

A dose of Health & Wellbeing

Your bitesize guide to a healthier lifestyle,
from your School Nursing team

July 2024

Hello and welcome from your School Nursing team

This newsletter is full of
useful information, hints and
tips for keeping your family
healthy.

What do you think of our newsletter?



Do you find this newsletter
helpful? What would you like
to hear about?

[Let us know here](#)

Thank you!

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Get moving!

Kids need to be active for at least 60 minutes a day. Try and aim for 30 minutes of this outside of school. This should include 3 sessions a week of activity that strengthens muscles and bones, so mix it up!

Research shows that physical activity can help school-aged kids in lots of ways.

- Improves behaviour, self-confidence and social skills
- Develops co-ordination
- Improves health and fitness
- Helps them sleep better
- Improves attention levels and performance at school
- Strengthens muscles and bones
- Maintains healthy weight
- Improves mood and makes them feel good



Healthier Families has short 10 Minute Shake Up games to get active, and information about active hobbies and sports, to help get your family moving!

Better Health
healthier families

[Activities for kids - Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Get Your Family Moving pack



This pack from the Charlie Waller Trust is full of inspiration and ideas to get everyone moving and have some fun.

It was created to encourage children to get moving for their mental health in Mental Health Awareness week. But fitness is not just for one week - movement is always good for our mental health!

[Download the pack here.](#)

Junior Parkrun

If you're looking for a way to get your children more active, tell them about Junior Parkrun. It's a fantastic community event where there is no pressure to 'race' – you can walk, jog or run.

Junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning. The adult Parkrun is 5k and takes place every Saturday morning, children under 14 can also run these if with an adult.

It's positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.

How to join in

Parkrun is free, register online and you'll get a personalised barcode to bring along. And there's no need to book, just turn up on the morning.

Where is Parkrun?

There are currently 1,265 parkrun events around the country taking place every weekend.

There are events around Berkshire in:

- Bracknell Great Hollands Recreation Ground
- Prospect park, Reading
- Thames Riverside Reading
- Woodford Park, East Reading
- California Country Park Wokingham
- Woodford Park Woodley
- Greenahm Common Newbury
- Ockwells Park, Maidenhead
- Salt Hill Park, Slough
- Savill Garden, Windsor
- Dinton Pastures Country Park, Wokingham

[Find out more here](#)



Are you struggling to get your kids to eat veg?

This **free** new online programme is designed to help parents and carers whose children eat little or no veg. Online tutorials and simple steps help your child progress to at least one or two vegetables they will eat on a regular basis.

It's a gentle approach and works in small steps to avoid friction & waste.

[Launch Into Veg \(simplyveglearning.org.uk\)](http://simplyveglearning.org.uk)

The importance of breakfast



Healthy breakfasts make a difference to the quality of a child's diet, their body weight, and helps to support their learning. Skipping it makes getting all the nutrients needed in a day harder.

Here's a guide to good breakfasts:

[Good Breakfast Guide \(Booklet \(Small\)\) \(foodafactoflife.org.uk\)](http://foodafactoflife.org.uk)

For easy breakfast ideas that are perfect for adults and children visit:

[Healthy breakfast ideas - Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Healthy snacks

When you are out of your usual routine such as in the summer holidays, it can be easy to fall into bad snacking habits. But snacks are an important part of a child's diet.

Making snacks at home can often work out cheaper and can be a fun activity to do with children.

[NHS Healthier Families](#) has lots of snack ideas and recipes.

Support with reducing Children's Sugar Consumption

NHS
Berkshire Healthcare
NHS Foundation Trust

Age Group	Sugar Limit
4-6 Years Old	5 cubes (19 grams)
7-10 Years Old	6 cubes (24 grams)
11+ Years Old	7 cubes (30 grams)

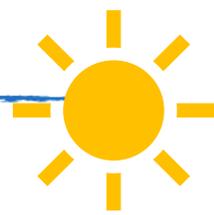
Foods to watch out for...

Food Item	Sugar Limit
Juice Drink	Up to 2-3 cubes
cereal bar	
sugary yoghurt	
sweets	Up to 5-6 cubes of sugar
Choc	
Ice cream bar	

For further information on ways to save money on food visit: [Inspirations sheets HEW \(nutrition.org.uk\)](https://www.nutrition.org.uk)



Keeping everyone safe in the sun



When we do see the sun this summer, stay safe.

