

A dose of Health & Wellbeing

Your bitesize guide to a healthier lifestyle, from your School Nursing team



Berkshire Healthcare
NHS Foundation Trust

Secondary School Edition (December 2025)

Hello and welcome

Season's Greetings from your School Nursing team!

This newsletter is full of useful information, hints and tips for keeping healthy.

What do you think of our newsletter?

Do you find this newsletter helpful? What would you like to hear about?

 [School Nursing Newsletter feedback form](#)

Thank you!



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Mental health tips

Busy lives can really challenge our mental health. You might feel you are juggling schoolwork, family life, friendships, social media, your physical and emotional health, the list goes on. Here are some little things you can do to help you feel better able to cope.

- Get close to nature
- Try and improve your sleep habits
- Keep moving
- Eat healthy food
- Be open minded to new experiences
- Plan things to look forward to
- Learn to understand and manage your feelings
- Talk to someone you trust for support
- Be aware of using drugs and/or alcohol to cope with difficult feelings
- Try to make the most of your money, and get help with problem debts



For more detailed information for each tip backed by evidence from research, visit:

[Our best mental health tips - Mental Health Foundation](#)



When you can't tell anyone else, Tellmi

Tellmi is a safe anonymous app where you can talk about absolutely anything, from anxiety to autism, self-harm to self-esteem. Sharing your concerns can really help you feel better. There are moderators checking everything to keep you safe and in-house counsellors on hand if you need extra support.

Tellmi makes it easy to talk about whatever is on your mind, it encourages you to share your problems and get help and advice from a supportive community.

Here is a short video explaining how it works:



[How Tellmi Works](#)

Tellmi: Better Mental Health on app store:



[App Store](#)

Tellmi Therapy This is Text based therapy, no waitlists and no number of limit on sessions.



[Make a referral](#)

Tellmi is there for you, 365 days a year.

The holidays can be a time for rest and celebration, but we know they can also be stressful. Tellmi is here to help. Whether you're feeling bored, lonely or just need a safe space to talk, our app is open - even on Christmas day.

Connect with others, share your thoughts and feel better, whatever the season.



[Click here to access Tellmi](#)

Wellbeing Action Plan for children

Charlie Waller (the mental health charity) have updated their Wellbeing Action Plan for children in Key Stage 2. It may also benefit those in key stage 3 (11-14 years). The plan helps children identify their own challenges and what helps them, it is designed to be personalised and enables children to build their own wellbeing toolkit. To find out more visit:

 [Charlie Waller Trust](#)

If you're in 6th form and Key Stage 4, you can use these resources to have a guided conversation to help you identify your strengths and manage your wellbeing when things feel tough.

 [Wellbeing Action Plan \(young person\) | Charlie Waller Trust](#)

Charlie Waller offer a huge range of resources to help you, here are some examples:

If you're feeling worried, stressed or down about things, it's ok to ask for help. Telling someone you're finding things hard is a strength, not a weakness. This practical guide offers advice on how to take those first steps and gives information about organisations that can offer support.

 [Asking for help mental health resource for young people](#)

Advice & tips for managing your mental health during exams:

 [Exams: Managing your Mental Health](#)

How to look after your digital wellbeing:

 [Managing mental wellbeing in an 'always on' digital world](#)

Self-belief - having the confidence in your ability to cope with the ups and downs of life.

 [How to build your-self belief](#)



Vaping

Did you know that a 2% disposable vape that delivers 500-600 puffs is delivering the same amount of nicotine as 50 cigarettes? (2% is equivalent to 20 mg strength of nicotine).

All disposables contain a liquid called nic salts. It's combined with a natural acid to neutralise the otherwise harsh ph which means that even high strengths can be vaped easily as they are made palatable, especially when then combined with sweet and fruity flavours. It's easy to see why a young person may not be aware of the dangers of consuming such a highly addictive substance.

