

BRENT SCHOOL NURSING

SUMMER NEWSLETTER

SUN'S OUT!
OUR WARMEST
NEWSLETTER
SHINES HERE!

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.

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.

Ways to be active for your mental health

MOVE AT YOUR OWN PACE

There are a lot of ways to be active that you may find enjoyable and that equally suits your time and lifestyle.



KEEP GOING

Set a realistic goal that can help and motivate you to stay active and keep going.

GET OUTDOORS

Being out in nature can boost one's mental wellbeing, it could improve your mood and reduce or stop feeling worried or anxious. A short walk, run or cycle outdoors could make a difference.



KNOW WHEN TO REST

Relaxing and getting a good amount of sleep can make a big impact to one's mental wellbeing.



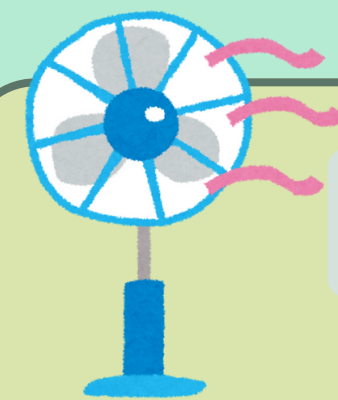
EVERY STEP YOU TAKE COUNTS

Often, big changes start with small steps. Always go at your own pace, you're not competing with anyone (including yourself).



READ MORE

Better
Health every mind
matters



Feeling the heat? Here's how to keep your cool in sizzling temperatures!

Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm



Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.

Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees.

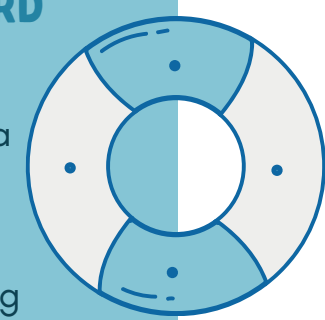


Visit [NHS.UK](https://www.nhs.uk) for more advice and information

STAY SAFE THIS SUMMER BEACH SAFETY TIPS

CHOOSE A LIFEGUARD BEACH

If you're looking for a place to cool off, always look for lifeguarded swimming sites.



KNOW YOUR LOCATION

If you are unfamiliar with the area, remember to jot down the beach name and address.

READ THE SIGNS

Be aware of dangers and sea conditions.



REMEMBER TO FLOAT

If you find yourself in trouble in the water, relax and float with your head back and your ears submerged

TAKE A FRIEND

Always swim with at least one friend - Keep a close eye on children and never let them swim alone.



If you get in trouble at the beach call 999 and ask for the Coastguard

Visit [HM Coastguard](https://www.hmcoastguard.gov.uk) for more Beach Safety Advice.

BRENT SCHOOL NURSING TEAM IS HERE FOR YOU. Speak to a School Nurse.



If you would like to speak to a School Nurse, please call our 0-19 Single Point of Access number 0208 102 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 3BY



BRENT SCHOOL NURSING SUMMER NEWSLETTER

Stay Safe IN THE SUN

Children adore spending time outdoors, however, compared to adults children's skin is more delicate and can easily be damaged by the sun, even when it doesn't seem strong.



Check the label. Use a sunscreen with a minimum SPF 50 and at least 4-star UVA protection.



If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice: 30 minutes before going out and just before going out. It's also recommended to reapply sunscreen every 2 hours



Wear clothes and sunglasses that provide sun protection. Wear long sleeve top, trousers or long skirt. Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard Marks.

Skin damage or sunburn increases your risk to develop skin cancer later in life. Therefore, it is extremely important to protect your skin. Intend to protect yourself from the sun while getting enough vitamin D from sunlight.

CHECK FOR SIGNS OF HEAT EXHAUSTION

- TIREDNESS
- CRAMPS
- DIZZINESS
- FAST BREATHING
- HEADACHE
- HIGH TEMPERATURE
- FEELING SICK
- BEING VERY THIRSTY
- EXCESSIVE SWEATING



IF YOU OR SOMEONE IS EXHIBITING SIGNS OF HEAT EXHAUSTION, THEY NEED TO BE COOLED DOWN AND GET THEM TO DRINK

IN EMERGENCIES, CALL 999.

To learn more please visit:

[NHS | Heat Exhaustion](#)

[NHS | Sun Safety](#)

[British Skin Foundation](#)



PARKS AND OPEN SPACES IN BRENT

FIND THE
NEAREST
PARK IN
YOUR AREA



HEALTHY & HOMEMADE Snack Ideas



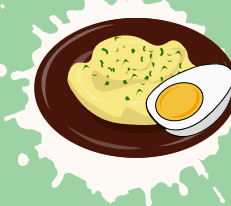
FRUIT KEBABS



SLICED FRUIT AND YOGHURT



WATERMELON "FRUIT LOLLIES"



MASHED AVOCADO & BOILED EGG

We know it can be difficult to know what to do when it comes to snacks. Please visit [NHS | Healthier Snacks for Kids](#) for more tips and advice to help you make and buy healthier options.

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](#)

[Trussell Trust](#)

[Sufra Foodbank and Kitchen](#)



NHS

Use the right service.

NHS Services

Self Care Care for yourself at home	Pharmacy Local expert advice	NHS 111 Non-emergency help	GP Advice Out of hours: Call 111	UTCs Urgent Treatment Centres	A&E or 999 For emergencies only
Minor cuts & grazes Minor bruises Minor sprains Coughs and colds	Minor illnesses Headaches Stomach upsets Bites & stings	Feeling unwell? Unsure? Anxious? Need help?	Persistent symptoms Chronic pain Long term conditions New prescriptions	Breaks & sprains X-rays Cuts & grazes Fever & rashes	Choking Chest pain Blacking out Serious blood loss

2024 Summer Newsletter

Roller time

'Free!'



Rolla Rhythms is an exciting new project brought to you by RollaDome in collaboration with Brent Public Health, to help empower girls and young women through music and movement

Activities:



Learn to skate



DJ Workshops



Choreography



Special Workshops

Please click [HERE](#) to learn more and book a free place.

Cycle time

'Free!'



Children over nine (9) years old can receive free cycle lessons any time of the year from cyclinginstructor.com

To book a lesson visit the Cycling Instructor website, call 0845 6520421 or email: info@cyclinginstructor.com with your name and phone number. Someone will then contact you to arrange a time.

To learn more visit [BRENT | CYCLING](#).

Check out [TOP TIPS FOR CYCLING SAFETY](#) to learn more.



INTERNATIONAL DAY OF FRIENDSHIP

30 JULY 2024



internet SAFETY

HAVING A MOBILE PHONE OR GOING ONLINE MAY SEEM COOL. THUS, IT IS EQUALLY IMPORTANT TO BE AWARE OF THE DANGERS TOO.

FOR TIPS TO STAY SAFE ONLINE, VISIT CHILDLINE.ORG.UK



GET ACTIVE WITH THIS NHS FREE APP

Active
10



START WITH 10 MINUTES OF DAILY WALK - TRACK IT AND BUILD IT UP.

Download on the
App Store

GET IT ON
Google Play



@CLCHSchoolNurse



@CLCH519schoolnursing