

Spring NEWSLETTER

Brent School Nursing

FRESH AIR AND HAPPY VIBES!

SPRING FORWARD AS OUR OUR LATEST NEWSLETTER
SWINGS 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.

WORLD HAND HYGIENE DAY

5th May is World Hand Hygiene Day led by World Health Organization (WHO). WHO calls on everyone to be inspired by the global movement to achieve achieving better health and well-being for all people at all ages.

KNOW WHEN TO WASH YOUR HANDS



After coughing, sneezing or blowing your nose.

After playing outside

When your hands are dirty

After using the toilet

After touching or petting an animal

Before eating



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

SPRING ACTIVITIES

May Spring Break

London is a never-ending playground of fun and adventure! Whether you're up for a huge thrill or just a tiny treat, there's something for everyone to enjoy.

Explore the museums in the city!

Explore London's free captivating and interactive museums like the British Museum, Natural History Museum, National Gallery, and National Portrait Gallery for a magical journey with remarkable wonders.

TALK TO SOMEONE

Studies have shown that simply talking about our problems and sharing our negative emotions with someone, it can be profoundly healing—reducing stress, strengthening our immune system, and reducing physical and emotional distress. It can assist you in identifying the support you require. Remember, you are not alone and your feelings are valid.

These organizations offer assistance from counsellors and other individuals who are trained to provide support to children and young individuals.



For more information, please visit [NHS.UK](https://www.nhs.uk)

What you need to know about...

HAYFEVER

What is?

Hayfever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to alleviate your symptoms or medication to help tackle hayfever.

What are the signs & symptoms?



sneezing and coughing



runny or blocked nose



itchy throat, mouth, nose and ears



itchy, red or watery eyes



headache/pain around the sides of your head and your forehead



loss of smell



extreme tiredness (fatigue)

How to manage hayfever?

- ✓ Put petroleum jelly (such as Vaseline) around your nostrils to trap pollen
- ✓ Wear wraparound sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- ✓ Shower and change your clothes after you have been outside to wash pollen off
- ✓ Keep windows and doors shut as much as possible
- ✓ Vacuum regularly and dust with a damp cloth



Seek GP advice if:

- your symptoms are getting worse
- your symptoms do not improve after taking medicines from the pharmacy

FOR MORE INFORMATION VISIT:

* [NHS.UK](https://www.nhs.uk)

* [ALLERGY UK](https://www.allergyuk.org)

Ask a Pharmacist

Speak to a pharmacist if you have hayfever, they can give you advice and suggest the best treatments to help with symptoms, such as:

- antihistamine drops, tablets or nasal sprays
- steroid nasal sprays

Some antihistamines can make you very sleepy, so speak to your pharmacist about non-drowsy antihistamines if you need to.

Measles

Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it.

Measles usually starts with cold-like symptoms, followed by a rash a few days later, a rash usually starts on the face and behind the ears before appearing on the rest of the body. Some people may also get small spots in their mouth.

The first symptoms of measles include:

Check This!

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes

Contact your GP to check if your child is due for an MMR vaccine (measles, mumps & rubella)

* [NHS.UK](https://www.nhs.uk)

* [NHS | MEASLES](https://www.nhs.uk/conditions/measles)

SPORTS INJURIES

Musculoskeletal injuries are the most common injuries in youth sports. Children and adolescents may be particularly at risk for sports-related overuse injuries

SIGNS & SYMPTOMS OF SPRAINS & STRAINS:

- pain, tenderness or weakness
- injured area is swollen or bruised
- cannot put weight on the injury or use it normally
- muscle spasms or cramping

HOW TO MANAGE SPRAINS & STRAINS

For the first 2 to 3 days after a sprain or strain, follow the 5 steps known as PRICE therapy to help bring down swelling and support the injury:

- ✓ Protection – protect the injury, for example by using a support, or shoes that support your foot or ankle.
- ✓ Rest – stop any exercise or activities and try not to put any weight on the injury.
- ✓ Ice – apply an ice pack (or a bag of frozen vegetables wrapped in a tea towel) to the injury for up to 20 minutes every 2 to 3 hours.
- ✓ Compression – wrap a bandage around the injury to support it during the day.
- ✓ Elevate – keep it raised on a pillow as much as possible.

FOR MORE INFORMATION VISIT:

If pain is severe or movement is limited, consult a healthcare professional

* [NHS.UK](https://www.nhs.uk)

Asthma Friendly Schools Congratulations!

PRIMARY SCHOOLS

BARHAM PRIMARY SCHOOL

BRAINTCROFT ACADEMY

CARLTON VALE INFANTS SCHOOL

CONVENT OF JESUS AND MARY CATHOLIC INFANT SCHOOL

LYON PARK PRIMARY SCHOOL

OUR LADY OF GRACE CATHOLIC JUNIOR SCHOOL

ST ANDREW AND ST FRANCIS COFE PRIMARY SCHOOL

ST JOSEPH'S RC INFANT SCHOOL AND ST JOSEPH'S RC JUNIOR SCHOOL

ST MARY MAGDALEN'S CATHOLIC JUNIOR SCHOOL

ST ROBERT SOUTHWELL RC PRIMARY SCHOOL

SUDBURY PRIMARY SCHOOL

UXENDON MANOR PRIMARY SCHOOL

SECONDARY SCHOOLS

ALPERTON COMMUNITY SCHOOL

ASHLEY COLLEGE

HARRIS LOWE ACADEMY WILLESDEN

NEW ASTHMA FRIENDLY SCHOOLS

EASTLANE PRIMARY SCHOOL

CHALKHILL PRIMARY SCHOOL

KILBURN PARK PRIMARY SCHOOL

OUR LADY OF GRACE CATHOLIC INFANT SCHOOL

PARK LANE PRIMARY SCHOOL

PRIMARY SCHOOLS

SECONDARY SCHOOLS

CLAREMONT HIGH SCHOOL ACADEMY

PRESTON MANOR HIGHSCHOOL

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](#).

NHS SERVICES

USE THE RIGHT SERVICE

<p>Self Care Care for yourself at home</p> <p>Minor cuts & grazes Minor injuries Minor burns Coughs and colds</p>	<p>Pharmacy Local expert advice</p> <p>Minor burns Headaches Dizziness Nose & ears</p>	<p>NHS 111 Non-emergency help</p> <p>Feeling unwell Minor injuries Headache</p>	<p>GP Advice Out of hours Call 111</p> <p>Prevent symptoms Common pain Long-term Self diagnosis Self prescription</p>	<p>UTCs Urgent Treatment Centres</p> <p>Minor injuries & pain Cuts & grazes Head & ears</p>	<p>A&E or 999 For emergencies only</p> <p>Flu Cuts & grazes Minor burns Minor head injury</p>
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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](#)
[Suфра Foodbank and Kitchen](#)