

# School Nursing Newsletter For Secondary Schools

**NHS**  
Berkshire Healthcare  
NHS Foundation Trust

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.*

## Mental health and looking after yourself as a young person

2020 was not exactly easy, and many of you are feeling uncertain or anxious about the future, but there are loads of things you can all do to look after your mental wellbeing and taking any time you can for self-care is massively important, especially now.

Knowing what steps can support your mental wellbeing can help you feel better, sleep better and have better relationships with the people around you – and that goes not just for now but for the future too.

Check out this website for videos for all sorts of tips on exercise, sleep and how to take care of yourself on social media.

[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](#).

## 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 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.

### **Unsure and confused what to do if you or a family member are unwell or 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](#)



### **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 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.

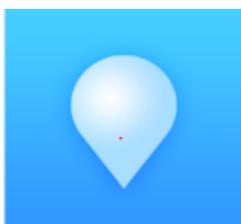
For more information, advice and when to ask for additional support please visit our website [Click here](#).

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 supports 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.



URApp

[Click here](#)



Talking Therapies is a free NHS service here to support the residents of Berkshire **aged 17+** who may be struggling with difficulties including: low mood, anxiety and stress at this unprecedented time.

We have a **NEW** 4 week Stress Less course for those aged **17-25yrs** which you can access via the comfort of your own home. Please see attached leaflet for more information. If you would like to book onto the next available course please click on this [link](#). To find out more about the services offered by Talking Therapies [please visit the website](#).

### [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](mailto:Bracknellforest.SN@berkshire.nhs.uk)

#### **Wokingham**

0118 949 5055 [csnwokingham@berkshire.nhs.uk](mailto:csnwokingham@berkshire.nhs.uk)

#### **Reading**

0118 955 6888 [csnreading@berkshire.nhs.uk](mailto:csnreading@berkshire.nhs.uk)

#### **West Berkshire**

01635 273384 [csnwestberks@berkshire.nhs.uk](mailto:csnwestberks@berkshire.nhs.uk)

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