

AUTUMN

NEWSLETTER

BRENT SCHOOL NURSING

FRESH READS FOR FALL VIBES..

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.

HEALTH CALENDAR

8-14 September - Asthma Week

22-28 September - National Eye Health Week

6 October - Child Health Day

1-7 October - National Vegetarian Week

10 October - World Mental Health Day



Keep yourself healthy



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.



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.

[Read about drinks for babies and young children](#)

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.



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.

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**. We will call you back if you leave a message.



You can also contact us through email on: clcht.brentsnspaduty@nhs.net

INTERNET SAFETY

"Children deserve a safe digital world"

How do we
support children's
online safety?



Set up safety device setting

- Activate parental controls to manage children's devices, apps and platforms, to give them safer online experiences.

Tackle online issues



- The internet is a fantastic place for children to learn, create and have fun. However, they may occasionally have to deal with a variety of challenges online. See advice on a range of online safety issues below.



Choose age appropriate apps

- Find expert advice and guidance on the latest apps and platforms children and young people use.

Get tips to talk about online safety



- Having regular conversations with your child can keep them safe online. Help children deal with online issues and open up about their digital lives.

VISIT [INTERNET MATTERS](#) FOR MORE INFORMATION

CHECK LINKS BELOW FOR MORE INFORMATION ABOUT
ONLINE SAFETY:

- [NSPCC | KEEPING CHILDREN SAFE ONLINE](#)
- [ONLINE SAFETY ACT | UKGOV](#)
- [BARNARDOS](#)
- [CHILDREN'S SOCIETY](#)



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



oily fish – such as salmon, sardines, herring and mackerel



red meat and liver



fortified foods – such as some fat spreads and breakfast cereals

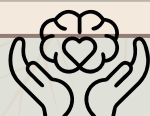


egg yolks



dietary supplements

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



YOUR MENTAL HEALTH IS A PRIORITY

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](#)

[YOUNG MINDS](#)

[MIND](#)

[BEYOND](#)

[NHS | MENTAL HEALTH](#)



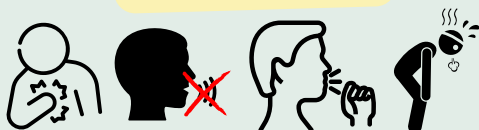
mental
Health
Matters

ASTHMA AWARENESS

WHAT IS ASTHMA?

ASTHMA IS A CONDITION IN WHICH YOUR AIRWAYS NARROW AND SWELL AND MAY PRODUCE EXTRA MUCUS. THIS CAN MAKE BREATHING DIFFICULT AND TRIGGER COUGHING, A WHISTLING SOUND (WHEEZING) WHEN YOU BREATHE OUT AND SHORTNESS OF BREATH

SIGNS TO LOOK OUT FOR



1. CHEST PAIN
2. COUGH
3. BREATHLESSNESS
4. WHEEZING
5. TIREDNESS
6. UNABLE TO SPEAK IN FULL SENTENCES

Brent Asthma Service

Do you have a child diagnosed with Asthma?
Are they missing days off school due to poor symptom management?

Are they using a lot of their Salbutamol Inhaler?

Why not book them into the Brent Asthma Nurse Specialist Clinic for a review!

Symptoms review

Medicine management

Inhaler technique

Asthma Control test



IN CASE YOU
MISSED IT...



Brent Asthma Service
Contact
0208 102 3456
Option 1 then 3

ASTHMA FRIENDLY SCHOOLS

*New schools on the list.
Congratulations!*

PRIMARY SCHOOLS

FRYENT PRIMARY SCHOOL
FURNESS PRIMARY SCHOOL
NEWFIELD PRIMARY SCHOOL

ROE GREEN INFANT SCHOOL

ST JOSEPH'S RC PRIMARY SCHOOL

STONEBRIDGE PRIMARY SCHOOL

SECONDARY SCHOOL

ST CLAUDINE'S RC COLLEGE

PRIMARY SCHOOLS

- BARHAM PRIMARY SCHOOL
- BRAINTCROFT ACADEMY
- CARLTON VALE INFANTS SCHOOL
- CHALKHILL PRIMARY SCHOOL
- CONVENT OF JESUS & MARY CATHOLIC INFANT SCHOOL
- EASTLANE PRIMARY SCHOOL
- ELSELY PRIMARY SCHOOL
- KILBURN PARK PRIMARY SCHOOL
- LYON PARK PRIMARY SCHOOL
- OUR LADY OF GRACE CATHOLIC INFANT SCHOOL
- OUR LADY OF GRACE CATHOLIC JUNIOR SCHOOL
- PARKLANE PRIMARY SCHOOL
- PHOENIX ARCH SCHOOL
- PRESTON MANOR LOWER
- ST ANDREW & ST FRANCIS COFE PRIMARY SCHOOL
- ST JOSEPH'S RC INFANT SCHOOL
- 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
- WYKEHAM PRIMARY SCHOOL

SECONDARY SCHOOLS

- CLAREMONT HIGH SCHOOL ACADEMY
- PRESTON MANOR HIGH SCHOOL
- ALPERTON COMMUNITY SCHOOL
- ASHLEY COLLEGE
- HARRIS LOWE ACADEMY WILLESDEN
- KINGSBURY HIGH SCHOOL

WHAT'S NEW?

BRENT CHILDREN'S BLADDER AND BOWEL SERVICE FOR AGES 5-19

They are a team of Nurses in Brent who help children who have trouble using the toilet.

This can include:

- Pooing in their pants
- Wetting themselves during the day
- Wetting the bed at night.

* Service launch 06/10/25

* Nurse led Tier 2 service available for children and young people (CYP) living in Brent

* Promoting positive toileting outcomes for CYP

* Face to face clinics at Wembley Centre for Health and Care

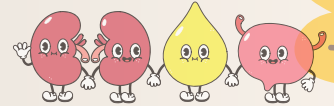
* Supporting CYP with: constipation, bed time wetting, day time wetting, soiling

* Teaching and support for nurseries and schools in Brent

* Referrals accepted from GP's, school nurses and other healthcare professionals



Contact: paedsbladderandbowel@nhs.net
0208 102 3456



HOW TO ACCESS THIS SERVICE?



ASK YOUR GP
TO SEND
THEM A
REFERRAL

ENURESIS
TEAM WILL
CONTACT YOU
FOR
APPOINTMENT

YOUR CHILD
WILL BE
SEEN AT THE
CLINIC OR IN
SCHOOL

THEY CAN
ARRANGE FOR
AN
INTERPRETER,
IF NEEDED

FOOD BANKS

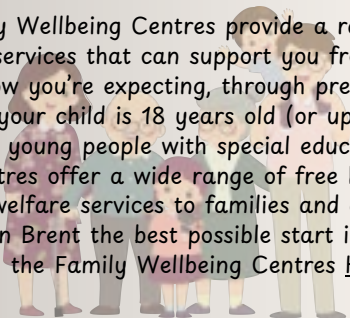
It's a challenging time for everyone at the moment. Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life.

To find a food bank near you, visit:
[Brent Foodbank](#)
[Trussell Trust](#)
[Suфра Foodbank and Kitchen](#)



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	Pharmacy	NHS 111	GP Advice	UTCs	A&E or 999
Care for yourself at home	Local expert advice	Non-emergency help	Out of hours: Call 111	Urgent Treatment Centres	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 Blocking out Serious blood loss



USE THE RIGHT SERVICE

[NHS SERVICES](#)