

School Nursing Newsletter For Primary Schools

March 2021

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.

Activities to get moving and shake up

There are lots of good reasons to get moving, children should aim for at least 60 minutes of activity each day, this is not always easy if the weather is poor. Check out loads of Disney inspired indoor games and 10 minute shake up activities to help them stay active. <https://www.nhs.uk/change4life/activities>



Sleep

Getting into a routine again if it has been disrupted by everything going on at the moment can be challenging. Here are a few suggestions from the Sleep Charity and school nurses to help get a routine established at bedtime:

- ❖ Work out what time it will start – ideally 1 hour before your child falls asleep
- ❖ Plan a routine & write it down so everyone can follow it
- ❖ Turn off all screens at the start of the wind down routine, they suppress the body's sleep hormone melatonin so make it more difficult to fall asleep
- ❖ Once upstairs (if you have them) stay upstairs
- ❖ Dim the lights 1 hour before bed to help the release of melatonin
- ❖ Choose a calm activity – jigsaw, colouring, quiet game, craft activity hand/eye coordination activities are calming
- ❖ A bath 30 minutes before bed can help as the decrease in body temperature after a bath helps us feel sleepy, if no bath put pyjamas on the radiator before wearing
- ❖ Once settled in bed sharing a story is a great way to end the day or older children may prefer to read independently
- ❖ Make sure the room is gadget free, if possible, keep TVs, gaming devices, tablets and phones out of the bedroom. Keep the room cool, dark and quiet, ensure the bed and bedding are comfortable.

For further advice and support on sleep problems, nightmares, night terrors, relaxation tips and more visit <https://thesleepcharity.org.uk/information-support/children/>

The Emotional Cup

Imagine that every child has a cup that needs to be filled with affection, love security and attention. Most children will have a full cup a lot of the time but during stressful situations the cup may empty. It's natural for children just like adults to feel anxious or worried at times especially considering the impact of the pandemic over the past year. It is important that children know they can get support from those around them so they can fill their cup again. It may be difficult for children to express when they feel their cup is running on empty and it may be difficult for adults to spot this as well. Take a look at the emotional cup image below for some ways that children may be expressing their feelings.

THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



Image credit

Concerned about a child or young person affected by Covid or another emergency or crisis?

Many young people are feeling more stressed, lonely, anxious, and worried about their future in these uncertain times. Would you like to know more about how to effectively help? There is a free online 3-hour course you can complete at your own pace, no qualifications required.

[new online Psychological First Aid \(PFA\) training course](#)

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. Paper copies will also be available through your child's school.



Immunisations up to date?

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

Epilepsy Care Plans

Please ensure that there is an up to date epilepsy care plan in school if your child is epileptic, whether emergency medication is required or not. Please contact your school nurse for assistance in completing this plan if there is not one in place.



National Child Measurement Programme – NCMP

Please contact the school nursing team if you are concerned about your child's weight or growth. This year due to the pandemic the national childhood programme of measuring children in reception year and year 6 will only happen in a few schools.

How to help your child get dry at night

Remove Nighttime Pullups

- These become a safety net for the brain so it believes it is ok to pass urine
- Replace pullups with Kylie or Brolly sheets to protect bedding

Increase daily water intake

- WATER ONLY
- Squash, Fizzy Drinks and Caffeine irritate the bladder and increase the likelihood of bedwetting. Drink two thirds (2/3) of your daily fluid intake by the end of the school day

Restrict Night time fluids

- Stop drinking around **1^{1/2}** hours before bed. This means there is less urine in the bladder so helps decrease the chances of bedwetting

Bladder Training

- When at home get the child to hold on to the urine in their bladder for as long as possible to help stretch the bladder

Daily water intake by age in mls

4-8 yrs Female 1000-1400

Male 1000-1400

9-13 yrs Female 1200-2100

Male 1400-2300

14-18yrs Female 1400-2500

Male 2100-3200

Remember to drink 2/3 of the daily intake by the end of the school day



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

Bedwetting, otherwise known as enuresis, affects approximately half a million children and teenagers in the UK.

Some people can find bedwetting an embarrassing subject to talk about and

this can delay a young person or family from seeking help. Bedwetting can have a big impact on self-esteem and on family life, but it's nothing to be ashamed of and it's important to get help if you need it.

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

The ERIC website 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 guide to suitable drinks [Click here](#)

Are you a parent feeling overwhelmed at the moment?

When things aren't so good out there make inside feel better by creating a free NHS approved personalised Mind Plan. Just answer 5 questions to get top tips and advice for your mental well being. '[Click here for a 'Mind Plan'](#)

This includes tips and support on how to deal with change, cope with money worries and job uncertainty and how to look after your mental wellbeing while staying at home. It also includes practical tips and videos from experts on dealing with [stress](#) and [anxiety](#), boosting your [mood](#), [sleeping](#) better and what you can do to help others – including advice for [parents](#) and for [children and young people](#).

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

0118 955 6888 csreading@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.

Enjoy the Easter Break, Please Remember!

