

A dose of Health & Wellbeing

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

December 2023

Seasons Greetings from your School Nursing team!



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Healthy eating



For advice to help the family eat well visit [Healthy Steps](#). You can sign up to receive information on small steps to improve your and your family's health and well-being from nutrition experts, as well as suggestions on getting the family active and budget-friendly recipes.

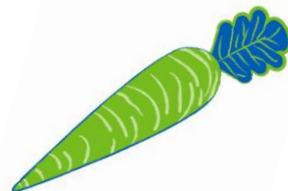
If you struggle to get your child to eat vegetables, visit [Simply Veg](#) - they have lots of advice to help if you are short of time, feeling the squeeze of the cost of living, or facing other challenges.

Is your child vegan/vegetarian, or thinking about it?

Make sure they know how to 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 children need to be active for at least 60 minutes every day?

Aim for 60 minutes per day of moderate 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.

Encourage your child 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 children and young people, which can build up their confidence and self-esteem, help them to meet new people and improve low mood and/or other emotional health concerns. To find out more about the activities 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 young people are safe online if they use any device that accesses the internet.

For information on things like how to protect their online reputation, how to report something, how to deal with something upsetting them online, and the law , also how to legally access the music, film & TV they like – visit [the UK Safer Internet Centre](#).



Screen time

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 child's wellbeing. Studies show too much screen time can actually have a negative effect on a young person's self-esteem, happiness, feelings of self-worth and possibly increase feelings of anxiety and depression.

It's important that they stay connected with their friends and enjoy their screen entertainment – but it's all about moderation.

Encourage your child to break up the amount of time they spend in front of a screen, set them a daily limit and make sure they have an hour before bed that is screen free.

The Royal College of Paediatrics and Child Health have produced this information sheet to help guide parents/carers on how to reduce screen time: [The health impacts of screen time](#)

Friendships and relationships

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

To support your child, why not have a look together at some information and advice on building healthy relationships and what an unhealthy one might look like?

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

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

Consent

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

For more information and points of discussion for you and your child 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. Again, please discuss this with your child so they never feel pressured into sending something to someone else of a sexual nature. If they receive a sexual message, photo or video, they should delete it and not 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 they can't tell anyone else, Tellmi



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

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

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

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 your child is as safe as possible while outside in the dark.

- Wearing or carrying something bright or fluorescent helps your child to be seen. Yellow and orange are the brightest.
- Give them 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 they cycle or use a scooter, make sure they have working lights on the front and back as well as reflectors.
- And be strict on your child wearing their helmet while riding their bike or scooter.

Did you know that they could be breaking the law if they are over 14 and not wearing a seatbelt? If they are under 14, the driver is responsible for making sure they are buckled up

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

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

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

Is your child up to date with their immunisations?

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

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

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.

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



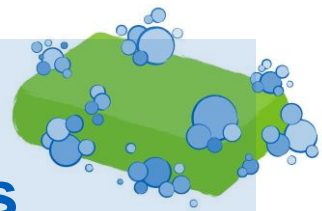
The importance of vitamin D

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 & your family 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 (or changing a nappy), 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](#) with your child and check how properly they are washing their hands.

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?

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 a parent or carer of a child aged 5-19. We can offer advice and support on many topics like:

- Sleep
- Low Mood
- Emotional health & wellbeing
- Healthy eating
- Anxiety and stress
- Drugs & alcohol
- Smoking
- Bullying
- Dealing with medical conditions at school

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

Text: 07312 263194

Visit our website

For more help and support in Berkshire.

cypf.berkshirehealthcare.nhs.uk/school-nursing



Follow us on social media...



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

