

# A dose of Health & Wellbeing

Your bitesize guide to a healthier lifestyle,  
from your school nursing team

July 2023

## Hello and welcome from your school nursing team

We've put together this newsletter to provide secondary school aged young people with useful information, hints and tips for staying healthy.

## Emerade adrenaline auto-injector pens RECALL

If your child has been prescribed Emerade 300 or 500 microgram adrenaline auto-injector pens you should contact your GP immediately to obtain a prescription and be supplied with two auto-injectors of a different brand.

## In this issue

- Hydration
- Staying safe in the sun
- Immunisations
- Concussion
- Water safety
- Vaping
- Staying active
- Lawstuff
- Tellmi: peer support app
- Support with depression
- Eating disorders
- How to contact a school nurse



## Hydration

During the summer when it's hot it's extra important to keep hydrated to stay healthy and feel good.

Not drinking enough can cause headaches, tiredness and difficulty concentrating.

Make sure you drink regularly throughout the day: 6-8 cups or 1500ml. If you participate in a lot of physical activities you should drink more than average to replace the fluid lost while sweating during exercise.

### Signs of dehydration:

- Thirst
- Dry mouth
- Tiredness
- Having dark coloured, strong-smelling urine or passing urine less often than usual
- Feeling dizzy or lightheaded
- Dry mouth, lips and tongue
- Sunken eyes



[To read more visit the NHS website.](#)

## Staying safe in the sun

### Make sure you stay safe in the sun by:

- Spending time in the shade between 11am and 3pm when UV is the highest
- Covering up with suitable clothing and sunglasses
- Using at least factor 30 sunscreen
- Reapplying sunscreen every 2 hours



- For more information on sun safety [visit the NHS website](#)
- [Heatwave: how to cope in hot weather - NHS \(www.nhs.uk\)](#)

### Heatstroke

Heat exhaustion does not normally require medical attention if you are able to cool down within 30 minutes. However, if it continues to progress to heatstroke then medical attention must be sought as an emergency.

Signs and symptoms include:

- Headache
- Dizziness and confusion
- Nausea, sickness
- Cramps in the arms, legs and stomach
- Fast breathing or heartbeat
- High temperature
- Being very thirsty
- Weakness
- For advice on heat stroke and heat exhaustion visit [Heat exhaustion and heatstroke - NHS](#)

We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.

# SUN SAFETY



Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.



Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.



Reapply every two hours or immediately after swimming or sweating.



No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.



Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.

Seek shade between 11am – 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.



By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see [www.britishskinfoundation.org.uk](http://www.britishskinfoundation.org.uk)

   @BSFcharity

## Immunisations

Vaccines prevent you becoming ill from infectious diseases and help save lives. Making sure you are immunised and up to date with any vaccinations will prevent you contracting anything from new outbreaks.

You can check your red book (PCHR), speak to your GP, or phone our local child health service (0300 5611851) to check whether you have received all your immunisations.

If you were vaccinated outside of the UK you'll need to provide evidence to your GP practice so that they can check whether you need any further vaccinations.

### Leaving school?

When you enter into new environments, such as starting university or work you'll be mixing with a new, wide group of people which can make increase the risk of picking up infections. Avoid this by keeping up with the full vaccination schedule and ensuring you have caught up with any missed vaccines.

**For more information [visit our website](#) and the [NHS vaccinations website](#)**



## Concussion

If you suspect someone you know is concussed, especially following a sports injury, then call NHS 111 within 24 hours. They will need to rest and sleep as much as possible for the first 24 to 48 hours and avoid looking at a screen or using devices.

They should not return to sport within 24 hours and then follow a slow and gradual return to their usual education/work and exercise/sport programme.

### Signs of concussion:

- Headache and/or dizziness
- Mental clouding, confusion, or feeling slowed down
- Visual problem
- Nausea or vomiting
- Fatigue
- Drowsiness / feeling like "in a fog" / difficulty concentrating
- "Pressure in head"
- Sensitivity to light or noise



The symptoms of concussion are very immediate but the onset can be delayed and appear any time after the initial injury.

For more information: [New Concussion Guidelines](#)

## Keeping safe around water

Cold water shock is the reaction of the body when it enters cold water. Cold water is anything below 15°C. Average UK sea temperatures are 12°C with rivers and lakes being even colder.

Cold water shock can have a dramatic effect on a person's body, such as:

- Causing you to breathe in water
- Making your muscles weaken
- Causing your heart to go into abnormal rhythms

This can ultimately result in death.

Never enter the water to try and save someone, even if you are a strong swimmer, call out "swim to me". This will give them a focus and distraction and try stop them from feeling disoriented. [Message from our local Olympic swimmer](#)

And if you are babysitting or watching out for your siblings don't forget children should be constantly supervised around water as they could drown in as little as 2" of water in only 20 seconds.



[Water Safety | Royal Berkshire Fire and Rescue Service \(rbfrs.co.uk\)](#)

[Summer Water Safety | Royal Life Saving Society UK \( RLSS UK \)](#)



## Vaping

Vaping is the inhaling of a vapor created by an electronic cigarette (e-cigarette).

