

A dose of Health & Wellbeing

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

December 2023

**Season's Greetings
from your School
Nursing team!**



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Food rumours: do you know what's true or false?

Check out these rumours, what do you think?

- ? Eating chocolate gives you spots
- ? All fat is bad
- ? Energy drinks are a good source of energy
- ? Missing breakfast will help you lose weight
- ? Eating carbs makes you put weight on

[Find out here what's true here: Video: 5 Food Rumours | Health For Teens](#)

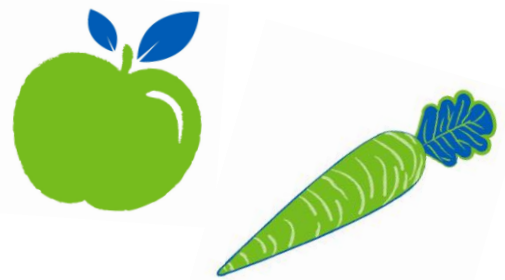
And for information on nutrition, diet and your weight visit:
[Nutrition & Diet | Lifestyle | Health for Teens](#)

Are you vegan/vegetarian, or thinking about it?

Make sure you get a balanced healthy diet, check out this information on the Health for Teens website:

[Becoming Vegetarian: Just The Facts | Health For Teens](#)

[Becoming a vegan- Just the facts | Health For Teens](#)



Getting more active

Did you know that you need to aim to be active for at least 60 minutes every day?

Aim for 60 minutes per day of moderate to vigorous activity. Moderate activity is exercise where you can still talk but not sing, whereas doing vigorous activity it would be difficult to talk without pausing the activity.

Try to break up long periods of time not moving with at least some light activity.

Sport in Mind run free sport and physical activity sessions for young people, which can build up your confidence and self-esteem, help you to meet new people and improve low mood and/or other emotional health concerns. To find out more the activities they have available and where visit:

[Youth Community Sessions | Sport in Mind](#)



Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

Aim for an
average of at least

60

minutes per day
across week

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

Get strong



INACTIVITY

Move more

Find ways to help all children and young people accumulate an average
of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Online safety

It's really important to make sure you are safe if you use any devices that can access the internet.

For information on things like how to protect your online reputation, how to block or report someone, how to deal with something upsetting you online, and the law – how to legally access the music, film & TV you want – visit [the UK Safer Internet Centre](#).



Screen time and your health

Large amounts of time spent in front of screens of any type whether it's a phone, TV, games console, laptop or tablet can have an effect on your wellbeing. Studies show too much screen time can actually have a negative effect on your self-esteem, happiness, feelings of self-worth and possibly increase feelings of anxiety and depression.

It's important to stay connected with friends, and enjoy your screen entertainment – but it's all about moderation.

Try and break up the amount of time you spend in front of a screen, set yourself a daily limit and make sure you have an hour before bed that is screen free.

Friendships and relationships

Every friendship or relationship is different, and it can sometimes be difficult to know what a healthy or unhealthy friendship or relationship looks like. Relationships can be amazing but also sometimes stressful and difficult to navigate.

For more information and advice on building healthy relationships and what an unhealthy one might look like visit:

[Healthy friendships \(thinkuknow.co.uk\)](https://thinkuknow.co.uk)

[Relationship advice for under 21s | Change Grow Live](#)

Consent

Remember you always have the right to say no to anything you are not comfortable with and/or to withdraw your consent at any time. It doesn't matter how long you've been in a relationship, who it is, or what the relationship is.

For more information go to:

[Video: 6 Simple Ways To Understand Consent | Health For Teens](#)

[Consent myths and facts – Brook](#)

Sexting

Sexting is sharing sexual messages, texts, photos or videos. You should never feel pressured into sending something to someone else of a sexual nature. If you receive a sexual message, photo or video, delete it and don't share it.

The Law: Taking or sharing photos of videos of under 18s is illegal.

[Sexting: Just the facts | Health For Teens](#)

[Quiz: Sexting Know the law | Health For Teens](#)

When you can't tell anyone else, Tellmi



Tellmi is a safe anonymous app where you can talk about absolutely anything, from anxiety to autism, self-harm to self-esteem. Sharing can really help you feel better. There are moderators checking everything to keep you safe and in-house counsellors on hand if you need extra support.