- Use sunscreen with SPF 30 or higher, with 4* UVA, to protect your skin from harmful UV rays. 5 teaspoons are needed to cover a child's whole body. [Sunscreen and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- Use sunscreen even when it's cloudy as you can still burn.
- JUST LIKE FOOD, SUN CREAM HAS EXPIRATION DATES TOO!
- Don't forget your hat and sunglasses when you're out in the sun. They help shield your face and eyes from sunburn and glare.
- Drink plenty of water to stay hydrated, especially when it's hot outside. It helps your body stay cool and prevents heat exhaustion.
- Take breaks in the shade to give your skin a rest from the sun's rays. It's important to avoid prolonged exposure, especially during the hottest part of the day which is typically 11am-3pm in the UK.
- Wear lightweight, loose-fitting clothing to keep cool and comfortable in the sun. Dark colours absorb more heat, so lighter colours are better.
- Be mindful of hot surfaces like playground equipment or car interiors. They can quickly become too hot and cause burns.
- Remember to reapply sunscreen every two hours, or more often if you've been swimming or sweating. It keeps you protected throughout the day.
- If you start feeling dizzy, lightheaded, or nauseous, find a cool, shady spot to rest and drink water. These could be signs of heat exhaustion.
- Avoid outdoor activities during the hottest part of the day. Instead, plan activities for early morning or late afternoon when it's cooler.

Heat stroke and heat exhaustion

Heat stroke happens when the body can't cope with the heat demands placed on it. It can be life-threatening and needs to be treated as an emergency. It is commonly caused by not drinking enough fluids and sun exposure.

Children are more vulnerable to the effects of heat, especially younger children and those with health conditions, or children taking certain medications.

Signs and symptoms include:

- Tiredness
- High temperature
- Dizziness
- Nausea / vomiting
- Headache
- Excessive sweating
- Pale or clammy skin
- Rapid heart or breathing rate
- Cramps in limbs and abdominal area
- Excessive thirst
- Irritability

If someone is showing signs of heat stroke or heat exhaustion, move them somewhere cool and offer lots of fluids. Remove any unnecessary clothing and cool the skin with a water sprays or wet cloths. Medical help is not usually required for someone suffering from heat exhaustion if they are cooling down and feeling better after 30 minutes.

DIAL 999 IF SIGNS OF HEAT STROKE INCLUDE:

- No signs of recovery after 30 minutes
- Loss of consciousness
- Seizure
- Confusion
- Poor coordination
- Hot skin that is not sweating and may look red

How to prevent heat exhaustion and heat stroke

- Limit any physical activities during the hottest part of the day (11am-3pm).
- Drink more cold drinks in hot weather – more if exercising.
- Avoid alcohol (as this can dehydrate you further).
- Be aware that electrical equipment indoors can increase the room temperature.
- If it is hotter outside, then close all windows and draw the curtains.

[Heat exhaustion and heatstroke - NHS \(www.nhs.uk\)](http://www.nhs.uk)

CALL 111 FOR HEAT EXHAUSTION ADVICE.

Cycle safety

Cycling is a fun and healthy activity to enjoy as a family, but it's not without risk. Here are some simple ways to enjoy cycling safely.

Wear a helmet

A helmet is the most important piece of safety equipment and should always be worn to protect your child's head in case they fall when riding their bike. Make sure it's a snug fit, covers their forehead and fastens securely under their chin. Be a role model and let your child see you wear your helmet.

Be visible

Wear bright or reflective clothing, especially if cycling in the early morning, late afternoon, or evening. The law requires a white front light and red rear light, rear red reflectors, and two amber reflectors on each bike pedal.

Follow the rules of the road

Teach your children the rules of the road, including riding on the left hand side, stopping at all stop signs and red lights, and using hand signals to show others when you are planning on turning. Remind your children to keep both hands on the handlebars, except when signalling, to maintain control of their bike.

Check your bike

Before you head off, take a moment to check over your bikes. Make sure tyres are inflated correctly and brakes and chains are working well. Check the seat height. Remind your children to tell you if something doesn't feel right with their bike.

Stay alert

As you know it's important to pay attention to your surroundings but make sure you teach this vital skill to your children so they don't rely on you to stay safe. Look out for cars, pedestrians, and other cyclists. Always look both ways when crossing at a junction and use a cycle path whenever possible – they are designed to give you all a safe space to ride away from traffic.

As your child grows older, remind them **not to cycle with headphones or use their phone**. It can be a dangerous distraction and they can even receive a police fine.

Have fun and stay safe!



Staying safe in water

Around 400 people drown in the UK each year.

Children can drown in as little as 2 inches of water in only 20 seconds.

Share these tips from the [Royal Lifesaving Society](#) with your family.



Look out for lifeguards

Never swim unless there is a lifeguard present



Don't go too far

Swim parallel to the shore so you are never too far away from it



It's stronger than it looks

Currents in water can be very strong. If you get caught in a rip tide don't try and swim against it, swim with it and shout for help



Bring a friend

Always bring a friend so if you get into difficulties someone is there to help



It's colder than it looks

Check the temperature of water before you enter. Cold water shock can affect your ability to swim and self-rescue

[Watch this video with your child](#)

For further water safety advice for all the family at home, on holiday, at the beach, or in swimming pools visit the [Royal Berkshire Fire and Rescue Service](#)



10 DROWNING FACTS

307 UK and Irish citizens lose their lives to accidental drowning each year, on average.*

49% of accidental drownings occur between May and August.

