

School Nursing Newsletter For Primary Schools

March 2022

Welcome to the March edition of our newsletter

This newsletter aims to provide families and young people with some useful information from the School Nursing Team for keeping healthy.



Getting active

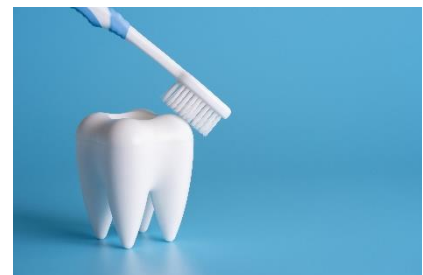
Are you looking for activities for all the family to try or for the kids to do in the holidays to keep active? Why not download this active board games pack? - Classic board games, Sportopoly, Bingo, Snakes & Ladders, Connect Four, Jigsaw & Arrows with a sporting twist, they can be played indoors or outdoors.

[Click Here](#)



Dental Health

A surprising number of children are not cleaning their teeth every day as recommended - brushing for 2 minutes with a fluoride toothpaste last thing before going to bed and once more during the day (it is often easier to get in to the routine of doing this after breakfast). This is so important to prevent tooth decay and gum disease which are preventable and with sometimes long waiting lists for treatment means that children can have tooth ache and pain for a long time. Children should be supervised with their tooth brushing until they are 7 years old.



For fun videos from Dr Ranj to encourage children to brush their teeth click here: **3-6 year olds** [Click Here](#) **7+ years** [Click Here](#)

It is really important your child attends regular dental check ups, it can be difficult to get appointments so please cancel if you are unable to attend so your appointment can be given to someone else.

For further dental advice for children including how to find a local dentist.
[Click Here](#)

Hay fever

10-15% of children are affected by hay fever, it is usually worse between late March & September especially when it is warm, humid, and windy, it may be mistaken for a cold, and it can be very distressing and make for a pretty miserable child.

Symptoms

- Sneezing
- Itchy nose/itchy throat
- Blocked nose
- Runny nose
- Red/itchy/watery eyes
- Post-nasal drip (mucus running down back of throat)
- Cough
- Wheezing/asthma symptoms/tight chest
- Headaches/blocked sinuses
- Nose bleeds
- Blocked/itchy ears



Cause

Airborne allergens from grasses, trees, weeds, plants, and outdoor moulds that are wind pollinated

What can help?

- Monitor pollen forecasts. Stay indoors, if possible, when the pollen count is high. Counts are usually higher on dry warm days. Rain washes pollen from the air.
- Keep windows closed indoors especially in early morning and evening.
- On high pollen days shower and wash your hair after arriving home & change clothing or pollen will stay on hair, body & clothing.
- Wear wrap around sunglasses to keep pollen out of your eyes.
- Wear a hat with a peak or large brim to keep pollen from your eyes and face
- Apply an allergen barrier balm around edge of nostril to trap/block pollens
- Keep car windows closed & the air intake on recirculate when in a car
- Remove pollen from pets with a damp cloth when they have been out



Medication:

These control symptoms & reactions but are not a cure

- Antihistamines block the allergic response & come in tablet, liquid, or nasal form - seek advice from the pharmacist to choose a non drowsy, age appropriate one
- Nasal steroids reduce inflammation. Seek advice from pharmacist & GP.
- Eye drops – available over the counter or on prescription

For further advice and information - [Click Here](#)

Is your child in Reception year?

Please ensure you complete your electronic **reception** year health questionnaire; this is submitted to the school nursing team. Please contact your school if you need the link sent to you again or if you have not received it, the questionnaire can be completed on a phone, tablet, or pc but only needs to be completed once.



Immunisations up to date?

To check what the routine schedule is and whether any vaccinations have been missed please [**Click here**](#)

Daytime bladder concerns?

Does your child need to wee all the time, have to rush to the toilet, have damp pants or big accidents? Sorting this out can often be simple such as sorting out how much your child is drinking.

For further advice and support on daytime wetting from ERIC (the Children's Bowel & bladder Charity). [**Click Here**](#)



Do you need support with bedwetting, daytime wetting, or soiling?

Bedwetting is nobody's fault

It's a common medical condition that can and should be treated from the age of 5.

Bedwetting in most cases is caused by the over-production of urine at night, the inability to wake up or a reduced capacity of the bladder.

There is no need to wait – you can help your child today!

Please have a look at the following links:

[**Why Bedwetting Happens**](#)

[**Bedwetting Live Q&A**](#)

[**How to encourage good drinking habits to help tackle bedwetting**](#)

[**Bedwetting Q&A Back to School**](#)

For more information, advice and when to ask for additional support please visit our website [**Click here.**](#)

The ERIC website also offers support and advice for young people with a bowel or bladder condition. To visit the ERIC website [Click here.](#)

Did you know that drinking well and staying hydrated can affect bed wetting? For a quick video guide on how to encourage good drinking habits to help tackle bedwetting and suitable drinks [Click Here](#)

Worried about your child's emotional and mental health?

You are not alone. Young Minds have A-Z guides that give advice on how to help your child with their feelings and behaviour, how to encourage your child to open up about their feelings, as well as mental health conditions and life events. They also give information on where you can go for help.

For lots of practical advice and tips [Click Here](#)

The School Nurse Advice Line

Our advice line supports children, young people and their families who live in West Berkshire, Reading, Wokingham, and Bracknell. It's an easy way to reach us for any health advice, questions and support you need.



We're available 9am-4.30pm Monday to Friday.

Call 0300 365 0010



For more help and support for children, young people and their families in Berkshire [Visit our Berkshire Healthcare website.](#)

How to contact your School Nursing team

Bracknell Forest

0300 365 6000, select option 3 Bracknellforest.SN@berkshire.nhs.uk

Wokingham

0118 949 5055 csnwokingham@berkshire.nhs.uk

Reading

01189 207514 csnreading@berkshire.nhs.uk

West Berkshire

01635 273384 csnwestberks@berkshire.nhs.uk

We are available Monday to Friday 9am-5pm. There is reduced cover during school holidays.