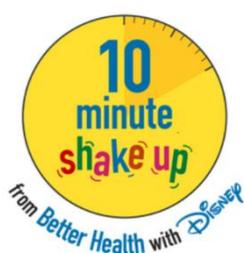


School Nursing Primary School Newsletter

July 2022

Welcome to the Summer edition of our newsletter

This newsletter aims to provide families and young people with some useful information from the School Nursing team for keeping healthy.



10 Minute Shake Up Games

Check out these 10 minute bursts of fun inspired by Marvel, Pixar & Disney characters that will really get the kids moving. They count towards the 60 active minutes kids need each day. [10 Minute Shake Up games – Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)

For other activity suggestions look at:
[Activities for Kids](#) | [Kids' Activities](#) | [Change4Life \(www.nhs.uk\)](#)



Is your child transferring to secondary school next term?

For some young people, starting secondary school can be daunting and stressful. Young Minds have loads of information on how to help young people cope with this change and any other changes and challenges they may face in their life. For top tips for parents and to watch a free webinar on how to support your child through this transition visit: [School Resources to Help With Transitions | Mental Health | YoungMinds](#)

Changing school?

The Anna Freud Centre has a free toolkit full of resources and practical tips to help make this change as smooth as possible for your child.

[Transition toolkit: resources for starting, changing, or leaving school](#)

Dog Safety Code

Be Alert

Always keep an eye on your children around dogs. Never leave them alone together.



Be Safe

Any dog can bite. Accidents happen fast.



Be Aware

Dogs use signals to tell us how they feel. What is your dog telling you?

Are you dog safe?

cfsg.org.uk/dog-safety

Heatwave

Who knows what the summer weather will be like, but do you and your family know how to cope if it gets hot? [Get some tips on how to cope from the NHS.](#)

Heat exhaustion is not usually serious if you can cool down within 30 minutes. But if it turns into heatstroke, it needs to be treated as an emergency. For advice on heat stroke and heat exhaustion visit [Heat exhaustion and heatstroke - NHS \(www.nhs.uk\)](#)



Prevent the risk of skin cancer

Too much ultraviolet light (UV) radiation from the sun or sunbeds is the main cause of skin cancer. When the sun is strong, spend time in the shade, cover up with clothing and use sunscreen with at least SPF 15 and 4 or 5 stars. Experiencing blistering sunburn during childhood/young adulthood doubles the chance of developing melanoma in later life.

How to enjoy the sun safely



Find shade

Take a break under trees, umbrellas or head indoors



Cover up

Wear a loose, long-sleeved top with a hat and sunglasses



Use sunscreen

On bits that aren't covered up. Use plenty with at least SPF 15 and a 4 or 5 star rating



Together we will beat cancer



Healthy snacks

Over the summer holidays it can be easy to get into bad snacking habits, especially when you may have a different routine. For healthy snack ideas and tips go to [Healthier snacks - Food facts - Healthier Families - NHS](#) (www.nhs.uk)

Toileting workshops

Some children struggle more than others when learning to use the toilet. This can be for a variety of reasons and can be very stressful for parents.



The Berkshire Paediatric Continence team offers free workshops for families in Berkshire covering:

- Toilet training: trouble shooting the difficulties you are experiencing
- How to help your child have a healthy bladder and bowel
- Specific information for families with a child or young person with additional needs

The workshops also provide the opportunity for you to ask those difficult questions about toilet training in a safe space. Workshops may be face to face or online.

If you're a parent/carer and you'd like to book or get more details on the workshops [use this link to fill in the form](#)

Water Safety

Every year there are on average 400 accidental drownings in the UK & Ireland and many more life changing injuries. Take these simple summer safety precautions from the Royal Lifesaving Society for yourself and your family:



Look out for lifeguards

If you're looking for a place to cool off always find a lifeguarded swimming site.



Don't go too far

Always swim parallel to the shore, that way you're never too far away from it.



Bring a friend

Always bring a friend when you go swimming so if anything goes wrong you've got someone there to help.



It's colder than it looks

Water at open water and inland sites is often much colder than it looks. Cold water can affect your ability to swim and self-rescue.



It's stronger than it looks

Currents in the water can be very strong. If you find yourself caught in a riptide, don't swim against it, you'll tire yourself out. Swim with the current and call for help.

For further water safety advice for all the family at home, on holiday, at the beach, or in swimming pools visit the [Royal Life Saving Society](#)

There's a helpful [water safety video from West Berkshire CCG here](#).

[The Royal Life Saving Society have a Water Safety Toolkit](#) that teaches skills and confidence to enjoy being around the water safely and that could also one day save somebody's life.

The NetAware challenge

For up to date advice, guidance and tips for parents/carers on how to keep children safe online visit [NSPCC NetAware](#).



