

School Nursing Primary School Newsletter



Berkshire Healthcare
Children, Young People and
Families services

December 2022

Hello and welcome

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



Contents

Health topics covered in this edition:

- Asthma
- Our new ChatHealth service
- Getting kids active
- Your child's immunity & immunisations
- Fussy eating
- Vitamin D
- Healthy snacking
- Getting 5 a day
- Your child's hearing & speech
- Winter safety
- Keeping safe online
- Preventing winter bugs & sickness
- Where to get medical advice
- Support with bedwetting
- How to contact a school nurse
- Our website

Asthma

Managing your child's asthma can sometimes be more tricky in the winter. As the temperature gets colder outside you might notice the cold affects your child's asthma symptoms, maybe making breathing more difficult or wheezing and coughing more.

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.

Please make sure your child's asthma is regularly reviewed by their GP or asthma clinic. 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 [visit Asthma UK.](#)



Did you know you can now send a text message to our school nursing service for confidential help and advice?

If you are a parent or carer of a child aged 5-19 years you can use our new confidential and anonymous texting service, ChatHealth. We can offer advice and support on many topics like:

- Bedwetting
- Sleeping
- Growing up
- Emotional health & wellbeing
- Dealing with medical conditions at school
- Healthy eating

TEXT:

07312 263194

*This service runs 9am - 4.30pm
Mon-Fri (excluding bank
holidays).*



Healthy Active Kids

Just 60 minutes a day of physical activity will make a difference to your child's health. For lots of ideas and [free resources](#) how to make this fun and be active visit [Haktive®: Healthy Active Kids](#)

Stuck for ideas when the weather is not so good for going outside? More ideas on what to do can also be found here on the [NHS Healthier Families website](#).



Keep active at home



Indoor activities for kids

We have loads of family-friendly ideas to help you keep the kids entertained and active even when you can't get outside.

To immunity and beyond! Is your child up to date with all of their childhood immunisations?

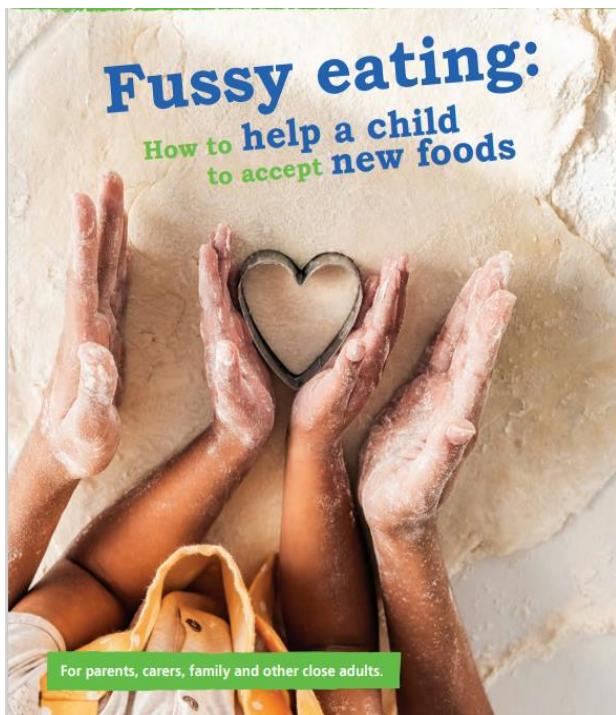
Since the COVID pandemic children accessing routine vaccination has dropped and we are starting to see outbreaks emerging locally eg measles.

Vaccines are free, prevent children becoming ill from infectious diseases and globally have helped to save lives.

You can check your child's red book (PCHR) or speak to your GP to check whether they have received all immunisations. If your child was vaccinated outside of the UK it is important that you provide evidence to your GP practice so that they can check whether your child needs any further vaccinations.

To find out more visit the [NHS Conditions website](#) and the [Berkshire Healthcare website](#).





Is your child a fussy eater?

A lot of children don't like tasting new and unfamiliar foods, and there can be many reasons for this.

For more information and top tips on how to manage fussy eating visit [our website](#).

There you'll find a booklet on how to help a child accept new foods available to download.

Keep trying new foods. It can take 14-20 times for the new food to become accepted.

Keep an eye on your vitamin D

To keep bones and muscles healthy, everyone should consider taking a daily vitamin D supplement in autumn and winter, when we cannot make enough vitamin D from sunlight.

Some people should take them all year round, including children up to the age of 4 and people who are at risk of not getting enough vitamin D.

Just 10 micrograms a day is all you need – it's the same for kids and grown-ups. For more information [visit the NHS website](#).

Healthy Snacks

It can be difficult with so many tempting treats in the shops over the festive period to remember the importance of controlling portion sizes and making healthy snack options. Fruit and vegetable snacks are always the best choice but if you do have packaged snacks aim for **just 2 a day maximum**.

Making snacks yourself is often much cheaper and healthier and it's a fun activity to do with your child.

For homemade snack ideas, advice and choosing healthier snacks in shops, and top tips visit [NHS Healthier Families](#)



Getting 5 a day

It is very easy over the school holidays (especially if you celebrate Christmas) to over indulge as there are generally a lot more tempting foods around which are usually very high in fat and sugar. Try and balance everyone's plate by making up a third of the plate with vegetables and fruit. These are rich in vitamins, minerals and fibre they keep us healthy and may also reduce the risk of disease and some cancers. For more information on what counts, recipes, portion sizes, visit the [NHS Healthier Families website](#).

