Stomach upsets
Bites and stings

Pharmacy



Feeling unwell?
Unsure?
Anxious?
Need help?

NHS 111



Persistent symptoms
Chronic pain
Long term conditions

GP Advice
Out of Hours call 111



Choking
Chest pain
Blacking out
Serious blood loss

A&E or 999
Emergencies only

Winter Safety

With the dark winter mornings and evenings it is really important to make sure your child can be easily seen. Lots of serious accidents happen because drivers don't see another road user until too late. Here are a few tips to make sure they are as safe as possible.

- ❖ Make sure they wear or carry something bright. Fluorescent material is the best as it really helps you stand out and be seen. Yellow and orange are the brightest.
- ❖ Make sure they wear something reflective in the dark. Just a small reflective patch of material will shine in a car's headlight from far away, and will also reflect light from streetlights. Even a piece of reflective ribbon or tape on their school bag or coat sleeve will catch a driver's eye.
- ❖ If they cycle, make sure they have working bike lights, reflectors and a helmet that they actually wear.
- ❖ Tell them to put away your phone & take out earphones when crossing the road to hear the traffic properly.
- ❖ Did you know that they could be breaking the law if they are over 14 and not wearing a seatbelt? If they're under 14, the driver is responsible for making sure they are buckled up.

[This short film shows what happens to the brain without bike helmet during a crash](#)

[This link from THINK! has lots of advice to help you keep safe on the roads.](#)

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 920 7514
csnreading@berkshire.nhs.uk

Wokingham
0118 949 5055
csnwokingham@berkshire.nhs.uk

West Berkshire
01635 273384
csnwestberks@berkshire.nhs.uk



Visit Our Berkshire Healthcare Website

For more help and support for children young people and their families in Berkshire.

cypf.berkshirehealthcare.nhs.uk/school-nursing

Seasons greetings to you and your families. We wish you all a healthy, safe and happy time over the Christmas break.