Life can be tough but Tellmi makes it easy to talk about whatever is on your mind. Share your problems and get help and advice from a supportive community.

[Tellmi: Better Mental Health on the App Store](#)

Are you up to date with your immunisations?

We are starting to see local outbreaks of some nasty illnesses and diseases such as measles.

Vaccines are free, they prevent you becoming ill from infectious diseases and have helped to save millions of lives globally.

You can check your red book (PCHR) or speak to your GP to check whether you have received all your immunisations. If you were vaccinated outside of the UK, you'll need to provide evidence to your GP practice so that they can check whether you need further vaccinations.



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

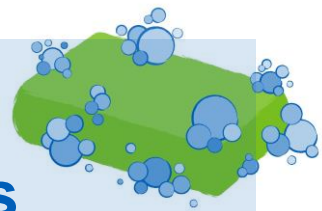
The importance of vitamin D

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

Just 10 micrograms a day is all you need – it's the same for teenagers, children & adults. For more information visit [the NHS website](#).



Ward off winter bugs and germs



One of the easiest ways to protect yourself 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 and after eating, when they are dirty, after going to the toilet, before and after handling food, after you blow your nose, cough or sneeze, after touching pets/animals and their food or equipment, and after handling rubbish/the bins.
- [Watch this video from WHO](#) and find out if you are actually washing your hands properly!

Keeping safe in winter

Lots of serious accidents happen because drivers don't see another road user until it's too late.

The evenings are getting darker, so make sure you stay safe while outside in the dark.

- Wearing or carrying something bright or fluorescent helps you to be seen. Yellow and orange are the brightest.
- Wear something reflective; even just a small reflective patch of material will shine in a car's headlight from far away and reflect light from streetlights.
- If you cycle or use a scooter, make sure they have working lights, reflectors, and wear a helmet.
- Put away your phone and take out your earphones, especially while crossing the road, so you can hear the traffic properly and are aware of what is going on around you.

Did you know that you could be breaking the law if you are over 14 and not wearing a seatbelt?

[This article from THINK! has lots of advice to help keep safe on the roads.](#)

Watch:

[Road Safety Awareness – YouTube](#)

[Think! Teen Road Safety – YouTube](#)

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



Asthma advice in the cold weather

Managing your asthma can sometimes be more tricky in the winter. As the temperature gets colder outside you might notice your asthma symptoms worsen. It might make breathing more difficult or you might wheeze and cough more. Here are some tips to help.

- To help prevent asthma attacks caused by the cold, cover your mouth and nose loosely with a scarf so that the air is warmed before it is breathed in.
- Drink lots of fluids to help keep the mucus in your lungs thinner so the body can remove it more easily.
- Make sure you take your preventer inhaler regularly as directed by your GP and that your reliever inhaler is always available.
- Have regular asthma reviews with your GP or asthma clinic.
- If you are using your reliever inhaler three or more times a week, book an extra asthma review.
- Make sure you have an up-to-date care plan in school.

For further hints and tips about managing asthma please [visit Asthma UK.](#)

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 know the risks of button batteries?

You may have a younger family member or be a babysitter – know the facts!

Not only can they get stuck in a small child's food pipe and cause choking, they can cause internal bleeding and even death if swallowed. Batteries react with saliva to create caustic soda, the same chemical used to unblock drains!

There may be even more in your home over Christmas, so be extra vigilant.

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

csnwestberks@berkshire.nhs.uk

Or text us



You can send a text message to our school nursing service for confidential help and advice via ChatHealth, if you are aged 11-19. We can offer advice and support on many topics like:

- Sleep
- Low Mood
- Self-harm
- Body changes
- Relationships
- Emotional health & wellbeing
- Healthy eating
- Anxiety and stress
- Drugs & alcohol
- Smoking
- Bullying

**Open 9am - 4.30pm
Mon-Fri (excluding
bank holidays).**

Text: 07312 263266

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Visit our website

For more help and support in Berkshire.

cypf.berkshirehealthcare.nhs.uk/school-nursing



Follow us on social media...



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

