

School Nursing Newsletter

For Secondary Schools

March 2021

Welcome to our March edition of our School Nursing newsletter

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



Sleep

The impact of a good or bad night's sleep has a huge effect on our physical and emotional health. 68% of teenagers don't get enough sleep on school nights.

Good sleep helps:

- the brain retain information - that helps with memory and revision
- growth and a strong immune response
- better sports performance and results
- clearer skin, shinier hair
- make everything feel better, feel energised

Some good tips are:

- ❖ have a routine, getting to bed at the same time each night and winding down an hour before
- ❖ reduce screen time/electronics 30- 45 minutes before bed
- ❖ create a good environment – cool, dark, comfortable bed & bedding
- ❖ reduce caffeine especially in the evening
- ❖ get natural light during the day, open the curtains as soon as wake up, spend time outside
- ❖ stay active and exercise
- ❖ try to use bed for sleeping only not other activities such as homework
- ❖ if you find it difficult to fall asleep, try distracting yourself with an activity that doesn't make you feel any emotions such as counting backwards from 1000 in 7s, listing music you enjoy, football teams in each league, capital cities/countries A-Z.
- ❖ have a maximum of 2 hour lie in at weekends or in school holidays



The Teen sleep hub gives some excellent advice and tips and a free e book all about teenage sleeping; they even have a weekly live chat session.

<https://teensleephub.org.uk/>

For further support and advice please also contact your school nurse.

Berkshire Youth Hub

Berkshire youth hub offers a variety of opportunities to have fun, be healthy and creative, make positive changes to the community and develop skills and aspirations. For the latest information on their clubs, activities and counselling services and more check out their website

<https://www.berkshireyouth.co.uk/about/>



Immunisations up to date?

To check the current routine schedule and whether any vaccinations have been missed please [Click here](#)

For further information facts and commonly asked questions visit <https://www.healthforteens.co.uk/health/immunisation/>

Thinking of becoming or you are Vegan or Vegetarian?

Do you know all the facts?

Vegan

Becoming a vegan [Click here](#)

The vegan diet [Click here](#)

Vegetarian

Becoming vegetarian [Click here](#)

The vegetarian diet [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 already one in place.



Feeling stressed?

April is stress awareness month.

Why not try the 30-day challenge, suitable for parents/carers or young people, pick one action for your physical, mental and emotional health every day? Produced last year in lockdown the activities are still very relevant if not even more so now.

[Click here](#) for hints and tips

There is also a calendar for you to fill in your achievements.

[Click here to access](#)

Concerned about a child or young person affected by Covid or another emergency or crisis?

Many young people are feeling more stressed, lonely, anxious, and worried about their future in these uncertain times. Would you like to know more about how to effectively help?

There is a free online 3-hour course you can complete at your own pace, no qualifications required. To access the Psychological First Aid (PFA) training course [Click here](#)



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](#)

Do you know a young person aged 13-17 with anxiety issues...

Spotlight UK have teamed up with Helen Breward from Pebbles Hypnotherapy to run 6 x 1/1.5 hours of FREE sessions to help young people in groups of 10 via zoom.

We will be funding 3 groups per week for up to 30 young people. If you know a young person who could benefit please contact michaela@spotlightuk.org

Information on Reducing Anxiety Programme

- Hypnosis is just a focused trance state with the hypnoterapist guiding you. We are all very good at putting ourselves into a trance every day e.g. daydreaming, reading a book, spending time on social media are all trance states.
- The difference is that the therapist is guiding you in that process and giving you a set of instructions to follow, teaching you how to make those subconscious changes in your mind, through using your imagination.
- We work at the subconscious level to make those changes to outdated thought processes, habits, and behaviours. Helping you to focus with clarity and determination on your business, using tools and strategies that will help you to move forward in this new climate that is emerging stronger and healthier. Teaching you to rewire your thought processes, reframing that mental self-talk so that you think and feel differently.
- Imagine for a moment, what the impact would be on your life and future, if anxiety were to step down 1 level? How about 2 levels? What if anxiety took a right & proper pace in the back seat? What difference would that shift make? Now imagine the difference that would make to you personally; using strategies to manage worry, stress & anxiety, that benefits you. What would the difference be?
- Teaching you self-hypnosis helps you to make those mindset changes necessary to be successful in overcoming outdated habits, thought patterns and behaviours. Learning practical tools and strategies to use whenever & wherever you need them, adds a greater element to help you further in the process of adaptation and change.
- Most common question is, "Will I cluck like a chicken?" No, that is stage entertainment where participants are very carefully selected from an audience of thousands. Only the most willing and suggestible are chosen and out of those, only 1 or 2 will allow themselves to behave like a chicken or whatever is required.

