

School Nursing Newsletter

For Reading Secondary Schools

NHS

Berkshire Healthcare
NHS Foundation Trust

July 2022

Welcome to our Summer edition of our newsletter

This newsletter aims to provide families and young people with some useful information from the School Nursing team for keeping healthy.

Health for Teens website

For all teen related health issues whether you have any concerns or just want to find out more information on growing up, feelings, managing stress, relationships, lifestyle, health check out the [Health for Teens website](#).

Heatwave

Who knows what the summer weather will be like, but do you and your family know how to cope if it gets hot? [Get some tips on how to cope from the NHS](#).

Heat exhaustion is not usually serious if you can cool down within 30 minutes. But if it turns into heatstroke, it needs to be treated as an emergency. For advice on heat stroke and heat exhaustion visit [Heat exhaustion and heatstroke - NHS \(www.nhs.uk\)](#)



Prevent the risk of skin cancer

Too much ultraviolet light (UV) radiation from the sun or sunbeds is the main cause of skin cancer. When the sun is strong spend time in the shade, cover up with clothing and use sunscreen with at least SPF 15 and 4 or 5 stars. Experiencing blistering sunburn during childhood/young adulthood doubles the chance of developing melanoma in later life. Make sure you enjoy the sun safely.

How to enjoy the sun safely



Find shade

Take a break under trees, umbrellas or head indoors



Cover up

Wear a loose, long-sleeved top with a hat and sunglasses



Use sunscreen

On bits that aren't covered up. Use plenty with at least SPF 15 and a 4 or 5 star rating

Together we will beat cancer



Dentists

The long summer holiday is a good time to try and book a trip to the dentist for an annual dental review. To find your nearest dentist visit [Find a dentist - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Water Safety

Every year there are on average 400 accidental drownings in the UK & Ireland and many more life changing injuries. Take these simple summer safety precautions from the Royal Lifesaving Society for yourself and your family:



Look out for lifeguards

If you're looking for a place to cool off always find a lifeguarded swimming site.



Don't go too far

Always swim parallel to the shore, that way you're never too far away from it.



Bring a friend

Always bring a friend when you go swimming so if anything goes wrong you've got someone there to help.



It's colder than it looks

Water at open water and inland sites is often much colder than it looks. Cold water can affect your ability to swim and self-rescue.



It's stronger than it looks

Currents in the water can be very strong. If you find yourself caught in a riptide, don't swim against it, you'll tire yourself out. Swim with the current and call for help.

For further water safety advice for all the family at home, on holiday, at the beach, or in swimming pools visit the [Royal Life Saving Society](#)

There's a helpful [water safety video from West Berkshire CCG here](#).

[The Royal Life Saving Society](#) have a [Water Safety Toolkit](#) that teaches skills and confidence to enjoy being around the water safely and that could also one day save somebody's life.

KOOTH

kooth

Kooth is here, year round. Even when schools are out.

Find support for your mental wellbeing, no matter what's on your mind.

Visit [kooth.com](https://www.kooth.com) today



If you are feeling sad, anxious or finding life hard you are not alone. Visit Kooth, it's an online mental well being community, offering free safe anonymous support. Some of the things you will find are:

Discussion boards - Start or join a conversation with the friendly Kooth community.

Chat with the team about anything that's on your mind. Message them or have a live chat.

Magazines - Helpful articles, personal experiences and tips from young people and the Kooth team.

Daily Journal Write in your own daily journal to track your feelings and emotions.

www.kooth.com

Charlie Waller Trust

The Charlie Waller trust was set up to help young people understand their own mental health, to equip them to support themselves and those around them, and to empower them to talk more openly about the subject. They are currently offering a number of free mental health webinars aimed at parents and carers, but they can also be attended by young people.

Upcoming topics are:

Transitions to adulthood: How do they feel and how can we help those going through them?

Julie Castleman and Alice Palmer

[Thursday 7 July 12-2pm](#)

[Monday 18 July 6-8pm](#)

Eating disorders in children and adolescents

Jenny Langley

[Wednesday 13 July 12-2pm](#)

[Tuesday 26 July 6-8pm](#)

The teen brain

Lisa Thomson

[Monday 1 August 12-2pm](#)

[Monday 15 August 6-8pm](#)

Adolescence, angst, and anxiety: How to support young people

Gemma Fieldsend

[Wednesday 10 August 12-2pm](#)

[Tuesday 16 August 6-8pm](#)

Supporting a young person experiencing thoughts of suicide

Julie Castleman

[Wednesday 7 September 12-2pm](#)

[Tuesday 20 September 6-8pm](#)

Asking for help: What are the barriers and how can we overcome them?

