

# A dose of Health & Wellbeing

Your bitesize guide to a healthier lifestyle,  
from your school nursing team

July 2023

## Hello and welcome from your school nursing team

We've put together this newsletter to provide families and young people with useful information, hints and tips for staying healthy.

## Emerade adrenaline auto-injector pens RECALL

If your child has been prescribed Emerade 300 or 500 microgram adrenaline auto-injector pens you should contact your GP immediately to obtain a prescription and be supplied with two auto-injectors of a different brand.

## In this issue

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# Staying Hydrated

During the summer when it's hot it's extra important to keep hydrated to stay healthy and feel good.

Not drinking enough can cause headaches, tiredness and difficulty concentrating, as well as cause or make continence problems worse.

Make sure your child drinks regularly throughout the day: 6-8 cups or 1500ml. If they participate in a lot of physical activities then they should drink more than average to replace the fluid they lose whilst sweating during exercise.

## Signs of dehydration:

- Thirst
- Dry mouth
- Tiredness
- Having dark coloured, strong-smelling urine or passing urine less often than usual
- Feeling dizzy or lightheaded
- Dry mouth, lips and tongue
- Sunken eyes



[To read more visit the NHS website.](#)

# Staying safe in the sun



## Make sure everyone stays safe in the sun by:

- Spending time in the shade between 11am and 3pm when UV is the highest
- Covering up with suitable clothing and sunglasses
- Using at least factor 30 sunscreen
- Reapplying sunscreen every 2 hours

For more information on sun safety [visit the NHS website](#)

For advice on heat stroke and heat exhaustion visit [Heat exhaustion and heatstroke – NHS](#)

[Heatwave: how to cope in hot weather - NHS](#)  
([www.nhs.uk](http://www.nhs.uk))



## Heatstroke

Heat exhaustion does not normally require medical attention if your child is able to cool down within 30 minutes. However, if it continues to progress to heatstroke then medical attention must be sought as an emergency.

Signs and symptoms include:

- Headache
- Dizziness and confusion
- Nausea, sickness
- Cramps in the arms, legs and stomach
- Fast breathing or heartbeat
- High temperature
- Being very thirsty
- Weakness

We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.

# SUN SAFETY



Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.



Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.



Reapply every two hours or immediately after swimming or sweating.



No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.



Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.

Seek shade between 11am - 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.



By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see [www.britishskinfoundation.org.uk](http://www.britishskinfoundation.org.uk)

   @BSFcharity

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## Summer water safety

Swimming pools, and the beach are a great place to cool off when it's hot.

**But every year people drown at home and on holiday, and drowning accidents are especially high during the summer.**

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

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](#)

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## Cold water shock

Cold water shock is the reaction of the body when it enters cold water.

Cold water is anything below 15°C. Average UK sea temperatures are 12°C with rivers and lakes being even colder.

Cold water shock can have a dramatic effect on a person's body, such as:

- Causing you to breathe in water
- Making your muscles weaken
- Causing your heart to go into abnormal rhythms



This can ultimately result in death.

Never enter the water to try and save someone, even if you are a strong swimmer, call out "swim to me". This will give them a focus and distraction and try stop them from feeling disoriented.

[Water Safety | Royal Berkshire Fire and Rescue Service \(rbfrs.co.uk\)](https://www.rbfrs.co.uk)

[Summer Water Safety | Royal Life Saving Society UK \( RLSS UK \)](https://www.rlss.org.uk)



## Vaping

Vaping is the inhaling of a vapor created by an electronic cigarette (e-cigarette).

Most e-cigarettes or vapes contain nicotine which is highly addictive and can harm adolescent brain development, which can continue into the early to mid-20s. It has been reported from recent studies that E-cigarettes can also contain other harmful substances besides nicotine, such as lead, nickel and chromium.

