

# School Nursing Newsletter for Secondary Schools

## Welcome to the December edition of our newsletter



Season's greetings to you and your families! We wish you all a healthy, safe and happy time over the Christmas break.

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



### Managing Asthma in the winter

As the temperature gets colder outside you might notice the cold affects your child's asthma symptoms. There may be an increase in coughing and wheezing, or breathing may be more difficult. To help prevent asthma attacks caused by the cold, make sure their mouth and nose are covered loosely by a scarf so that the air is warmed before breathing it in. Drinking lots of fluids is also important to help keep the mucus in their lungs thinner so the body can remove it more easily. Make sure your child takes their preventer inhaler regularly as directed by their GP and make sure their reliever inhaler is available at all times.

If they are using their reliever inhaler three or more times a week, book an extra asthma review. Please make sure your child's asthma is regularly reviewed by their GP or asthma clinic. For further hints and tips about managing asthma [visit Asthma.org.uk](https://www.asthma.org.uk)

### When should your child be kept off school?

It can be very difficult as a parent or carer to know when your child should be off school. Keep your child off school and get a test for your child if they have any of the main symptoms of COVID-19:

- ❖ a high temperature
- ❖ a new, continuous cough
- ❖ a loss or change to their sense of smell or taste

### [Find out more about symptoms of COVID-19 and what to do](#)

For minor coughs, sore throats and common colds your child can go to school but if they have a **fever they must stay at home until the fever goes**. Make sure they wash their hands regularly and throw used tissues in the bin. A sore throat and a fever could also be a sign of tonsillitis. [Visit Gov.uk for further information managing specific infectious diseases](https://www.gov.uk).

**This table shows current NHS advice on common health conditions.**

<b>Condition</b>	<b>How long should the child stay off school?</b>	<b>Do</b>
Chicken pox Shingles	At least 5 days or until rash is dry and crusted over.	Be aware it can spread to those who have never had chicken pox from the fluid in the blisters.
Cold sore	Not necessary.	Encourage your child not to touch the blister, kiss anyone or share items like cups or towels.
Conjunctivitis	Not necessary.	Encourage your child not to rub their eyes and to wash their hands regularly.
Ear infection/ Earache	Until they're feeling better, or if they have a fever once that has gone away.	
Food poisoning Diarrhoea Vomiting Rotavirus	Until 48 hours after diarrhoea & vomiting has stopped and well enough. In some cases, longer may be required if Health Protection team advise.	Encourage good hand hygiene.
Glandular fever	Once they feel well enough to return.	Encourage good hand hygiene.
Hand foot & mouth disease	Once they feel well enough to return.	Encourage your child to throw away any used tissues straight away and to wash their hands regularly.
Headlice	Not necessary.	Treat if live lice are seen & inform the class teacher.
Impetigo	Until lesions are crusted or 48 hours after starting antibiotics.	Encourage your child to wash their hands regularly & not to share things like towels and cups.
Flu	Once they feel well enough to return.	Remind your child to cover their nose and mouth with a tissue when coughing or sneezing & throw tissues in the bin. Ensure regular hand washing with soap and water, especially after coughing or sneezing. Immunise your child
Measles	4 days after start of rash. Very infectious, they must not attend school.	Ensure off school very infectious. Immunise your child
Mumps	5 days after onset of swelling.	Encourage good hygiene at all times. Immunise your child

Ringworm	Not necessary but requires treatment.	Get treatment from a pharmacist unless on scalp in which case see GP.
Rubella (German Measles)	5 days from start of rash.	Ensure no contact with pregnant women. Immunise your child
Scabies	Until after first treatment is carried out.	Make sure second treatment (1 week after first) is not missed. All household contacts and any other very close contacts should have 1 treatment at the same time as the second treatment of the case.
Slapped cheek syndrome	Not necessary as no longer infectious once rash occurs.	If you suspect your child has slapped cheek syndrome, take them to see a GP and let the school know if they're diagnosed with it.
Threadworm	Not necessary.	Get treatment from a pharmacist. Encourage good hygiene.
Whooping Cough	After 48 hours of antibiotic treatment and they feel well enough to return.	Immunise your child



### Are your child's immunisations up to date?

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

### Asthma, SARS (Severe Allergic Reaction), Epilepsy

Did you know the school nurses run medical awareness sessions for school staff on the management of asthma, severe allergies, and epilepsy? Please make sure if your child has any of these that they have an up-to-date care plan and medication in school. It is amazing how quickly inhalers and adrenalin pens can get out of date.