83% of those that accidentally drown in the UK are male.

19 people drowned across **4 days** in July 2022 as temperatures exceeded 38°C.

59% of UK accidental drownings occur in inland waters, e.g. rivers, lakes and canals.

Alcohol and or drugs are a factor in **29%** of all UK accidental drownings.

In our analysis, **73%** of drownings occurred in the absence of professional supervision, such as an RLSS UK qualified lifeguard.~

The number of **child drowning deaths in England has doubled** in the last 4 years.^^

In our analysis of outdoor drownings in the UK, **cold water shock** was cited in **38%** of cases.^

44% of those that lost their lives to accidental drowning in the UK never intended to be in the water.

Drowning is preventable.

We provide expert lifesaving education in the UK and Ireland, protecting families from the sudden and devastating impact of drowning.

Notes: Unless otherwise stated, data taken from WAID (2018-2022). * Source: UK drowning data taken from WAID (2019-2023). Irish data taken from Water Safety Ireland (2019-2023). These numbers do not include UK or Irish nationals drowning overseas. ~ RLSS UK analysis of supervision based on n=240 cases of accidental drowning in the UK. ^RLSS UK analysis on cold-water shock based on n=133 cases of accidental drowning in outdoor water in the UK.^^ Source: National Child Mortality Database (NCMD) 2019-20 to 2022-23.

Eczema



Caring for a child with eczema and finding the right treatment and support can be incredibly challenging at times.

What is eczema?

Even if your child does not have eczema, you probably know someone with it, and it is good to understand about the condition.

It's a common skin condition characterised by inflammation, redness, and itching. It is a chronic condition that can affect people of all ages but is often seen in infants and children. It is important to realise that eczema is not contagious.

This video is great to show children to help understand what it is: [Watch it here](#)

Eczema Care Online toolkit

Help to manage a child's eczema, keep their skin healthy and help them live well with eczema with [Eczema Cares Online's toolkit](#)

Support in school

For guidance on how to speak to your child's school about their eczema & how to manage it in school read this information from [Eczema Outreach Support](#)

For further information & advice visit:

[Information & Advice | National Eczema Society](#)

National Child Measurement Programme

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary schools. If your child was recently measured you will only receive a letter from the school nursing team if your child has been flagged as underweight or overweight.

If your child was flagged as underweight, one of the nurses may be in contact with you to discuss this further, but if you have any questions or concerns you can contact the school nursing team or your GP.

If your child was flagged as being **overweight**, please contact your local school nursing team who will be able to offer advice & support.

Support with bed wetting, day wetting and soiling

Bedwetting, otherwise known as enuresis, is very common and affects around half a million children and teenagers in the UK. Around 15% of all 7 year olds regularly wet the bed.

1 in 12 children also live with a bowel or bladder condition

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.

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

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



- Keeping each other safe – get vaccinated

We are worryingly starting to see outbreaks of diseases such as measles and whooping cough emerging locally.

Vaccines are free and help save lives. By vaccinating your child, you give them protection, and also help to protect others who may not be able to get vaccinated or have weaker immune systems.

You can check your child's red book (PCHR), speak to your GP, or phone our local child health service (0300 5611851) to check whether your child has received all their immunisations.



If your child was vaccinated outside the UK you'll need to provide evidence to your GP practice so that they can check whether your child needs any further vaccinations.

In the autumn term your child will be offered the **nasal flu vaccine** spray. Please look out for details from your school. It not only protects your child from flu and its complications like bronchitis, pneumonia & ear infections, but it helps protect children spreading flu to their families and the community.

For more information [visit our website](#)

Is your child moving to secondary school in September?

For some young people, starting secondary school can be daunting and stressful as it is a significant change in their life. Take a look at these websites for some top tips on how to help young people cope with this change and any other changes and challenges they may face in their life.

[Supporting school transitions | Resources | YoungMinds](#)

[Starting secondary school - BBC Parents' Toolkit - BBC Bitesize](#)





ChatHealth



If you have a child aged 5-19 you can contact a member of the school nursing team by text message for confidential, anonymous help and advice.

We can offer advice and support on many topics like:

- Sleep
- Behaviour
- Bullying
- Parenting
- Healthy eating
- Bedwetting
- Dealing with medical conditions in school
- Emotional health and wellbeing

Text: 07312 263194

Open 9am - 4:30pm Mon-Fri
(excluding bank holidays)

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

BracknellForest.SN@berkshire.nhs.uk

Reading

0118 904 7320

csnreading@berkshire.nhs.uk

Wokingham

0118 904 7330

csnwokingham@berkshire.nhs.uk

West Berkshire

0118 904 7325

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cypf.berkshirehealthcare.nhs.uk/school-nursing