### Health risks

- Addiction to nicotine
- Anxiety and Depression
- Impact on memory, concentration, self-control, and attention
- Becoming a smoker
- Sleep problems
- Exposure to dangerous chemicals
- Unknown long term effects

You may find [this film from Smokefree Sheffield](#) on the facts about vaping useful.

# Healthy snacks

Over the summer holidays it is easy to fall into bad snacking habits, especially when all the family may have a change in routine, try and still remember the importance of controlling portion sizes and healthy snacking.

For homemade snack ideas, advice and choosing healthy snacks ideas and other recipes go to: [NHS Healthier Families](https://www.nhs.uk/healthier-families/).

## Support with reducing Children's Sugar Consumption #HEW2023

**NHS**

Berkshire Healthcare  
NHS Foundation Trust



4-6 Years Old



7-10 Years Old



11+ Years Old

### Foods to watch out for...



Up to 2-3 cubes



Up to 5-6 cubes of sugar

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

# Immunisations

Vaccines prevent children becoming ill from infectious diseases and help save lives.

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 they have received all their immunisations.

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



## Is your child leaving school?

When they enter into new environments, such as starting university or work they will begin to mix with a new, wide group of people which can make them more at risk of some infections. Keeping up with the full vaccination schedule and ensuring they have caught up with any missed vaccines can help to keep them well.

For more information [visit our website](#) and the [NHS vaccinations website](#)

# Concussion

If you suspect or recognise your child is concussed, especially following a sports injury, then call NHS 111 within 24 hours. Your child should rest and sleep as much as possible for the first 24 to 48 hours and avoid looking at a screen or using devices.

They should not return to sport within 24 hours and then follow a slow and gradual return to their usual education/work and exercise/sport programme.

## Signs of concussion:

- Headache and/or dizziness
- Mental clouding, confusion, or feeling slowed down
- Visual problem
- Nausea or vomiting
- Fatigue
- Drowsiness / feeling like "in a fog" / difficulty concentrating
- "Pressure in head"
- Sensitivity to light or noise



The symptoms of concussion are very immediate but the onset can be delayed and appear any time after the initial injury.

For more information: [New Concussion Guidelines](#)

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## Helping a child with depression

Depression is very common in young people. Around 1 in 10 young people will experience depression, stress or anxiety before the age of 18.

If you think your child may be suffering from depression, try having an open conversation with them, encouraging them to say what is on their mind. If they are unable to talk to you encourage them to talk to a trusted adult or seek support from their school nurse or GP.

While every young person is different, and their feelings are often expressed differently at different ages, some signs that they may be feeling depressed can include:

- Withdrawing, or avoiding friends or social situations
- Finding it hard to concentrate, and/or losing interest in schoolwork
- Not wanting to do things you have previously enjoyed
- Feeling irritable, angry or frustrated
- Feeling tearful, miserable, lonely or hopeless
- Feeling empty or numb
- Being very self-critical, or feeling less confident
- Sleeping more or less than normal
- Eating more or less than normal
- Feeling tired or not having any energy
- Showing less or no interest in self-care activities like washing
- Wanting to self-harm
- Experiencing suicidal thoughts or ideations

For more information on how to support a young person that is struggling with their mental health visit:

[Young Minds: mental health support for young people](#)

[Depression in children and young people – NHS](#)

[10 ways you can support your child through depression - Charlie Waller](#)







# 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
- Anxiety and stress
- Bullying
- Low mood
- Healthy eating
- Drugs, alcohol and smoking
- 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](mailto:BracknellForest.SN@berkshire.nhs.uk)

### Reading

0118 9047320

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

### Wokingham

0118 9047330

[csnwokingham@berkshire.nhs.uk](mailto:csnwokingham@berkshire.nhs.uk)

### West Berkshire

0118 9047325

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

You can also use our website to make a referral to our service

[cypf.berkshirehealthcare.nhs.uk/school-nursing](http://cypf.berkshirehealthcare.nhs.uk/school-nursing)

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