As a rough guide, a portion of fruit or vegetables for a child is the amount they can fit in the palm of their hand.

Find healthier swaps by using the [NHS Food Scanner app](#)

Your Child's Hearing & Speech



Have you ever wondered about your child's hearing and whether they are listening to you? It may be that your child has a hearing loss that is not yet known about. Hearing loss is often temporary and caused by glue ear. 1 in 5 preschool children have glue ear at any one time and 8 out of 10 children will experience glue ear before the age of 10¹. It could also be a permanent hearing loss. Over half of children with hearing loss acquire it during childhood¹.

We have a better understanding now of how hard it can be for parents to recognise when their child has a hearing loss. Often mild hearing loss in particular can go under the radar but can significantly impact on a child's ability to hear clearly in the presence of background noise and on their ability to learn.

As a parent, what should you look out for?

- When your child says 'pardon?' or 'what?' repeatedly
- When your child is constantly asking to have the television turned up
- You always need to repeat yourself or your child has difficulty following instructions correctly
- Your child watches what others are doing before doing it themselves
- Your child has difficulty concentrating or tires easily
- Delay in speech and language eg difficulty with pronunciation or not linking words together into sentences

If you have any concerns about your child's hearing after reading some of the signs to look out for, talk with your school, Special Educational Needs Co-Ordinator (SENCO) or school nurse. You can also speak with your GP as it may be appropriate to refer to Audiology for a hearing test.

In addition, if you have concerns regarding your child's speech & language development, you may find the following speech and language resources helpful; these are recommended by our local Speech and Language Therapy team. They include ideas and strategies that need to be incorporated into your daily routines.

[Children's language learning - BBC Tiny Happy People](#)
[Berkshire Healthcare: Communication and hearing](#)
[Speech and Language UK: Information and support](#)
[Learning to talk, 3 to 5 years: Start for Life](#)

If after trying these ideas and strategies for 3 months you continue to have concerns, or you are not sure about how to use an idea, please speak to your child's teacher or the Special Educational Needs Co-Ordinator (SENCO) for school who may be able to give you some additional feedback and advice. If a referral to speech and language therapy is needed, the SENCO will liaise directly with the speech and language therapist linked to school, and will make that referral with parental consent.

¹National Deaf Children's Society: www.ndcs.org.uk

Winter Safety

With the dark winter mornings and evenings it is really important to check your child can be easily seen. Lots of serious accidents happen because drivers don't see another road user until too late.

Top tips for keeping safe

- ❖ Wear or carry something bright. Fluorescent material is the best as it really helps your child stand out and be seen. Yellow and orange are the brightest.
- ❖ Wear something reflective in the dark. Just a small reflective patch of material will shine in a car's headlight from far away, and will also reflect light from streetlights. Even a piece of reflective ribbon or tape on their school bags or coat sleeve will make them catch a driver's eye.
- ❖ If they cycle make sure they have working bike lights, reflectors and a helmet that they actually wear. How often do we see them swinging off handlebars, so frustrating isn't it?

Sometimes parents feel really challenged about these sort of safety measures but you just have to be prepared to be unpopular and insist, remember who is the parent?

[This video shows the importance of bike helmets](#)

[This website shows you how to teach road safety in a way that is age appropriate for your child.](#)



Keeping Safe Online

Some children may be very fortunate to be getting a piece of tech like a phone, tablet or laptop for Christmas or maybe as a gift for a different occasion. Don't forget it's extremely important to make sure they are safe online.

For information on how to talk to your child about online safety & wellbeing, and advice on setting up parental controls that work across your WiFi, phone network, individual apps and devices to help keep them safe visit [the NSPCC website](#).

Winter bugs & germs

One of the easiest ways to protect yourself & your family from getting sick and stop the spread of infection from those nasty bugs & germs is by washing our hands.

Follow this 'handy' advice!

- Wash your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel.
- Wash your hands before & after eating, when they are dirty, after going to the toilet (or changing a nappy), before & after handling food, after you blow your nose, cough or sneeze, after touching pets/animals their food or equipment, handling rubbish/the bins.
- [Watch this video from WHO](#) with your child and check how properly they are washing their hands; many children use the just splash water technique!

Know where to go if you need medical advice.



Minor cuts and grazes
Bruises and minor sprains
Coughs and colds

Self Care
Stock your
medicine cabinet



Minor illnesses
Headache
Stomach upsets
Bites and stings

Pharmacy



Feeling unwell?
Unsure?
Anxious?
Need help?

NHS 111



Persistent symptoms
Chronic pain
Long term conditions

GP Advice
Out of Hours call 111



Choking
Chest pain
Blacking out
Serious blood loss

A&E or 999
Emergencies only



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.

How to contact your School Nursing team

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

Bracknell Forest

0300 365 6000, select option 3

Bracknellforest.SN@berkshire.nhs.uk

Reading

0118 955 6888

csnreading@berkshire.nhs.uk

Wokingham

0118 949 5055

csnwokingham@berkshire.nhs.uk

West Berkshire

01635 273384

csnwestberks@berkshire.nhs.uk



Visit Our Berkshire Healthcare Website

For more help and support for children young people and their families in Berkshire.

cypf.berkshirehealthcare.nhs.uk/school-nursing

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

