

School Nursing Newsletter For Primary Schools

NHS
Berkshire Healthcare
NHS Foundation Trust

July 2021

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.

Looking for ideas to keep everyone active over the summer?

This games pack provides fun and easy ways to get active and help your child discover what activity or sport they enjoy. Remember to try and aim for your child to be physically active for at least 60 minutes every day. New games have been launched on 5th July. [Activities for Kids](#) | [Kids' Activities](#) | [Change4Life \(www.nhs.uk\)](#)



**All
Change**

Is your child transferring to secondary school next term?

For some young people starting secondary school can be daunting and stressful, Young Minds have a project called Finding Your Feet which aims to help young people cope with this change and any other changes and challenges they may face in their life. Watch this free webinar on how to support your child through this transition. [Free Parental Webinar](#) For more information on this project visit [Find Your Feet \(youngminds.org.uk\)](#)

Changing school?

You can also access 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](#)

Heatwave

Who knows what the summer weather will be like, but do you and your family know how to cope in hot weather? For tips on how to cope [Click here](#)



Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency. For advice on heat stroke and heat exhaustion [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



Water Safety

Every year there are on average 400 accidental drownings in the UK & Ireland and many life changing injuries . Make sure you and your family take these simple summer safety precautions from the Royal Lifesaving Society

-  **Look out for lifeguards** If you're looking for a place to cool off always find a lifeguarded swimming site.

2.  **Don't go too far** Always swim parallel to the shore, that way you're never too far away from it.
3.  **Bring a friend** Always bring a friend when you go swimming so if anything goes wrong you've got someone there to help.
4.  **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.
5.  **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, in swimming pools [Click Here](#) and for a quick video [Click Here](#)

Look at the free Toolkit that gives the skills and confidence to enjoy being around the water safely and that could also one day save somebody's life. [Life Saver Toolkit](#)

Keeping Safe On line

For up to date advice, guidance and tips for parents on how to keep your child safe on line when on the latest games, sites and apps including TikTok and Fortnite visit the NSPCC Net aware Website. [Net Aware: Your guide to social networks, apps and games](#)



Concerned about a child or young person affected by Covid or another emergency or crisis?

Many young people are feeling more stressed, lonely, anxious, and worried about their future in these uncertain times. Would you like to know more about how to effectively help? There is a free online 3-hour course you can complete at your own pace, no qualifications required. [new online Psychological First Aid \(PFA\) training course](#)



[Are Your child's Immunisations up to date?](#)

To check what the routine schedule is and whether any vaccinations have been missed please [Click here](#)

[Keeping safe when cycling](#)

Most children love to cycle, and it is a great way to keep healthy and fit, here are some safety tips from the Child Accident Prevention Trust to help them learn to cycle safely.



[Cycle safety | Child Accident Prevention Trust \(capt.org.uk\)](#)

Don't forget the cycling helmet children are “top heavy” and more likely to land on their heads if they fall off.

[Road safety Advice](#) (from Child Accident Prevention Trust)

- Start teaching the green cross code stop, look listen and think from the age of **5 years old**
- But they won't always remember safety rules, especially if they're excited or spot a friend across the road
- Ask questions while you're out to help them understand simple ideas like 'fast' and 'slow'
- Children will copy what you do, so try to avoid stepping into the road without checking for traffic first. If you can do the right thing, it will help them get into good habits.
- Children find it difficult judging the speed and distance of traffic until they're **at least 8 years old.**
- Accidents peak around **12 years old**, as children start making independent journeys
- Children learn by doing and practising. If they're moving to a new school, help them practise the route over the holidays. Where are the safe places to cross? What should they do if they see their bus and they're on the other side of the road?
- They can be mesmerised by their mobiles, so remind them not to talk or text on their phones or listen to music while crossing the road

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's 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 [Click here](#).



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

Did you know that drinking well and staying hydrated can affect bed wetting? For a quick guide to suitable drinks [Click here](#)

Are you a parent feeling overwhelmed at the moment?

When things aren't so good out there make inside feel better by creating a free NHS approved personalised Mind Plan. Just answer 5 questions to get top tips and advice for your mental well being. [Get Your Mind Plan - Every Mind Matters - NHS \(www.nhs.uk\)](#)

This includes tips and support on how to deal with change, cope with money worries and job uncertainty and how to look after your mental wellbeing while staying at home. It also includes practical tips and videos from experts on dealing with [stress](#) and [anxiety](#) boosting your [mood](#), [sleep](#) better and what you can do to help others – including advice for [parents](#) and [for children and young people](#).

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

For more help and support for children young people and their families in Berkshire
[Visit our Berkshire Healthcare website.](#)



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.