Some facts to help you talk about vaping

- Vaping is a way for adults to stop smoking – not something for non-smokers to try.
- Most vapes contain nicotine, which is an addictive substance that can be hard to stop using once you have started.
- Nicotine is riskier for young people than for adults, as evidence suggests the developing brain is more sensitive to its addictive effects.
- Vaping is substantially less harmful than smoking but that does not mean it is harmless.
- Vaping exposes users to some toxins, and we do not yet know what the risks might be in the longer term.
- In the UK, it is against the law to sell nicotine vaping products to under-18s or for adults to buy them on their behalf.
- Some disposable vapes on sale are illegal and do not meet UK safety regulations. They can contain high levels of harmful substances.

Get to know the facts, find out more on the

 [FRANK website](#)

 [Vapes | FRANK](#)

 [Nicotine | FRANK](#)

 [Vaping | Childline](#)

 [Vaping myths and the facts - Better Health - NHS](#)



Do you know the risks of button batteries?

If you have a younger family member or you're a babysitter – make sure you know the facts!

Not only can a button battery get stuck in a small child's food pipe and cause choking, they can cause internal bleeding and even death if swallowed. Batteries react with saliva to create caustic soda, the same chemical used to unblock drains! There may be even more in your home over Christmas, so be extra careful.

 For more information visit: [Button batteries – The dangers of button batteries and how to stay safe – Home Safety - RoSPA](#)

The importance of vitamin D

To keep bones and muscles healthy, everyone should consider taking a daily vitamin D supplement especially in the autumn and winter, when we cannot make enough vitamin D from sunlight.

Just 10 micrograms a day is all you need – it's the same for teenagers, children & adults.

 For more information visit the [NHS website](#).

Managing your mobile phone use

Limiting mobile phone use can really help improve your focus, relationships, and overall wellbeing.

Set boundaries for screen time: Set yourself some specific times for phone use, such as after homework or meals. App timers or screen time settings can help you stay within limits.

Prioritise real-life connections: Try to spend quality time with friends and family without distractions. Try and find hobbies or activities that don't involve screens.

Turn off notifications: Constant pings can increase the urge to check your phone, turn off non-essential notifications to reduce interruptions and stay focused on tasks.

Create phone-free zones: Keep phones out of reach during meals, homework and especially one hour before bed. Using electronic devices near bedtime can disrupt your sleep pattern. Use an alarm clock instead of a phone to wake up.

Reflect on your usage habits: Chat with others about how much time they spend on their phone and how it makes them feel. Screen-time trackers can help you identify areas to cut back and encourage a healthier balance.



Food rumours: do you know what is true or false?

Check out these rumours, what do you think?

- ? Eating chocolate gives you spots
- ? All fat is bad
- ? Energy drinks are a good source of energy
- ? Missing breakfast will help you lose weight
- ? Eating carbs makes you put weight on



 Find out here what's true here: [Video: 5 Food Rumours | Health For Teens](#)

 And for information on nutrition, diet and your weight visit: [Nutrition & Diet | Lifestyle | Health for Teens](#)



Getting more active

Did you know that children need to be active for at least 60 minutes every day?

Aim for 60 minutes per day of moderate to vigorous activity. Moderate activity is exercise where you can still talk but not sing, whereas doing vigorous activity it would be difficult to talk without pausing the activity.

Try to break up long periods of time not moving with at least some light activity.

Sport in Mind run free sport and physical activity sessions for young people, which can build up your confidence and self-esteem, help you to meet new people and improve low mood and/or other emotional health concerns. To find out more the activities they have available and where visit:



[Youth Community Sessions | Sport in Mind](#)

Parkrun

What is Parkrun?

A free, fun and friendly weekly 5k community event. Walk, jog, run, or volunteer or spectate, it's up to you! Simply turn up and take part. Everyone is welcome! It's a great introduction for all the family to be physically active outside together, have fun and just join along at your own pace.

Junior parkrun is 2k, dedicated to 4-14 year olds and their families. Children are given FREE wrist bands for when they complete 11 half marathons, 21 marathons, and 50 Ultra! Marathons.

Every Sunday morning starting at 9am.

