

School Nursing Newsletter

For Primary Schools

December 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 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.

Welcome to the December edition of our newsletter



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



Want to help develop your child's emotional wellbeing?

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

Due to the COVID-19 pandemic, the app is currently free. For more information and to download the app [visit the ThinkNinja website](#)

For further top tips to support children and young people with their emotional health [visit this NHS website](#)

Dental care

Did you know?

25% of children don't brush their teeth twice a day (Oral Health Foundation, 2015).

In England, 141 children per day have a tooth removed because of tooth decay (Public Health England, 2018).

By the time a child in the UK turns 10 years old, they have already exceeded the maximum recommended sugar intake for an 18-year-old. They are consuming around 2,800 cubes of sugar per year (8 per day), more than is recommended. (Public Health England, 2019)

A 500ml can of energy drink contains on average 13 sugar cubes (Public Health England, 2018)

A 330ml can of cola contains an average of 9 sugar cubes (Public Health England, 2018)

A 200ml juice pouch with added sugar contains on average 5 cubes of sugar (Public Health England, 2018)

What can you do?

- Help your child have a good dental health routine, make sure they brush their teeth twice a day with a fluoride toothpaste.
- Have regular dental check-ups.
- Be sugar smart: reduce the amount of food and drinks that contain free sugars and limit them to mealtimes. This includes sweets, chocolates, cakes, biscuits, sugary breakfast cereals, jam, honey, fruit smoothies and dried fruit.



The Change4Life Food scanner is a great way to check out how much sugar is hidden inside your food and drinks just by scanning the barcode (it lets you know how much saturated fat and salt are contained as well).

For further information and hints & tips on looking after your and your child’s teeth [visit the NHS Live Well site](#).

Unsure how to choose the right service for you or your child?



When you think you need A&E contact 111 first, the NHS will help you right away and if you need urgent care can book you in to be seen quickly and safely. Emergency care services maintain social distancing and ensure you are given the right care in the right place in a timely and safe way

Stay well

Guide to help you choose the right service for you and your NHS

Self-care	Pharmacy	GP	Minor Injuries	A&E/999
Hangover. Cough. Colds. Grazes. Small cuts. Sore throat.	Diarrhoea. Earache. Painful cough. Sticky eye. Teething. Rashes.	Arthritis. Asthma. Back pain. Vomiting. Stomach ache.	Cuts. Sprains. Strain. Bruises. Itchy rash. Minor burns.	Severe bleeding. Breathing difficulties. Severe chest pain. Loss of consciousness.
 Self-care is the best choice to treat minor illnesses and injuries. A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.	 Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time. No appointment is needed and most pharmacies have private consulting areas.	 GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.	 Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide non-urgent services for a range of conditions. They are usually led by nurses and an appointment is not necessary.	 A&E or 999 are best used in an emergency for serious or life-threatening situations.

NHS 111 If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call **NHS 111**.

NHS Choices You can also access health advice and guidance or find your nearest service online through **NHS Choices**.

24 hours a day
7 days a week

Visit www.nhs.uk

Produced by NHS Northern, Eastern and Western Devon Clinical Commissioning Group

[Importance Of handwashing](#)

Time to remind everyone how important it is to continue to wash their hands properly; this little video may help keep them motivated.

[How to wash your hands NHS song](#)

[Do you need support with bedwetting, daytime wetting or soiling?](#)

Bedwetting, 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, but it's nothing to be ashamed of and it's important to get help if you need it.

For more information, how you can help and when to ask for additional support please [visit our website](#).

The ERIC website offers support and advice for children and young people with a bowel or bladder condition. [You can visit the ERIC Site here](#).

Did you know that your child drinking well and staying hydrated can affect bed wetting? For a quick guide to suitable drinks whether your child bed wets or not [Click here](#)

[Important information from the NHS and fire service to help you and your family stay well and safe this winter](#)

With the days now getting colder have a look at some great advice on how you and your family can stay well.

[NHS advice Click here](#)

[Fire safety advice Click here](#)

[The School Nurse Support Line](#)

If you need help to support your child or if you have a concern about your child's health, please contact us on our dedicated phone line for parents/carers and young people in Year 9 and above.

We're here to give you health advice and refer you into the service for ongoing support if you need it.



We're available 9am-4.30pm Monday to Friday.

Call **0118 9312111** and select '**Option 4**' to speak to a School Nurse.

Please note this number is changing **in January** to **0300 365 0010**.

[Visit our website](#) for more help and support for children and young people.

How to contact your School Nursing team

Bracknell Forest

0300 365 6000, 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

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



Finally a lovely picture of one of our school nurses at work from Ben Brooks.

Stay safe everyone