This is all conducted over a course of 6 sessions which typically follow this pattern:

- Feeding back on your progress since the previous session & any issues you are having.
- Teaching of useful practical tools for you to use whenever & wherever you are.
- Directed Self-Hypnosis, in which you feel comfortable and relaxed, listen & follow along with what I ask you to do. This is recorded for you to listen to daily, which helps to back up and embed the changes you set in place during the session.

Following the session, you will need to continue to listen to your recording every day at a convenient time for you when you can sit back and close your eyes. Finally, you need to practise the tools and strategies learned, which usually take seconds.

- Benefits – providing life long strategies & tools, therefore positively impacting each individuals future positively.
- Providing a safe group setting to let go of mental baggage, learn & move forward.
- Anxiety – Group sessions for up to 10 participants.
- Objective – To teach the group strategies, tools, greater resilience, and a stronger mindset, to use whenever they need to, so they can feel calmer. Thus aiding a more balanced & calmer approach to life.
- Begin to change the mindset of the group.
- Reduce anxiety levels.
- Aim – 80% success rate
- How – Through open discussion providing a different perspective, teaching of tools & hypnosis to bring a mindset change about. Each session should last approximately 1- 1:30 minutes. Each member of the group will also have a hypnosis recording to listen to daily, alongside practising the practical tool. 6 Sessions will be conducted via zoom over six weeks.

14 THINGS TO DO WHEN YOU'RE HAVING A BAD DAY



GET DRESSED



DRAW OR PAINT



READ A GOOD BOOK



MEDITATE



LISTEN TO MUSIC



TAKE A NICE HOT, LONG BATH



SPEND TIME WITH FAMILY & FRIENDS



DO AT LEAST A 15 MINUTE WORKOUT



GO OUTSIDE FOR A WALK



CREATE A LIST OF GOALS



WATCH A MOTIVATIONAL VIDEO



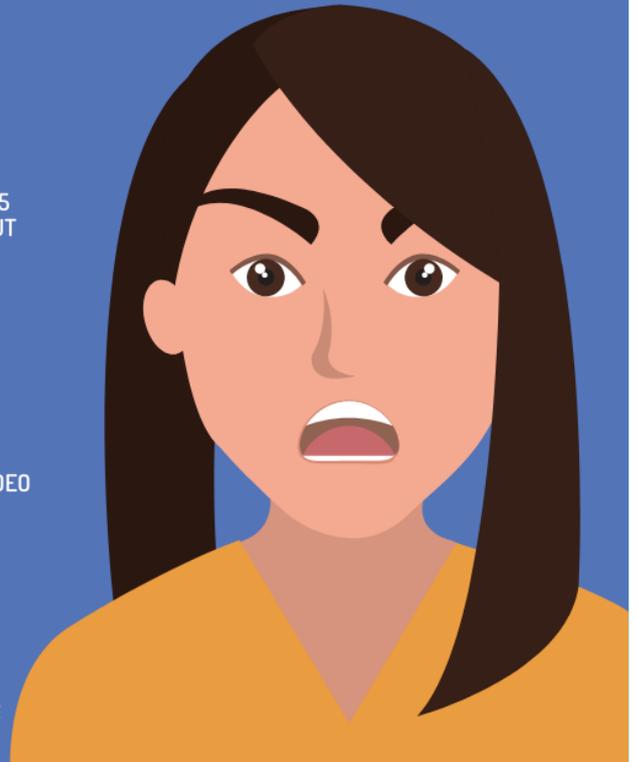
PREPARE A HEALTHY MEAL



LEARN SOMETHING NEW



TURN OFF YOUR PHONE



#Coping

NHS

THE
LITTLE
BLUE BOOK
OF
SUNSHINE

BERKSHIRE EDITION

The Little Book Of Sunshine

In these uncertain and challenging times, looking after our mental health has never been so important. Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support.

The #littlebluebookofsunshine explains some of the things you can do right now to feel better, or who to turn to if things feel too much.

[Download your copy 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](#).

[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 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

Wokingham

0118 949 5055 csnwokingham@berkshire.nhs.uk

Reading

0118 955 6888 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.

Enjoy the Easter Break, please remember:

