

AUTUMN NEWSLETTER

BRENT SCHOOL NURSING

LEAVES FALLIN',
NEWSLETTER DROPPIN'!



EVENTS IN AUTUMN

ABOUT US

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.

- 16 SEPTEMBER - EID MILAD UN-NABI
- 23-29 SEPTEMBER - NATIONAL EYE HEALTH WEEK
- 1-7 OCTOBER - ANAPHYLAXIS AWARENESS WEEK
- 7 OCTOBER - CHILD HEALTH DAY
- 10 OCTOBER - WORLD MENTAL HEALTH DAY
- 1-7 OCTOBER - NATIONAL VEGETARIAN WEEK
- 1-31 OCTOBER - EYE INJURY PREVENTION MONTH
- 27 OCTOBER - DAYLIGHT SAVING TIME ENDS
- 31 OCTOBER - HALLOWEEN
- 1 NOVEMBER - ALL SAINTS' DAY
- 1 NOVEMBER - DIWALI/DEEPAVALI
- 2 NOVEMBER - ALL SOUL'S DAY
- 5 NOVEMBER - GUY FAWKES DAY
- 10 NOVEMBER - REMEMBRANCE SUNDAY
- 30 NOVEMBER - ST. ANDREW'S DAYS



Back to school... BOOST YOUR IMMUNITY

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea.



Sleep is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Healthy sleep also helps the body remain healthy and stave off diseases.

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. The [Eatwell Guide](#) shows that to have a healthy, balanced diet.



It is recommended that people should aim to drink 6 to 8 cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count. The best drinks to give children are water and milk.



VISIT [NHS.UK](https://www.nhs.uk) FOR MORE ADVICE AND INFORMATION

SCHOOL VACCINATIONS

Vaccination UK has been commissioned by NHS England since 2015 to provide school aged immunisations, including Influenza, to pupils across numerous counties and boroughs in England.

Earlier this year, NHS England chose Vaccination UK to be the new provider of the school aged immunisation programme for North London.

If you have any query about school vaccinations, you can contact them through email on: Brent@v-uk.co.uk

Scan the QR code below to learn more about vaccine information administered in primary and secondary schools.



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](tel:02081024900). 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
Willisden Centre for Health and Care, Robson Avenue, London NW10 3RY

MANAGE YOUR CHILD'S ASTHMA IN SCHOOL



If your child has asthma make sure their school knows. This is important to make sure your child is best supported in school. Find out who is the welfare person at your child's school, so they can support your child better.

Give your child's school the Asthma Action Plan you should have received from your GP or specialist clinic. This will ensure that your child is treated appropriately in case of an attack.

IS MY CHILD'S SCHOOL
ASTHMA FRIENDLY
ACCREDITED?

FIND OUT NOW

&

ASK

CHECK OUT
ASTHMA+LUNG UK
FOR MORE
INFORMATION



YOUR MENTAL HEALTH IS A PRIORITY

MENTAL
health
MATTERS

In many ways, mental health is just like physical health: everybody has it and we need to take care of it.

Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.

One in six people are aged 10-19 years. Adolescence is a unique and formative time. Physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems. Protecting adolescents from adversity, promoting socio-emotional learning and psychological well-being, and ensuring access to mental health care are critical for their health and well-being during adolescence and adulthood.

HERE ARE SOME
USEFULS LINKS TO
HELP AND SUPPORT
YOUNG PEOPLE:

[MENTAL HEALTH UK](#)

[MIND](#)

[YOUNG MINDS](#)

[BEYOND](#)

[NHS | MENTAL HEALTH](#)



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](#)



VITAMIN D DEFICIENCY

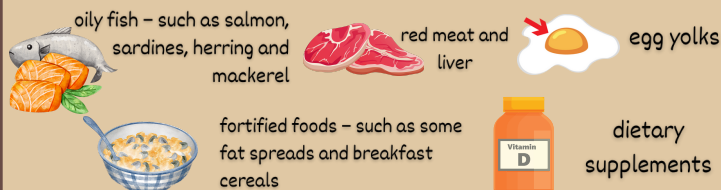
The body creates vitamin D from direct sunlight on the skin when outdoors. But between October and early March we do not make enough vitamin D. Some people will not make enough vitamin D from sunlight because they have very little or no sunshine exposure.

IMPORTANT!



Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth and muscles healthy. A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteomalacia in adults. Government advice is that everyone should consider taking a daily vitamin D supplement during the autumn and winter.

OTHER SOURCES OF VITAMIN D



VISIT [NHS | VITAMIN D](#) FOR MORE INFORMATION

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](#).



Self Care
Care for
yourself at
home

Minor cuts & grazes
Minor bruises
Minor sprains
Coughs and colds



Pharmacy
Local expert
advice

Minor illnesses
Headaches
Stomach upsets
Bites & stings



NHS 111
Non-emergency
help

Feeling unwell?
Unsure?
Anxious?
Need help?



GP Advice
Out of hours:
Call 111

Persistent symptoms
Chronic pain
Long term
conditions
New prescriptions



UTCs
Urgent
Treatment
Centres

Breaks & sprains
X-rays
Cuts & grazes
Fever & rashes



A&E or 999
For
emergencies
only

Choking
Chest pain
Blacking out
Serious blood loss

NHS

USE THE RIGHT SERVICE
[NHS SERVICES](#)