### Self Harm

Are you concerned your child is self harming? Here is some useful advice from the [West Berkshire Emotional Health Academy](#) [opens link]

### Your child's emotional and mental health

[KOOOTH](#) [opens link] have produced a [guide for parents](#) [opens link] on how to recognise if your child is struggling with their emotional/mental health. It provides practical tips on how best to support your child and even start the conversation with them.

## Mental Health Crisis

Recently we have seen more young people attending A&E because of mental health issues.

There are times when it's right for young people with mental health issues to go to A&E, such as if they need emergency medical attention because of life threatening concerns.

A&E is not always the best place for a young person who has mental health needs. It can create more anxiety and distress for them. There are other ways of getting help so that they receive the most appropriate support for their individual needs.

Many young people's mental health needs are best supported by community services, such as the Child and Adolescent Mental Health Service, and they don't need to go to A&E.

**A young person should only be taken to A&E (or call for an ambulance) if they require urgent life-threatening emergency medical attention** such as if they have:

- Recently taken an overdose
- Ingested harmful liquids
- Cut themselves significantly (deep cut/s and/or bleeding profusely)
- Burns that are blistering/red
- Lost consciousness

**If no medical intervention is required but you require urgent advice about a young person's mental health and risk, call NHS 111.**

NHS 111 can help if you have an urgent physical or mental health problem and you're not sure what to do. The service is available 24 hours a day, 7 days a week for people who need help fast, but it is not an emergency.

[Visit our website for more information and support on children and young people's mental health](#)

# Stay well

Guide to help you choose the right service for you and your NHS



Self-care	Pharmacy	GP	Minor Injuries	A&E/999
<p>Hangover. Cough. Colds. Grazes. Small cuts. Sore throat.</p>	<p>Diarrhoea. Earache. Painful cough. Sticky eye. Teething. Rashes.</p>	<p>Arthritis. Asthma. Back pain. Vomiting. Stomach ache.</p>	<p>Cuts. Sprains. Strain. Bruises. Itchy rash. Minor burns.</p>	<p>Severe bleeding. Breathing difficulties. Severe chest pain. Loss of consciousness.</p>
<p><b>Self-care</b> is the best choice to treat minor illnesses and injuries.</p> <p>A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.</p>	<p><b>Pharmacists</b> advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&amp;E department, and save time.</p> <p>No appointment is needed and most pharmacies have private consulting areas.</p>	<p><b>GPs and nurses</b> have an excellent understanding of general health issues and can deal with a whole range of health problems.</p>	<p><b>Minor Injuries Units, Walk-in Centres and Urgent Care Centres</b> provide non-urgent services for a range of conditions.</p> <p>They are usually led by nurses and an appointment is not necessary.</p>	<p><b>A&amp;E or 999</b> are best used in an emergency for serious or life-threatening situations.</p>
<p><b>NHS 111</b></p>	<p>If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call <b>NHS 111</b>.</p>	<p>24 hours a day 7 days a week</p>	<p></p>	
<p><b>NHS Choices</b></p>	<p>You can also access health advice and guidance or find your nearest service online through <b>NHS Choices</b>.</p>	<p>Visit <a href="http://www.nhs.uk">www.nhs.uk</a></p>	<p></p>	

Produced by NHS Northern, Eastern and Western Devon Clinical Commissioning Group

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

For more information, how you can help and when to ask for additional support please [visit our website](#).

The ERIC website offers support and advice for children and young people with a bowel or bladder condition. [You can visit the ERIC Site here](#).

### How to contact your local School Nursing team

We have a dedicated phone line for parents and carers, and for young people in Year 9 and above. It covers Bracknell Forest, Reading, West Berkshire and Wokingham. We are here to give you health advice and refer you into the service for ongoing support if you need it.

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



Call **0300 365 0010**

If there is no response please leave a voicemail message with the name of your child, contact number and brief outline of the issue and we will respond as soon as we can.

**If your child already has an open referral to school nursing, please contact your local team instead:**

- **Bracknell Forest: 0300 365 6000** (select option 3)  
[Bracknellforest.SN@berkshire.nhs.uk](mailto:Bracknellforest.SN@berkshire.nhs.uk)
- **Wokingham: 0118 949 5055**  
[csnwokingham@berkshire.nhs.uk](mailto:csnwokingham@berkshire.nhs.uk)
- **Reading: 0118 920 7514**  
[csnreading@berkshire.nhs.uk](mailto:csnreading@berkshire.nhs.uk)
- **West Berkshire: 01635 273384**  
[csnwestberks@berkshire.nhs.uk](mailto:csnwestberks@berkshire.nhs.uk)

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

[Visit our website](#) for more help and support for children and young people.



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