



NEWSLETTER



Brent School Nursing
Issue 03 | Winter 2022 | For Primary School

WELCOME TO OUR WINTER NEWSLETTER!

Our newsletters aim to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instil healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.

WHO WE ARE

Brent school nurses work in all state-funded schools in Brent. School nurses help promote and look after children and young people's physical and emotional health. We work across education and health, providing a link between school and home for children and young people aged five to 19-years-old.

WINTER IS COMING

Ways to stay warm this winter

The air is colder and the days are shorter. Here are some ways to stay toasty inside and outside our homes.

DRESS IN LAYERS FOR COLD WEATHER

Layers are your best friend in retaining heat. Proper layering makes a big difference in staying warm during the winter months.

KEEP WARM WITHOUT TURNING UP HEATING

With the soaring energy bills, we can't just crank the heating up. Here some alternative ways to stay warm this winter.

STAY ACTIVE

Staying active could be extra challenging during winter. But staying physically active is one of the best ways to stay warm and healthy.



REMINDER

National Child Measurement Program for Reception and Year 6:
To start from January 2023

The SN service offers height & weight measurements (NCMP) for children in their reception and year 6. The SN service will send out letters to parents through the school regarding the NCMP for information about our screening process. Parents can sign up onto the parent portal to view results. Parents can also opt out through the portal or by contacting our Single Point of Access. All children will be screened unless parents have opted out.

GOOD TO KNOW

COST OF LIVING SUPPORT AND ADVICE

Support for families across Brent who may be struggling with the rising cost of living.

GET HELP WITH HEATING

Find ways to save energy in your home. Also, make sure you're getting all the help you're entitled to.

WINTER ACTIVITIES

Go see the Christmas lights

Christmas lights lift everyone's mood and bring some festive cheer.

Have a Family Movie Night

Sometimes the best way to spend your day is to lounge in your pyjamas and stay cosy with your favourite Christmas movies.

Get Crafty

It's the best season to showcase your creativity by recycling household goods and turning them into festive decorations.

BRENT SCHOOL NURSING TEAM IS HERE FOR YOU!



If you would like to speak to a school health nurse, please call our 0-19 Single Point of Access number 020 8102 4900. We will call you back if you leave a message.



You can also contact us through email on: clcht.brentsnspaduty@nhs.net



We are based at:

Sudbury Primary Care Centre, Watford Road, Wembley HA0 3HG

Willesden Centre for Health and Care, Robson Avenue, London NW10 3RY





FLU SEASON

As the temperatures drop, let's not forget to look after ourselves as we shift our focus on the holidays. The influenza, or flu, is a disease caused by influenza virus infection.

Main symptoms

- A sudden fever
- Tiredness or weakness
- Headache
- Dry cough
- Aching muscles
- Diarrhoea or tummy pain
- Sore throat

Managing your flu

- Rest and sleep
- Keep warm
- Drink plenty of water
- Take Paracetamol or Ibuprofen



Get a flu vaccine

Flu can make you seriously ill. The NHS offers flu vaccine yearly to protect people from the flu and its complications.



Call 999 or go to the A&E if:

- you get sudden chest pain
- you have difficulty breathing
- you start coughing up blood

To learn more about the flu and how to manage it, visit [nhs.uk](https://www.nhs.uk) and [cdc.gov](https://www.cdc.gov)

Brent Family Wellbeing Centres

The Brent Family Wellbeing Centres provide a range of community-led services that can support you from the moment you know you're expecting, through pregnancy and birth, until your child is 18 years old (or up to 25 for children and young people with special educational needs). The Centres, offer a wide range of free health, education and welfare services to families and aim to give everyone in Brent the best possible start in life. Register to join the Family Wellbeing Centres here.



Food Banks

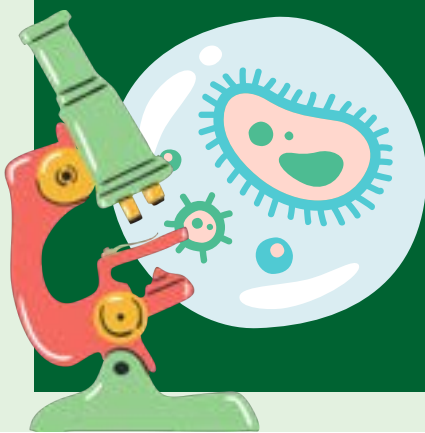
It's a challenging time for everyone at the moment. Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life.

To find a food bank near you, visit [Brent Foodbank](https://www.brentfoodbank.org.uk) or the [Trussell Trust](https://www.trusselltrust.org).

STREP A BACTERIA

You may have seen reports in the national news of a small number of child deaths from invasive Group A Strep infection (iGAS).

Scan the QR code for more information about this infection and advice on keeping your children safe from the Director of Public Health.



NOROVIRUS

The winter vomiting bug

You can catch norovirus any time of the year but it's more common in winter. It's one of the most common stomach bugs in the UK.

Symptoms include:

- Projectile vomiting
- Watery diarrhoea
- Feeling sick (nausea)

What to do when you caught the virus:

- There's no treatment for norovirus. Let it run its course.
- Stay hydrated.
- Stay off school until you have not been sick or had diarrhoea for at least 2 days.



To learn more about norovirus and how to manage it, visit [nhs.uk](https://www.nhs.uk) and [nhsinform.scot](https://www.nhsinform.scot)