

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.

A WARM AND WELL WINTER

The air is colder and the days are shorter. Here are some ways to stay healthy and warm as the temperature drops.

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.

EAT WELL

Hot food and drinks can help keep you warm. It's also good to have a range of food in your diet and to have fruit and vegetables each day.

KEEP WARM

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

CATCH IT. BIN IT. KILL IT.

Cough and sneezes spread diseases. Follow the respiratory hygiene and cough etiquette to reduce the spread of infections.

STAY STOCKED UP

It's important to stock up on remedies so you can deal with minor injuries in case the winter weather stops you from getting out and about.

BIG
Congratulations!

TO



for achieving **Asthma Friendly School** status

FROM THE  **Brent COUNCIL**

Brent Libraries are once again opening their doors as warm spaces to help people struggling to meet rising energy costs.

Warm spaces are heated, safe and friendly spaces where families and people of all ages can gather for free to spend time making new friends, reading, studying and feeling part of their community.

Brent Libraries are part of a network of local places in Brent offering a warm welcome throughout the day.

Free hot drinks will be on offer at limited times, but residents are encouraged to provide their own reusable cups to help reduce waste and recycling.

For more information, please visit [BRENT.GOV.UK](https://www.brent.gov.uk)

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

WINTER ACTIVITIES

Go see the Christmas lights

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

Try Ice Skating

Ice skating is a magical winter experience that everyone should enjoy. If you stumble a few times, just laugh it off, it's part of the fun!

Visit a Christmas Market

Enjoy street food, entertainment, and pick up presents for loved ones under the twinkling lights at some of London's most popular Christmas markets.



NOROVIRUS

Norovirus, also known as the “winter vomiting bug”, is a common and very contagious virus. It is one of the leading causes of vomiting, diarrhoea, and foodborne illness. Anyone can get infected and sick with norovirus.

Most common symptoms



Diarrhoea



Vomiting



Nausea



Stomach pain

You may also have

High temperature | Headache | Aching arms and legs

How norovirus is spread

- Having close contact with someone with norovirus, such as caring for them, sharing food or eating utensils with them, and eating food that has been prepared by them.
- Touching surfaces or objects contaminated with norovirus, then touching your mouth.
- Eating food or drinking liquids that are contaminated.



How you treat norovirus

You can usually treat your child and yourself at home. Drink plenty of fluids to replace fluid loss from vomiting and diarrhoea. This will help prevent dehydration.

You will usually start to feel better in 2–3 days.



Stay off school until you have not been sick or had diarrhoea for at least 2 days.

Prevent the spread

- Wash your hands often with soap and water
- Clean and disinfect surfaces with bleach
- Wash laundry with hot water
- Do not prepare food for others or provide healthcare while you are sick

For more information, please see these helpful resources:

[NHS](#)

[CDC](#)



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](#).

WINTER DEPRESSION

Seasonal Affective Disorder (SAD) is depression that happens only at a specific time of the year. SAD is sometimes known as “winter depression” because a person becomes depressed when days are shorter and it gets dark earlier.

Signs and symptoms of SAD

- Persistent low mood
- Negative thinking
- Lack of enjoyment or interest
- Lack of energy
- Changes in sleep
- Craving carbohydrates and weight gain
- Difficulty concentrating



What causes SAD

The exact cause of SAD is not clear but the main theory is that the brain reacts differently to lack of sunlight which then affects the production of hormones melatonin and serotonin. Low levels of serotonin lead to depression and high levels of melatonin makes you feel sleepy and have less energy.



You should consider seeing the GP if you think you might have SAD and you're struggling to cope.

For more information, please see visit [NHS](#).

GET VACCINATED

Children can catch and spread flu easily. The flu can be a very unpleasant illness for children. The NHS offers flu vaccine yearly to protect people from the main types of flu circulating.

The children's flu vaccine – nasal spray or injection – are **safe and effective**.

For more information, please visit [NHS](#) and [GOV.UK](#)



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](#)

[Trussell Trust](#)

[Sufra Foodbank and Kitchen](#)