

# WINTER NEWSLETTER

## BRENT SCHOOL NURSING

Un-brr-lievable winter fun!  
Our newsletter's on the run!

### ABOUT US..

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.

### IT'S THE SEASON TO BE HEALTHY



Keep yourself healthy by eating nutritious foods even during winter days. You can add soups or hot drinks to keep yourself warm in this cold season.

Exercise is essential, no matter the season. It helps kids maintain strong muscles and bones, builds cardiovascular strength, reduces the risk of obesity and type 2 diabetes and improves mental health. It's important to keep a positive mindset about staying active, especially during the gray, colder days of winter.



Get out your collection of hats, scarves, gloves, and cosy coats, wrap up warm, and simply head outside! Don't let the cold weather stop you having some quality family time in the crisp and fresh air.

Colds are spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading a cold: wash your hands often with warm water and soap, use tissues to trap germs when you cough or sneeze, bin used tissues as quickly as possible



Vitamin D, Vitamin C and Multivitamins can prove invaluable in helping to protect your immune system and overall health and wellbeing during the winter months.

### WINTER ACTIVITIES

WINTER FESTIVAL @  
BRENT CROSS

BRENT CROSS ICE  
SKATING

WINTER HAF  
EXTRAVAGANZA 2024

WINTER WONDERLAND  
@ HYDE PARK

\*outside Brent



SEA LIFE LONDON  
AQUARIUM

\*outside Brent



### 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](mailto:clcht.brentsnspaduty@nhs.net)



We are based at:

Sudbury Primary Care Centre, Watford Road, Wembley HA0 3HG  
Willesden Centre for Health and Care, Robson Avenue, London NW10 3RY

# Norovirus

Norovirus, also known as the “winter vomiting bug”, is a common and very contagious virus. It is one of the leading causes of vomiting, diarrhoea, and foodborne illness. Anyone can get infected and sick with norovirus.

## Most common symptoms



Vomiting Diarrhoea Nausea Stomach pain

## You may also experience:



Fever Headache Aching body

## How Novovirus spreads

- Having close contact with someone who has contracted Novovirus by caring for them or sharing utensils.
- Touching surfaces or objects contaminated with Novovirus
- Eating food or drinking liquids that are contaminated.



## Treating Novovirus



As it is caused by a virus, Novovirus does not respond to Antibiotics.  
It is important to replace lost fluid by drinking lots of water and use oral rehydration salt.

## Prevent the spread!

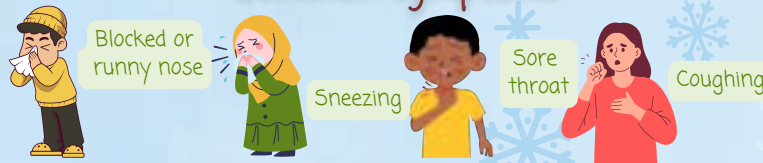
1. Wash your hands with soap and water
2. Clean and disinfect surfaces with bleach.
3. Wash laundry with hot water.
4. Stay off school until you are well or have no episodes of diarrhoea for at least 2 days.

**Stay HOME IF SICK**

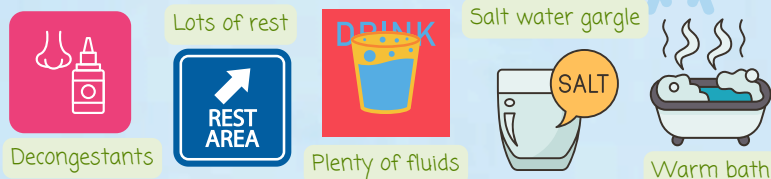
[NHS WEBSITE](#)

# Common Cold

## Common symptoms



## Ways to fight common cold



### See a GP if:

1. You have a high temperature for more than 3 days
2. Your symptoms gets worse

### Call 999/ go to the A&E if:

1. You feel short of breath
2. You get sudden chest pain
3. You start coughing up blood

[NHS WEBSITE](#)



## GET A FLU VACCINE

The children's flu vaccine helps protect against flu. It is offered to school-aged children (Reception to Year 11) and children with certain long-term health conditions.

Scan the QR code below to learn more about flu vaccine.



Vaccination UK will be in contact with schools to arrange future sessions.



## 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](#).

## NHS SERVICES

## USE THE RIGHT SERVICE

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 Wets & nappies	Finding unwell? Unwell? Anxious? Need help?	Persistent symptoms Chronic pain Long term conditions New prescriptions	Burns & sprains Asthma Falls & grazes Fever & rashes	Choking Chest pain Bleeding not serious blood loss

## 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](#)  
[Sufra Foodbank and Kitchen](#)





*Congratulations!*

# ASTHMA FRIENDLY SCHOOLS

## PRIMARY SCHOOLS



BARHAM PRIMARY SCHOOL



BRAINTCROFT ACADEMY



CARLTON VALE  
INFANTS SCHOOL



CONVENT OF JESUS AND MARY  
CATHOLIC INFANT SCHOOL



LYON PARK PRIMARY SCHOOL



OUR LADY OF GRACE  
CATHOLIC JUNIOR SCHOOL



ST ANDREW AND ST FRANCIS  
COFE PRIMARY SCHOOL



ST JOSEPH'S RC INFANT SCHOOL  
AND  
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

## SECONDARY SCHOOLS



ALPERTON COMMUNITY  
SCHOOL



ASHLEY COLLEGE



HARRIS LOWE ACADEMY  
WILLESDEN

## Know more about Asthma Friendly Schools...



North West London ICS encourages all schools to welcome children with asthma and put simple strategies in place to ensure they can fully participate in school life.

The Asthma Friendly Schools (AFS) programme sets out clear, effective partnership arrangements between health, education and councils for managing children and young people with asthma at primary and secondary schools.

## WHY IS IT IMPORTANT TO HAVE AN ASTHMA FRIENDLY SCHOOL?



An Asthma Friendly School is one where children with asthma are safe and can fully participate in all elements of school life. By signing up, schools are committing to ensuring that all school staff know what to do if a child has an asthma attack.



Appropriate asthma care is necessary for the child's immediate safety, long-term well-being and optimal academic performance. Whilst some older children may be fully independent with their condition, younger children, or those newly diagnosed are likely to need support and assistance from school staff during the school day, to help them to manage their asthma in the absence of their parents.

## OTHER BENEFITS OF BECOMING AN ASTHMA FRIENDLY SCHOOL INCLUDE:

- ✓ Raised awareness of Children & Young People who have Asthma
- ✓ Ensure Emergency Medication is immediately available
- ✓ Increased Staff Awareness – identifying those Children & Young people who are a concern
- ✓ Confidence in Managing an Asthma Attack
- ✓ Reduces School Absence
- ✓ Potential to reduce the number of Children & Young people who are hospitalised with Acute severe Asthma Attacks
- ✓ Streamlined pathway for Children & Young People with poorly controlled Asthma
- ✓ Improves overall outcomes & achievements for those with Asthma