

# School Nursing Newsletter

## For Secondary Schools

**March 2022**

### Welcome to our March 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.

### **Coping With Life's Ups and Downs**

Looking after our mental health has never been so important, this #littlebluebookofsunshine booklet gives mental health and well being advice for young people. It shares lots of tips and things to do to feel better and where to get help when needed. Download it for free [Here](#)

### **Healthy snacks**

Over the school holidays it is often easy to get into bad snacking habits especially over Easter if there is lots of chocolate around! For healthy snack ideas and tips go to [Healthier snacks - Food facts - Healthier Families - NHS \(www.nhs.uk\)](#)

### **Exam stress**

Exam pressure can sometimes all get a bit too much, for some great advice on how to manage the stress, keep it in perspective, and revision tips see this information from Young Minds: [Exam Stress | How To Deal with Exam Stress | YoungMinds](#)

### **Immunisations up to date?**



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

For further information facts and commonly asked questions visit <https://www.healthforteens.co.uk/health/immunisation/>

### **Year 9**

In the summer term the immunisation team will be delivering a booster diphtheria/tetanus/polio booster and Meningitis ACWY to year 9. Please look out for a consent form that will be sent via the school email, please complete and return the form as soon as possible. If one or both doses of MMR were missed as a child, the immunisation team will also be making contact via email.

### **Want to get more active?**

We all know the benefits of being active, it reduces the risk of obesity, coronary heart disease, diabetes and other medical conditions later in life, it also increases well-being.



The UK department of health recommends that young people (aged five to 18) should:

- aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity.



Why not try these apps: [Get active - Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)



- **Couch to 5km** a running programme for beginners, it can be completed in as little as 9 weeks.



- **Active 10** this records every minute of walking, walking briskly even for as little as 1 minute counts.

## Hay fever

10-15% of us are affected by hay fever. It's usually worse between late March and September, especially when it is warm, humid, and windy. It may be mistaken for a cold, and it can be very distressing and make you feel pretty miserable. It's caused by airborne allergens from grasses, trees, weeds, plants and outdoor moulds that are wind pollinated.

### Symptoms

- Sneezing
- Itchy nose/itchy throat
- Blocked nose
- Runny nose
- Red/itchy/watery eyes
- Post-nasal drip (mucus running down back of throat)
- Cough
- Wheezing/asthma symptoms/tight chest
- Headache/blocked sinuses
- Nose bleeds
- Blocked/itchy ears



### What can help?

- Monitor pollen forecasts, and stay indoors if possible, when the pollen count is high. Counts are usually higher on dry warm days. Rain washes pollen from the air.
- Keep windows closed indoors especially in early morning and evening.

- On high pollen days, shower and wash your hair after arriving home and change clothing or pollen will stay on hair, body and clothing.
- Wear wrap-around sunglasses to keep pollen out of the eyes.
- Wear a hat with a peak or large brim to keep pollen from the eyes and face.
- Apply an allergen barrier balm around edge of nostrils to trap/block pollens.
- Keep car windows closed and the air intake on recirculate.
- Remove pollen from pets with a damp cloth when they have been out.

## Medication

Medication can control symptoms and reactions but are not a cure. Seek advice from pharmacist or GP before using any.

Antihistamines block the allergic response & come in tablet, liquid, or nasal form (choose a non drowsy, age appropriate one). Nasal steroids reduce inflammation. Eye drops are available over the counter or on prescription.

Visit [Allergy UK](#) for more advice and information.

## **Bladder concerns**

### **Daytime wetting**

Needing to wee all the time, having to rush to the toilet, having damp pants or big accidents can be linked to bladder issues. Sorting this out can often be simple such as sorting out fluid intake. Read more in our [blog](#).

For further advice and support on daytime wetting visit [ERIC \(the Children's Bowel & bladder Charity\)](#).

### **Bedwetting**

Bedwetting is nobody's fault. Bedwetting in most cases is caused by the over-production of urine at night, the inability to wake up or a reduced capacity of the bladder.

It's a common medical condition.

Take a look at the following websites:

- [Why Bedwetting Happens](#)
- [Bedwetting Live Q&A](#)
- [How to encourage good drinking habits to help tackle bedwetting](#)
- [Bedwetting Q&A Back to School](#)

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

## **Leaving school after your exams?**

School may soon be a dim and distant memory but the help and support you have received from NHS Services will continue and it is now more important than ever that you know how to access them.

## GP

Everyone should be registered with a GP (General practitioner – often known as a family doctor) for all your non-emergency health needs. To find a GP follow this link: [Find a GP - NHS \(www.nhs.uk\)](#)

Find out how to book an appointment and what services your Practice offers.

If you don't have a GP and need advice- NHS 111 telephone service is available 24 hours a day, every day of the year and is intended for 'urgent but not life-threatening' health issues.

## Sexual health advice

For all information and services relating to sexual health advice including contraception visit: [Home | Safe Sex Berkshire](#)

## Dentists

Dental Care is also provided on the NHS. To find your nearest NHS Dentist and find out how to book your appointment. [Click Here](#)

## Mental health

It is as important to look after your mental health as well as your physical health. Whether it's spending time on social media, being with friends and family, or going to college, university or starting a job, there are things we do every day that impact on our mental health. Visit Young Minds – for tips and advice on how to look after yourself [www.youngminds.org.uk](http://www.youngminds.org.uk)

The NHS also have advice and support for mental health [Mental health for children, teenagers and young adults - NHS \(www.nhs.uk\)](#)

## How to contact your School Nursing team

**Our School Nurse 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 and support you need.**

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



**Call 0300 365 0010**

## You can also contact your local team

Bracknell Forest

**0300 365 6000, select option 3 [Bracknellforest.SN@berkshire.nhs.uk](mailto:Bracknellforest.SN@berkshire.nhs.uk)**

Wokingham

**0118 949 5055 [csnwokingham@berkshire.nhs.uk](mailto:csnwokingham@berkshire.nhs.uk)**

Reading

**01189 207514 [csnreading@berkshire.nhs.uk](mailto:csnreading@berkshire.nhs.uk)**

West Berkshire

**01635 273384 [csnwestberks@berkshire.nhs.uk](mailto:csnwestberks@berkshire.nhs.uk)**

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



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