



School Nursing Newsletter

NHS

Berkshire Healthcare
NHS Foundation Trust

October 2020

This newsletter aims to provide families and young people with some useful tips from the school nurses for keeping healthy. Childhood is an important time to develop healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential.

The School Nurse Support Line

This was successfully launched in June this year to offer health advice and referral into the service for ongoing support if needed. The feedback we have received has been very positive so please contact us if you need this support.



Mon – Fri 9 - 4.30pm.

0118 9312111 and select 'Option 4'



Managing Asthma in the winter

As the temperature gets colder outside you might notice the cold affects your child's asthma symptoms, there may be an increase in coughing and wheezing or breathing may be more difficult. Please make sure your child's asthma is regularly reviewed by their GP or asthma clinic. 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 your child takes their preventer inhaler regularly as directed by their GP and make sure their reliever inhaler is available at all times. If they are using their reliever inhaler three or more times a week, book an extra asthma review. For further hints and tips about managing asthma please [click here](#)

Flu Vaccine (flu nasal spray)

The school flu vaccine programme is now in full swing, this year it is for all primary aged children and children in year 7. If for some reason your child has missed their vaccine in school please contact the immunisation team on 0300 3650077, they will be able to advise you on the venues for the community immunisation clinics and book an available appointment. The vaccine will not only protect your child from a nasty illness it will reduce the chance of others who are at greater risk from flu such as grandparents and those with other health conditions from flu. To find out who else the flu vaccine is being offered to and more about the vaccine please [click here](#)



NCMP (National Child Measurement Programme) 2020

As you are probably aware due to the current Covid 19 pandemic this programme has been delayed this year. We now anticipate the Year 6 pupils will be measured from January to March 2021 and pupils in Reception from March to July 2021. Some of last year's reception classes missed being measured due to the pandemic, however we have been advised by the government that there will be no follow up programme. If you have any concerns about your child's growth and development and would like some support, please contact your school nursing team using the contact details at the end of this newsletter.



Supporting children/young people's Mental Health

Lock down has had a devastating effect on children and young people's mental health, if you are worried about your child's behaviour or mental health some excellent resources and advice can be found at <https://youngminds.org.uk/find-help/for-parents/advice>

Further support and advice on how to talk to your child if you are concerned, help with difficult behaviour and emotions and sleep is also available by clicking [here](#)

Healthy Eating Week

The British Nutrition Foundation (BNF) ran a healthy eating week 28th September to 4th October, if you missed this why not give their suggestions a try over half term. There are some great suggestions for something new to try each day, check them out on the links.

- ❖ **Monday** Eat more wholegrains [click here](#)
- ❖ **Tuesday** Vary your veg [click here](#)
- ❖ **Wednesday** Drink plenty [click here](#)
- ❖ **Thursday** Move more [click here](#)
- ❖ **Friday** Be mind kind [click here](#)
- ❖ **Saturday** Get active together [click here](#)
- ❖ **Sunday** Eat together [click here](#)



Bullying

Anti-bullying week 2020 is Monday 16th – Friday 20th November, this year the theme is United against bullying.

Bullying has a long-lasting effect on those who experience and witness it, we all have a part to make a difference from parents/carers, teachers, politicians to children and young people. Collectively we can all help reduce bullying. For information and advice on what to do if you think your child is being bullied or vulnerable to bullying and to download a pack for parents and carers [click here](#)

Firework and sparkler safety

Bonfire night will be different this year, because of Covid 19 restrictions and large displays will no longer be going ahead, which are the safest place to enjoy fireworks. If you are planning to have your own display please follow the latest number restrictions and make sure you stay safe, every year firework celebrations still end in painful injuries for too many people including young children. Sparklers can also cause some very serious burns For further information: [click here](#)



Do you need support with bedwetting, daytime wetting or soiling?

Bedwetting or otherwise known as enuresis, affects approximately half a million children and teenagers in the UK. Some people can find bedwetting an embarrassing subject to talk about and this can delay the child, young person or family from seeking help

Bedwetting can have a big impact on a child's self-esteem and on their family life.



For more information, how you can help and when to ask for additional support please click [here](#)

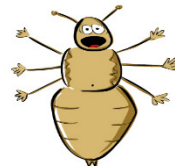
There is also the ERIC website which exists to give every child and teenager with a bowel or bladder condition support. You can visit the ERIC Site [here](#)

National Bug Busting Day 2020 is 31st October!

The aim of this day is to find all headlice and zap them in one fell swoop to stop them tirelessly circulating.

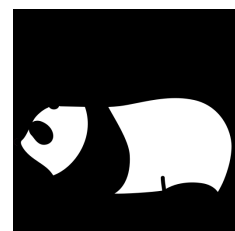
Head lice are really easy to miss and just love any hair, even beautiful clean hair, but you will not necessarily know they are there unless you bug bust. To bug bust you will need a special fine-toothed comb (detection comb) which you can get online or at your local pharmacy then follow the wet combing technique. For information on this and about head lice follow: <https://www.nhs.uk/conditions/head-lice-and-nits/>

or [click here](#)



Panic Attacks?

Do you or do you know someone aged 11-18 years old who suffers panic attacks, if so researchers at Reading University are looking for young people who have panic disorder and a Berkshire based GP to take part in a study to compare 2 psychological treatments. To refer to the study please email panda@reading.ac.uk or if you have any questions.



School Nurse Video

If you missed our school nurse's video you can watch it [here](#)

How to contact your school nursing team.

Bracknell Forest

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

Wokingham

0118 949 5055 csnwokingham@berkshire.nhs.uk

Reading

0118 955 6888 csnreading@berkshire.nhs.uk

West Berkshire

01635 273384 csnwestberks@berkshire.nhs.uk

Business hours are Monday to Friday 9am-5pm with reduced cover during school holidays.

Please visit our website [here](#) for more information on a variety of health issues.