Alice Palmer and Gemma Howard

[Monday 26 September 12-2pm](#)

[Monday 7 November 12-2pm](#)

Supporting children and young people with special educational needs and disability (SEND)

Jo Billington

[Wednesday 5 October 12-2pm](#)

[Tuesday 18 October 6-8pm](#)

Relationships matter

Lisa Thomson

[Tuesday 11 October 12-2pm](#)

[Monday 24 October 6-8pm](#)

Social media: Connecting us or creating distance?

Alice Palmer, Haleem Clift and Sarah Ashworth

[Tuesday 15 November 12-2pm](#)

[Monday 28 November 6-8pm](#)

Developing resilience in sensitive children and young people

Sarah Ashworth

[Wednesday 7 December 12-2pm](#)

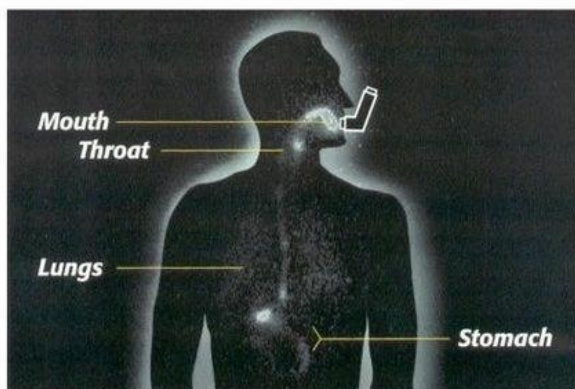
[Thursday 15 December 6-8pm](#)

To find out more and book a place, visit [Free webinars from the Charlie Waller Trust](#)

Asthma

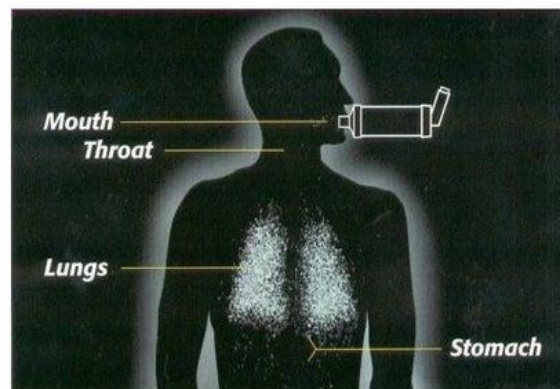
The summer holidays are a good time to book an asthma review if you have not already had an annual one and to ensure you have a spare inhaler to bring into school next term. There is also increasing evidence on the importance of using a spacer with an inhaler to ensure the medication actually reaches the lungs.

Why use a Spacer with an Inhaler?



Inhaler alone

When an inhaler is used alone, medicine ends up in the mouth, throat, stomach and lungs.



Inhaler used with spacer device

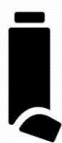
When an inhaler is used with a spacer device, more medicine is delivered to the lungs.

“Comparative respiratory deposition of ^{99m}Tc labeled particles of albuterol using a metered dose inhaler, a metered dose inhaler with AeroChamber® spacer and OptiChamber® spacer in healthy human volunteers using gamma-scintigraphy,” R. Beihn, PhD, Scintiprox, Inc., Indianapolis, IN and D. Doherty, MD, Dept. of Pulmonology, University of Kentucky Medical Center, Lexington, KY, 1997.

Images kindly provided by Respiroics HealthScan Inc.

Allies Against Asthma, Center for Pediatric Research, 855 W. Brambleton Ave., Norfolk, VA 23510, 757-668-6435

[Asthma and Lung UK](#) have some useful videos on how to master the best technique when using a spacer.



Asthma can be triggered by an increase or decrease in temperatures or in thunderstorms, making breathing more difficult or wheezing and coughing worse. For further advice, see [Asthma UK](#)



Are Your Immunisations up to date?

Childhood diseases are coming back as everyone is now mixing & circulating again after all the COVID-19 restrictions have been lifted. Not all diseases circulating are vaccine preventable, but for those that are, vaccination is the best protection. To check what the routine schedule is and whether any vaccinations have been , visit the [NHS website](#).