Most e-cigarettes or vapes contain nicotine which is highly addictive and can harm adolescent brain development, which can continue into the early to mid-20s. It has been reported from recent studies that E-cigarettes can also contain other harmful substances besides nicotine, such as lead, nickel and chromium.

### Health risks

- Addiction to nicotine
- Anxiety and Depression
- Impact on memory, concentration, self-control, and attention
- Becoming a smoker
- Sleep problems
- Exposure to dangerous chemicals
- Unknown long term effects

Watch [this film from Smokefree Sheffield](#) on the facts about vaping.

## Staying active

It's really important to make sure you keep active during the school holidays.

Try and aim for 60 minutes of moderate to vigorous intensity activity each day.

Being active for at least 60 minutes per day:

- Improves cardiovascular health
- Helps maintain a healthy weight
- Can improve bone health
- Can help with self-confidence

Try and include vigorous intensity activities, including those that strengthen muscle and bone, least three days a week.



Here are some ideas:

- Going for a walk or walking the dog
- Running/jogging
- Sports like football or tennis
- Swimming
- Skipping
- Dancing
- Skateboarding or rollerblading
- Cycling

Why not give a couch to 5km a go over the summer? [NHS Couch to 5K](#)

## Lawstuff

LawStuff provides free legal information to children and young people. It is run by Coram Children's Legal Centre, which provides more detailed information both over the phone and online.

LawStuff was set up to make sure young people have access to find out their legal rights and to get advice on what they can do.

For more information visit [their website](#)



## Tellmi peer support app

The Tellmi app is a safe and secure peer support forum for young people aged 11+, where you can discuss any issue affecting your life. You can get anonymous advice from experts and young people going through similar experiences. Tellmi has moderators who check everything to keep you safe and their in-house counsellors are always on hand if you need extra support.

Tellmi can be downloaded for free from [Google Play](#) and [Apple App Store](#).

For more information visit [www.tellmi.help](http://www.tellmi.help)

[How tellmi works video](#)



## Support with depression

Depression is very common in young people. Around 1 in 10 of you will experience depression, stress or anxiety before the age of 18.

If you think you may be suffering from depression, there are things that you can do such as, talking to a trusted adult and/or seeking support from your school nurse or GP.

While every young person is different, and these feelings are often expressed differently at different ages, some signs that you may be feeling depressed include:

- Withdrawing, or avoiding friends or social situations
- Finding it hard to concentrate, and/or losing interest in schoolwork
- Not wanting to do things you used to enjoy
- Feeling irritable, angry or frustrated
- Feeling tearful, miserable, lonely or hopeless
- Feeling empty or numb
- Being very self-critical, or feeling less confident
- Sleeping more or less than normal
- Eating more or less than normal
- Feeling tired or not having any energy
- Showing less or no interest in self-care activities like washing
- Wanting to self-harm
- Having suicidal thoughts

For more information take a look at:

- [Young Minds](#)
- [The NHS website](#)
- [The Mix](#)

## Eating disorders

Living with an eating disorder is nothing to be ashamed of. If you feel that you're living with an eating disorder, the Berkshire Eating Disorder Service (BEDS) can provide a range of support and treatments.

It might be that you're eating too little or too much, or that you're too focussed on things like body shape and your appearance.

BEDS can offer help for four types of eating disorder:

- Anorexia Nervosa
- Binge Eating
- Bullimia Nervosa
- Otherwise Specified Feeding or Eating Disorder (OSFED)

They will be able to help you better understand your relationship with food and why you're making certain decisions about eating.

They offer different treatment options depending on a person's individual needs.

For more information on eating disorders:

- [Eating Disorder Service \(BEDS\)](#)
- [The UK's Eating Disorder Charity - Beat](#)



# ChatHealth



If you are aged 11-19 you can contact a member of the school nursing team by text message for confidential, anonymous help and advice.

We can offer advice and support on many topics like:

- Sleep
- Low mood
- Bullying
- Self-harm
- Body changes
- Healthy eating
- Drugs, alcohol and smoking/vaping
- Anxiety and stress
- Emotional health and wellbeing
- Relationships

**Text: 07312 263266**

Open 9am - 4:30pm Mon-Fri  
(excluding bank holidays)

## How to contact your School Nursing team

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

### Bracknell Forest

0300 365 6000

[BracknellForest.SN@berkshire.nhs.uk](mailto:BracknellForest.SN@berkshire.nhs.uk)

### Reading

0118 9047320

[csnreading@berkshire.nhs.uk](mailto:csnreading@berkshire.nhs.uk)

### Wokingham

0118 9047330

[csnwokingham@berkshire.nhs.uk](mailto:csnwokingham@berkshire.nhs.uk)

### West Berkshire

0118 9047325

[csnwestberks@berkshire.nhs.uk](mailto:csnwestberks@berkshire.nhs.uk)

You can also use our website to make a referral to our service

[cypf.berkshirehealthcare.nhs.uk/school-nursing](https://cypf.berkshirehealthcare.nhs.uk/school-nursing)

[cypf.berkshirehealthcare.nhs.uk](https://cypf.berkshirehealthcare.nhs.uk)

