

School Nursing Newsletter For Primary Schools



February 2021

Welcome to the February edition of our newsletter

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

Looking for easy ways to eat well and move more?

Check out all sorts of great suggestions such as indoor activities for kids, lockdown lunch ideas, recipes with videos, easy to follow instructions and shopping lists. [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. [Click here for a 'Mind Plan'](#)

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](#), [sleeping](#) better and what you can do to help others – including advice for [parents](#) and for [children and young people](#).

Unsure and confused what to do if you or a family member are unwell or unsure where to go to seek help?

Remember the NHS is still providing safe care, here is some advice to help you know what to do and where to go.

[Click here](#)

Is your child in reception year?

Please ensure you complete your electronic reception year health questionnaire; this is submitted to the school nursing team. Please contact your school if you need the link sent to you again or if you have not received it, the questionnaire can be completed on a phone, tablet, or pc. Paper copies will also be available through your child's school.



Immunisations up to date?

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

Are you a Black, Asian or Minority Ethnic child, young person, parent or carer, affected by Covid-19?

Speak to someone about your worries, problems and stresses during this time, they can provide emotional support, practical advice and signposting to other organisations who can provide further help.

Barnardo's COVID-19 helpline and webchat for those 11+.

Call 0800 1512605 or chat online: [Click here](#)

Epilepsy Care Plans

Please ensure that there is an up to date epilepsy care plan in school if your child is epileptic, whether emergency medication is required or not. Please contact your school nurse for assistance in completing this plan if there is not one in place.



Vitamin D: Are You Getting Enough?

The current government advice on Vitamin D is:

Adults (including women who are pregnant or breastfeeding), young people and children over 4 years should consider taking a daily supplement containing 10 micrograms (400 units; also called international units [IU]) of vitamin D between October and early March because people do not make enough vitamin D from sunlight in these months.

Adults, young people and children over 4 years should consider taking a daily supplement containing 10 micrograms (400 units) of vitamin D throughout the year:

- if they have little or no sunshine exposure including because they:
- are not often outdoors, for example, if they are frail, housebound or living in a care home
- usually wear clothes that cover up most of their skin when outdoors
- are spending most of their time indoors because of the COVID-19 pandemic
- if they have dark skin, for example, if they are of African, African-Caribbean or south Asian family origin, because they may not make enough vitamin D from sunlight.

Babies from birth to 1 year should have a daily supplement containing 8.5 micrograms (340 units) to 10 micrograms (400 units) of vitamin D throughout the year if they are:

- breastfed
- formula-fed and are having less than 500 ml of infant formula a day (because infant formula is already fortified with vitamin D).

Children aged 1 year to 4 years should have a daily supplement containing 10 micrograms (400 units) of vitamin D throughout the year.

Some people have a medical condition that means they cannot take vitamin D or should take a different amount from the general population. For further advice please contact your GP.



[Do you need support with your child's 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](#).

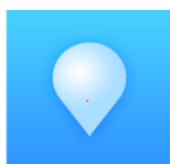
The ERIC website offers support and advice for young people with a bowel or bladder condition. To visit the ERIC website [Click here](#).

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

[Concerns with daytime wetting and/or urgency?](#)

Download a free app (URApp) that can support your child's bladder training by following a timed schedule of emptying the bladder and having regular drinks. The app gives reminders to drink, sets goals and tracks progress in the amount being drunk and loo visits.

[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 **0300 365 0010**



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

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.