For further information, facts and commonly asked questions visit [Health for Teens](#).

The roll out of the flu vaccine (nasal spray) programme will start again in the Autumn term. Please look out for a consent form to be sent to you via the school next term.

Travelling abroad this summer?

It is especially important to check your family are up to date with 2 doses of **MMR** before you travel. Not only would it be unpleasant to become ill while abroad, but you may risk bringing the infection back with you and exposing all your family and friends.

Measles is highly contagious and can lead to complications such as ear and chest infections, fits, and diarrhoea and dehydration in younger children. On rare occasions it can also lead to infection of the lining of the brain and spinal cord (meningitis) or brain itself (encephalitis) which can lead to long term disabilities or even death.

Since the introduction of the measles vaccine in 1968, 20 million measles cases and 4,500 deaths have been prevented in the UK. However, countries around the world with low MMR vaccine uptake continue to experience large measles outbreaks and epidemic.

Over 99% of those who have 2 doses of the MMR vaccine will be protected against measles and rubella. Anyone who has not had 2 doses of the MMR vaccine can contact their GP surgery to book an appointment. It's never too late to catch up.

It's also especially important to have 2 doses if you are about to start college or university.

Rabies

Check whether rabies is present in the place you are visiting. Remember to avoid contact with animals while abroad. Do not touch, feed or pat wild or domestic animals, even within temples, zoos or sanctuaries. Children are at greatest risk of exposure to rabies as they are more likely to touch animals and may not then tell their parents or carers.

Animal bites

If someone is bitten or scratched by any animal, they should immediately wash and thoroughly flush the area with soap and lots of water.

Medical attention should be sought locally and travellers overseas should not wait until they return to the UK to start a course of rabies post-exposure treatment if it is required.

For some animal bites, a course of antibiotics may be required and for puncture wounds, an assessment of the tetanus risk should be undertaken with a tetanus booster given if indicated.

Bat contact and rabies risk

There is a risk of rabies in the UK from contact with bats. Remember to never touch a bat (alive or dead) with your bare hands. [Find more information on this from Public Health England.](#)

Starting a new school/college, changing or leaving school?

Periods of transition and change can be challenging for anyone. The Anna Freud Centre has a free toolkit full of resources and practical tips to help make this change as smooth as possible. [Transition toolkit: resources for starting, changing, or leaving school](#)

Leaving school?

If you are finishing your secondary education, the help and support you have received from the NHS will continue and it is important that you know how to access these yourself now.

GPs

Everyone should be registered with a GP, for all non-emergency health needs. To find a GP/family doctor go to: <http://www.nhs.uk/Service-Search/GP/LocationSearch/4>.

GPs deal with a whole range of health problems. They also provide health education, offer advice on smoking and diet, run clinics, give vaccinations, carry out simple surgical operations and also provide sexual health services such as contraception. They usually work in GP practices/health centres. They also work closely with other healthcare professionals, such as health visitors, midwives, [mental health services](#) and [social care services](#).

To find out how to access your GP go to:
<https://www.youtube.com/watch?v=gXHPWbEmp5s>

Mental/emotional health

It's just as important to look after your mental/emotional health as well as your physical health. Whether it's spending time on social media, being with friends and family, or going to college, university or starting a job, there are things we do every day that impact on our mental health.

Visit [Young Minds](#) for tips and advice on how to look after yourself.

Sexual Health

For up-to-date information and advice and to find your nearest service visit [Safe Sex Berkshire](#).

The School Nurse Advice Line

Our advice line supports children, young people and their families who live in West Berkshire, Reading, Wokingham and Bracknell. It's an easy way to reach us for any health advice, questions and support you need.



We're available 9am-4.30pm Monday to Friday.

Call **0300 365 0010**

Visit the Berkshire Healthcare website for more help and support for children young people and their families in Berkshire:

<https://cypf.berkshirehealthcare.nhs.uk/>

How to contact your School Nursing team

Bracknell Forest

0300 365 6000 (select option 3) Bracknellforest.SN@berkshire.nhs.uk

Wokingham

0118 949 5055 csnwokingham@berkshire.nhs.uk

Reading

0118 920 7514 csnreading@berkshire.nhs.uk

West Berkshire

01635 273384 csnwestberks@berkshire.nhs.uk

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

**Have a great summer. Stay healthy and safe.
Your School Nursing team**