ISSUE 12 | SPRING 2025 FOR SECONDARY SCHOOLS

Sping NEWSLETTER Brent School Nursing

FRESH AIR AND HAPPY VIBES! SPRING FORWARD AS OUR OUR LATEST NEWSLETTER SWINGS HERE!

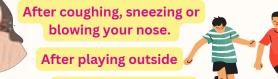
Our newsletters aim to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instil healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them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

WASH YOUR HANDS



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 O-19 Single Point of Access number <u>O2O 81O2</u> <u>4900</u>. We will call you back if you leave a message.

You can also contact us through email on: <u>clcht.brentsnspaduty@nhs.net</u>



We are based at:

Sudbury Primary Care Centre, Watford Road, Wembley HAO 3HG Willesden Centre for Health and Care, Robson Avenue, London NW1O 3RY

SPRING ACTIVITIES

Central Lon

NHS Trust

Community Healthcare

<u>May Spring Break</u>

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.



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