

NEWSLETTER

Brent School Nursing

Issue 06 | Autumn 2023 | For Primary School

WELCOME TO OUR AUTUMN NEWSLETTER!

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.

WHO WE ARE

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.

BIG
Congratulations!

TO



for achieving Asthma Friendly School status

EVENTS THIS AUTUMN

Autumn: 23 September - 21 December 2023

- 29 September Mooncake Festival
- 1-31 October Black History Month
- 10 October World Mental Health Day
- 15 October Global Handwashing Day
- 24 October United Nations Day
- 31 October Halloween
- 5 November Guy Fawkes Night
- 11 November Remembrance Day
- 13 November Diwali
- 14 November World Diabetes Day
- 20 November Universal Children's Day
- 23 November Thanksgiving Day
- 7-15 December Hanukkah

PROTECT YOUR SMILE



46% of children in Brent were identified to have one or more decayed, missing, or filled teeth. Brent also has the highest prevalence of dental decay in 5-year olds in London.

Top tips on how to take care of your teeth:

Take your child to the dentist when their first milk teeth appear or their first birthday. Take your child for regular dental check-ups as the advised by the dentist.



Brush at least twice daily for about 2 minutes with fluoride toothpaste. Brush last thing at night before bed and at least on 1 other occasion.

Spit out after brushing and don't rinse - if you rinse, the fluoride won't work as well.



NHS dental care for children is free.

Helpful links and sources:

[Find a dentist near you](#)

[Children's Teeth](#)

[Community Dental Service Brent and Harrow](#)



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



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



COUGH AND COLDS

Cough and colds are more common during the chillier months of the year. Viruses such as the rhinovirus spread more easily in lower temperatures and humidity. Most will make a full recovery within 5 to 7 days or up to 2 weeks without needing treatment.

Signs and symptoms:

- A raised temperature
- Headaches
- Muscle aches
- Pressure in your ears and face
- Blocked or runny nose
- Sneezing
- Cough
- Sore throat



Go to A&E or call 999 if your child:

- Has severe difficulty breathing
- Unable to swallow fluids or saliva
- Isn't showing normal colour of skin, lips, and tongue – very pale, blue, or purple

If you're very concerned about your child, trust your instincts and phone your GP or 111 for advice, or 999 in an emergency.

Managing symptoms:

- Encourage your child to drink plenty of fluids
- Get adequate rest
- Try drinking a warm drink or lemon and honey
- Use age-appropriate paracetamol or ibuprofen
- Saline nose drops or sprays can help relieve stuffy nose

Check with the pharmacist or GP about giving over-the-counter medications. Children with asthma may not be able to take ibuprofen



Preventing the spread of cough and colds:

- Wash your hands regularly with soap and water
- Clean surfaces regularly to get rid of germs
- Put used tissues in bin as soon as possible
- Keep your child at home until they're feeling better

Helpful links and sources:

[NHS \(colds, coughs, and ear infections\)](#)

[NHSinform.scot](#)

[NHS \(common cold\)](#)

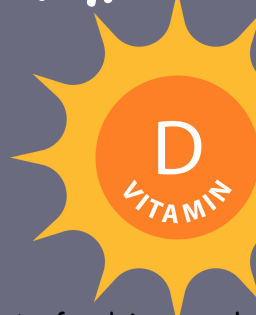


Brent Family
Wellbeing Centres

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](#).

VITAMIN D DEFICIENCY

Sunlight exposure is most people's main source of vitamin D. Our skin makes vitamin D in sunlight. But between October and early March, the sunlight is not strong enough to trigger vitamin D production in the skin, leading to low levels of the vitamin in the body.



Why is vitamin D important?

Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are vital keeping our bones, teeth, and muscles healthy.



Vitamin D deficiency can cause muscle weakness, fatigue, and can lead to bone deformities such as rickets to children.

Other sources of vitamin D



Fresh or tinned oily fish such as salmon, sardines, mackerel, and herring



Egg yolk



Red meat
and liver



Dietary
supplements

Children from the age of 1 year and adults need 10 micrograms or 400 IU of vitamin D a day. Everyone should consider taking a daily supplement of vitamin D during the autumn and winter. Vitamin D supplements are available at most pharmacies and supermarkets.

Helpful links and sources:

[NHS \(Vitamin D\)](#)

[British Skin Foundation](#)

[Cancer Research UK](#)

COVID

Covid case rates has risen over the past few months so as the concern over the variants "Pirola" and "BA.2.86". With the cold and flu season approaching, keep yourself updated with the NHS's rules and advice regarding Covid.



Check where your child could get the flu vaccine and see who's eligible for COVID-19 booster vaccine.



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](#)