

# School Nursing Newsletter For Secondary Schools

**December 2020**

*This newsletter aims to provide families and young people with some useful tips from the school nurses for keeping healthy.*

## Welcome to the December edition of our newsletter



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



## Want to help develop your emotional wellbeing?

Think Ninja is a mental health app designed for 10-18-year olds to help learn about mental health and emotional wellbeing. It helps develop a range of skills that can be used to build resilience and stay well when experiencing daily life stresses, may be feeling anxious or experiencing low mood.

Due to the COVID-19 pandemic, the app is currently free. For more information and to download the app [visit the ThinkNinja website](#)

For further top tips on emotional health [visit this NHS website](#)

## Free Online Self- Harm Support For Young People

Alumina is a ground breaking online support programme for young people who are struggling with self harming behaviour. Live sessions through a web browser connect young people with trained youth workers over six weeks. It helps young people reduce their harming behaviour and find alternative ways of coping. It is open to young people aged 14 -19 years old. Sign up is free, quick & easy. To find out more visit [selfharm.co.uk](http://selfharm.co.uk)

## Dental care

Did you know?

A 500ml can of energy drink contains on average 13 sugar cubes (Public Health England, 2018)

A 330ml can of cola contains an average of 9 sugar cubes (Public Health England, 2018)

A 200ml juice pouch with added sugar contains on average 5 cubes of sugar (Public Health England, 2018)

25% of children don't brush their teeth twice a day (Oral Health Foundation, 2015).

In England, 141 children per day have a tooth removed because of tooth decay (Public Health England, 2018).

By the time a child in the UK turns 10 years old, they have already exceeded the maximum recommended sugar intake for an 18-year-old. They are consuming around 2,800 cubes of sugar per year (8 per day), more than is recommended. (Public Health England, 2019)

### What can you do?

- Have a good dental health routine, make sure teeth are brushed twice a day with a fluoride toothpaste.
- Have regular dental check-ups.
- Be sugar smart: reduce the amount of food and drinks that contain free sugars and limit them to mealtimes. This includes sweets, chocolates, cakes, biscuits, sugary breakfast cereals, jam, honey, fruit smoothies and dried fruit.



The Change4Life Food scanner is a great way to check out how much sugar is hidden inside your food and drinks just by scanning the barcode (it lets you know how much saturated fat and salt are contained as well).

For further information and hints & tips on looking after your and/or your child's teeth [visit the NHS Live Well site](#).

### Are you gambling or concerned about another young person that is?

Gambling impacts both physical and mental health, as well as having a variety of impacts on family members and friends which extend far beyond financial concerns, impacting education, home life and beyond.

The National Gambling Helpline is available to young people, as well as parents, carers and others who may be concerned about a young person's gambling on **Freephone 0808 80 20 133** – 24 hours a day, every day of the year.

Young people, parents and carers can also access information, advice and support via our dedicated website at [www.BigDeal.org.uk](http://www.BigDeal.org.uk)

Young people can also live chat with a GamCare Adviser around the clock via [www.BigDeal.org.uk](http://www.BigDeal.org.uk)



## Unsure how to choose the right service?



When you think you need A&E contact **111** first the NHS will help you right away and if you need urgent care can book you in to be seen quickly and safely. Emergency care services maintain social distancing and ensure you are given the right care in the right place in a timely and safe way.

## Stay well

Guide to help you choose the right service for you and your NHS



Self-care	Pharmacy	GP	Minor Injuries	A&E/999
<p>Hangover. Cough. Colds. Grazes. Small cuts. Sore throat.</p>	<p>Diarrhoea. Earache. Painful cough. Sticky eye. Teething. Rashes.</p>	<p>Arthritis. Asthma. Back pain. Vomiting. Stomach ache.</p>	<p>Cuts. Sprains. Strain. Bruises. Itchy rash. Minor burns.</p>	<p>Severe bleeding. Breathing difficulties. Severe chest pain. Loss of consciousness.</p>
<p><b>Self-care</b> is the best choice to treat minor illnesses and injuries.</p> <p>A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.</p>	<p><b>Pharmacists</b> advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&amp;E department, and save time.</p> <p>No appointment is needed and most pharmacies have private consulting areas.</p>	<p><b>GPs and nurses</b> have an excellent understanding of general health issues and can deal with a whole range of health problems.</p>	<p><b>Minor Injuries Units, Walk-in Centres and Urgent Care Centres</b> provide non-urgent services for a range of conditions.</p> <p>They are usually led by nurses and an appointment is not necessary.</p>	<p><b>A&amp;E or 999</b> are best used in an emergency for serious or life-threatening situations.</p>

### NHS 111

If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call **NHS 111**.



24 hours a day  
7 days a week

### NHS Choices

You can also access health advice and guidance or find your nearest service online through **NHS Choices**.



Visit [www.nhs.uk](http://www.nhs.uk)

Produced by NHS Northern, Eastern and Western Devon Clinical Commissioning Group

## 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](#).

The ERIC website offers support and advice for young people with a bowel or bladder condition. [You can visit the ERIC Site here.](#)

Did you know that drinking well and staying hydrated can affect bed wetting? For a quick guide to suitable drinks [Click here](#)

### **Important information from the NHS and fire service to stay well and safe this winter**

With the days now getting colder have a look at some great advice on how to stay well.

[NHS advice Click here](#)

[Fire safety advice Click here](#)

### **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 **0118 9312111** and select '**Option 4**' to speak to a School Nurse.

Please note this number is changing **in January** to **0300 365 0010**.

[Visit our website](#) for more help and support for children and young people.

### **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.

**Stay safe everyone**