Where? Our local Parkrun events take place at:

 **Prospect Park**, Liebenrood Road, Reading RG30 2ND

 **Dinton Activity Centre**, Sandford Lane, Hurst RG10 0SU

 **Woodford Park**, Headley Road Woodley RG5 4JZ

 **Great Hollands Recreation Ground**, South Road, Bracknell RG40 3EE

You can REGISTER online beforehand, then track your progress and earn achievements by participating!



[Visit parkrun | junior parkrun](#)

Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

Aim for an
average of at least

60

minutes per day
across week

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

Get strong



INACTIVITY

Move more

Find ways to help all children and young people accumulate an average
of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Keeping safe in winter

Lots of serious accidents happen because drivers don't see another road user until it's too late.

The evenings are getting darker, so make sure you are as safe as possible while outside in the dark.

Wearing or carrying something bright or fluorescent helps you to be seen. Yellow and orange are the brightest.

Wear something reflective; even just a small reflective patch of material will shine in a car's headlight from far away, and reflect light from streetlights.

If you cycle or use a scooter, make sure you have working lights on the front and back as well as reflectors.

And be strict, wear a helmet while riding your bike or scooter.

Did you know that you could be breaking the law if you are over 14 and not wearing a seatbelt? If you are under 14, the driver is responsible for making sure you are buckled up

i [This article from THINK! has lots of advice to help keep safe on the roads.](#)

i [This video shows the importance of bike helmets](#)

Asthma advice in the cold weather

Managing your asthma can sometimes be more tricky in the winter. As the temperature gets colder outside you might find your asthma symptoms worsen. It might make breathing more difficult or you might wheeze and cough more.

- To help prevent asthma attacks caused by the cold, cover your mouth and nose loosely with a scarf so that the air is warmed before it is breathed in.
- Drink lots of fluids to help keep the mucus in your lungs thinner so the body can remove it more easily.
- Make sure you take your preventer inhaler regularly as directed by the GP and that your reliever inhaler is always available.
- Have your asthma reviewed regularly by the GP or asthma clinic.
- If you are using your reliever inhaler three or more times a week, book an extra asthma review.
- Make sure you have an up-to-date care plan in school.

i [Road Safety Awareness – YouTube](#)

i [Think! Teen Road Safety – YouTube](#)



i **For further hints and tips about managing asthma please visit Asthma UK.**

Ward off winter bugs and germs

One of the easiest ways to protect yourself & your family from getting sick and stop the spread of infection from those nasty bugs & germs is by washing our hands.

Follow this 'handy' advice!

- Wash your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel.
- Wash your hands before and after eating, when they are dirty, after going to the toilet (or changing a nappy), before and after handling food, after you blow your nose, cough or sneeze, after touching pets/animals and their food or equipment, and after handling rubbish/the bins.



Watch this [video](#) from WHO with your child and check how properly they are washing their hands.

Are you up to date with your immunisations?

Vaccines are free, they prevent you becoming ill from infectious diseases and have helped to save millions of lives globally.

We are starting to see local outbreaks of some nasty illnesses and diseases such as measles.

You can check your red book (PCHR) or speak to your GP 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 further vaccinations.



To find out more visit the NHS Vaccinations [website](#) and the Berkshire Healthcare [website](#).

Know where to go if you need medical advice



Minor cuts and grazes
Bruises and minor sprains
Coughs and colds

Self Care

Stock your
medicine cabinet



Minor illnesses
Headache
Stomach upsets
Bites and stings

Pharmacy



Feeling unwell?
Unsure?
Anxious?
Need help?

NHS 111



Persistent symptoms
Chronic pain
Long term conditions

GP Advice

Out of Hours call 111



Choking
Chest pain
Blacking out
Serious blood loss

A&E or 999

Emergencies only

How to contact us



Young people aged 11-19 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

 Young people Text: 07312 263266

 Parents/Carers Text: 07312 263194

**Open 9am - 4:30pm Monday-Friday
(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)

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

 cypf.berkshirehealthcare.nhs.uk/school-nursing

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 **Wokingham**

 **0118 9047330**

 csnwokingham@berkshire.nhs.uk

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 **0118 9047320**

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