**KNOW YOUR KID'S
SOCIAL MEDIA**

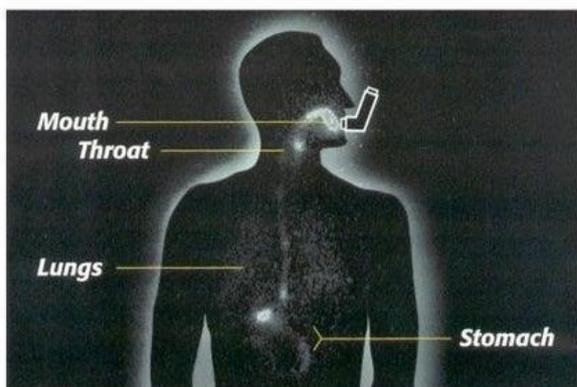
Be Share Aware with
net-aware.org.uk

O₂ 😊 NSPCC

Asthma

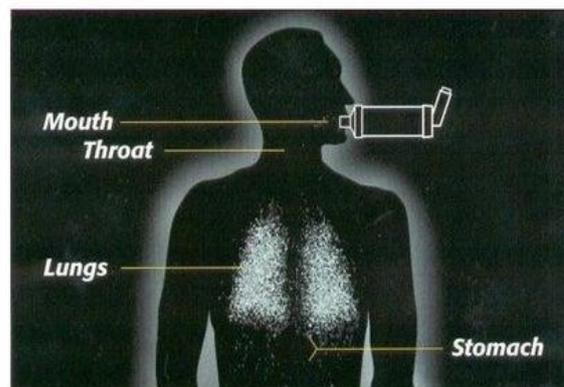
The summer holidays are a good time to book an asthma review if you have not already had an annual one and to ensure your child has a spare inhaler to bring into school next term. There is also increasing evidence on the importance of using a spacer with an inhaler to ensure the medication actually reaches the lungs.

Why use a Spacer with an Inhaler?



Inhaler alone

When an inhaler is used alone, medicine ends up in the mouth, throat, stomach and lungs.



Inhaler used with spacer device

When an inhaler is used with a spacer device, more medicine is delivered to the lungs.

“Comparative respiratory deposition of ^{99m}Tc labeled particles of albuterol using a metered dose inhaler, a metered dose inhaler with Aerochamber® spacer and OptiChamber® spacer in healthy human volunteers using gamma-scintigraphy,” R. Beihn, PhD, Scintiprox, Inc., Indianapolis, IN and D. Doherty, MD, Dept. of Pulmonology, University of Kentucky Medical Center, Lexington, KY, 1997.

Images kindly provided by Respironics HealthScan Inc.

Allies Against Asthma, Center for Pediatric Research, 855 W. Brambleton Ave., Norfolk, VA 23510, 757-668-6435

Asthma + Lung UK has information on [how to use a spacer with a mask](#), and [how to use a spacer without a mask](#) for a baby or child.

Asthma can be triggered by an increase or decrease in temperatures or in thunderstorms, making breathing more difficult or wheezing and coughing worse. For further advice, see [Asthma UK](#).





Are your child's Immunisations up to date?

Childhood diseases are coming back as everyone is now mixing & circulating again after all the COVID-19 restrictions have been lifted. Not all diseases circulating are vaccine preventable, but for those that are, vaccination is the best protection. To check what the routine schedule is and whether any vaccinations have been , visit the [NHS website](#).

Read further information and scientific evidence based facts from the NHS on [why vaccination is safe and important](#).

The roll out of the flu vaccine (nasal spray) programme will start again in the Autumn term, please look out for a consent form to be sent to you via the school next term.

Travelling abroad this summer?

It is especially important to check your family are up to date with 2 doses of **MMR** before you travel. Not only would it be unpleasant to become ill while abroad, but you may risk bringing the infection back with you and exposing all your family and friends.

Measles is highly contagious and can lead to complications such as ear and chest infections, fits, and diarrhoea and dehydration in younger children. On rare occasions it can also lead to infection of the lining of the brain and spinal cord (meningitis) or brain itself (encephalitis) which can lead to long term disabilities or even death.

Since the introduction of the measles vaccine in 1968, 20 million measles cases and 4,500 deaths have been prevented in the UK. However, countries around the world with low MMR vaccine uptake continue to experience large measles outbreaks and epidemic.

Over 99% of those who have 2 doses of the MMR vaccine will be protected against measles and rubella. Anyone who has not had 2 doses of the MMR vaccine can contact their GP surgery to book an appointment. It's never too late to catch up.

Rabies

Check whether rabies is present in the place you are visiting. Remember to avoid contact with animals while abroad. Do not touch, feed or pat wild or domestic animals, even within temples, zoos or sanctuaries. Children are at greatest risk of exposure to rabies as they are more likely to touch animals and may not then tell their parents or carers.

Animal bites

If someone is bitten or scratched by any animal, they should immediately wash and thoroughly flush the area with soap and lots of water.

Medical attention should be sought locally and travellers overseas should not wait until they return to the UK to start a course of rabies post-exposure treatment if it is required.

For some animal bites, a course of antibiotics may be required and for puncture wounds, an assessment of the tetanus risk should be undertaken with a tetanus booster given if indicated.

Bat contact and rabies risk

There is a risk of rabies in the UK from contact with bats. Remember to never touch a bat (alive or dead) with your bare hands. [Find more information on this from Public Health England.](#)

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 a young person or family from seeking help. Bedwetting can have a big impact on self-esteem and on family life, but it is nothing to be ashamed of and it's important to get help if you need it.

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

The [ERIC website](#) offers support and advice for young people with a bowel or bladder condition.

Did you know that drinking well and staying hydrated can affect bed wetting? [Find out more in our blog.](#)

Our school nurses run enuresis (bedwetting) clinics if after following the advice on these sites you still require support.



The School Nurse Advice Line

Our advice line supports children young people and their families who live in West Berkshire, Reading, Wokingham and Bracknell.

It's an easy way to reach us for any health advice, questions and support you need.



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

Call 0300 365 0010



Visit the Berkshire Healthcare website for more help and support for children young people and their families in Berkshire:

cypf.berkshirehealthcare.nhs.uk/school-nursing

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.

**Have a great summer. Stay healthy and safe.
Your School Nursing team**