

School Nursing Newsletter

For Reading Secondary Schools

For young people and their parents/carers

NHS
Berkshire Healthcare
NHS Foundation Trust

July 2021

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.

Want to take on a fitness challenge over the summer?

Being active has many health benefits, watch this short video to inspire you from the British Nutrition Foundation

[Keep moving - YouTube](#)

Try and reduce the amount of time you are sedentary such as playing video games or watching TV. Why not set yourself an hourly movement challenge, or try Couch to 5K? A running plan for beginners, with week by week podcasts, an app that gives you a choice of coaches and helps track your progress [Couch to 5K: week by week - NHS \(www.nhs.uk\)](#)

Change 4 life Activities <https://www.nhs.uk/change4life/activities> aim for a minimum of 60 minutes activity a day.

Are you making sure you stay hydrated?

There are lots of mixed messages about how much and what to drink, check out this useful guide from the British Nutrition Foundation for teenagers and adults on why it is important to be hydrated, how much you need to drink, and whether you do need sports drinks when exercising. [Click Here.](#)



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

Periods of transition and change can be challenging for anyone, for free toolkits, resources and practical tips to help make this change as smooth as possible whether you are a young person or a parent/carer

[Transition toolkit: resources for starting, changing or leaving school or college](#)

Heatwave

Who knows what the summer weather will be like but do you and your family know how to cope in hot weather? For tips on how to cope [Click here](#)

Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency. For advice on heat stroke and heat exhaustion [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.

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 \(www.nhs.uk\)](#)

Water Safety

Every year there are on average 400 accidental drownings in the UK & Ireland and many life changing injuries . Make sure you and your family take these simple summer safety precautions from the Royal Lifesaving Society

-  **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 rip tide – 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, in swimming pools [Click Here](#) and for a quick video [Click Here](#)

Look at the free Toolkit that gives the skills and confidence to enjoy being around the water safely and that could also one day save somebody's life. [Life Saver Toolkit](#)

Keeping Safe On line

Do you know things like the age ratings for your apps, who can see what even if profiles are set to private, what does ghost mode do? Have fun and find out how much you know about keeping safe on line with an online quiz from the NSPCC.

[under-13s quiz](#)

[over 13s quiz](#)

For up to date advice, guidance and tips for parents on how to keep your child safe on line when on the latest games, sites and apps including TikTok and Fortnite visit the NSPCC Net aware Website. [Net Aware: Your guide to social networks, apps and games](#)

KOOTH

Whether you are feeling sad, anxious or finding life hard you are not alone. Kooth is 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 our friendly Kooth community. Lots of topics to choose from!

Chat with the team Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

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

Daily Journal Write in your own daily journal to track your feelings or emotions and reflect on how

www.kooth.com

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



Are you a young person living in the Reading borough area with additional needs? The following services are offering short breaks:

SEND Summer Short Breaks - Make Sense Theatre 2021



Funded by Brighter Futures for Children ([BFfC](#))

Summer Theatre at The Avenue School in August

£8 per 3 hour session and £4 for the one hour Parent session.

Click on the link for full details and flyer [SEND Summer Short Breaks - Make Sense Theatre 2021 | Reading Services Guide \(openobjects.com\)](#)

Tel: 01189461739 e: makesensetheatre@gmail.com

SEND Summer Short Breaks - Multi Sport Camps Reading Community Football Trust 2021



Funded by Brighter Futures for Children ([BFfC](#))

Multi Sport Camps with RFC 20 children per session

Click on the link for full details and flyer [SEND Summer Short Breaks - Multi Sport Camps Reading Community Football Trust 2021 | Reading Services Guide \(openobjects.com\)](#)

Tel: 07306 357723 e: drook@readingfc.co.uk

SEND Summer Short Breaks - Chance to Dance Stars CIC - SEND Activity Day

Funded by Brighter Futures for Children ([BFfC](#))

Limited spaces to meet government guidelines of a maximum of 15.

Location - Beansheaf Community Centre, Charrington Road, Calcot, Reading, RG31 7AW

Time - 10am till 2pm

Cost - FREE for all Reading Residents - Sessions are funded by Brighter Futures for Children. Short breaks are available for Reading children aged 5 years and older who have a diagnosed disability.

Booking - <https://chance-to-dance.class4kids.co.uk>

Click on the link for full details [SEND Summer Short Breaks - Chance to Dance Stars CIC SEND Activity Days | Reading Services Guide \(openobjects.com\)](#)

Tel: 07736 343570 e: vickieandrews50@hotmail.co.uk

For the latest Reading SEND Local Offer newsletter go to www.readingsendlocaloffer.org



Are Your Immunisations up to date?

To check what the routine schedule is 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

<https://www.healthforteens.co.uk/lifestyle/nutrition-diet/becoming-a-vegan-just-the-facts/>

<https://www.nhs.uk/live-well/eat-well/the-vegan-diet/>

Vegetarian

<https://www.healthforteens.co.uk/lifestyle/nutrition-diet/becoming-vegetarian-just-the-facts/>

<https://www.nhs.uk/live-well/eat-well/vegetarian-and-vegan-diets-q-and-a/>

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.

[new online Psychological First Aid \(PFA\) training course](#)

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.

HAVE A GREAT
SUMMER, STAY
HEALTHY AND SAFE
YOUR SCHOOL NURSING TEAM