

# A dose of Health & Wellbeing

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

July 2024

## Hello and welcome 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?

[Let us know here](#)

Thank you!

## In this issue

- [Staying hydrated](#)
- [Water safety](#)
- [Drowning](#)
- [Staying safe in the sun](#)
- [Heat Stroke and heat exhaustion](#)
- [Staying safe at festivals](#)
- [Feeling anxious or angry](#)
- [Tellmi: peer support App](#)
- [Starting university](#)
- [Eczema](#)
- [Healthy eating](#)
- [Parkrun](#)
- [Safe cycling](#)
- [Vaccinations](#)
- [How to contact a school nurse](#)

# Staying hydrated



During hot summer months, it's important to stay hydrated to maintain good health and overall wellbeing.

Not being hydrated enough can lead to headaches, fatigue, and difficulty concentrating.

Make sure you drink water regularly throughout the day, aiming for 6-8 cups or about 1500 ml. If you take part in a lot of physical activities, increase your intake to replace the fluids lost through sweating.

## Signs of dehydration:

- Thirst
- Dry mouth
- Tiredness
- Having dark coloured, strong-smelling urine or passing urine less often than usual
- Feeling dizzy or lightheaded
- Dry mouth, lips and tongue
- Sunken eyes

[To read more visit the NHS website.](#)

# Don't get in: you might not get out

Swimming is great fun and good exercise.

But death from drowning or lifelong injuries because of accidents in the water are far too common.

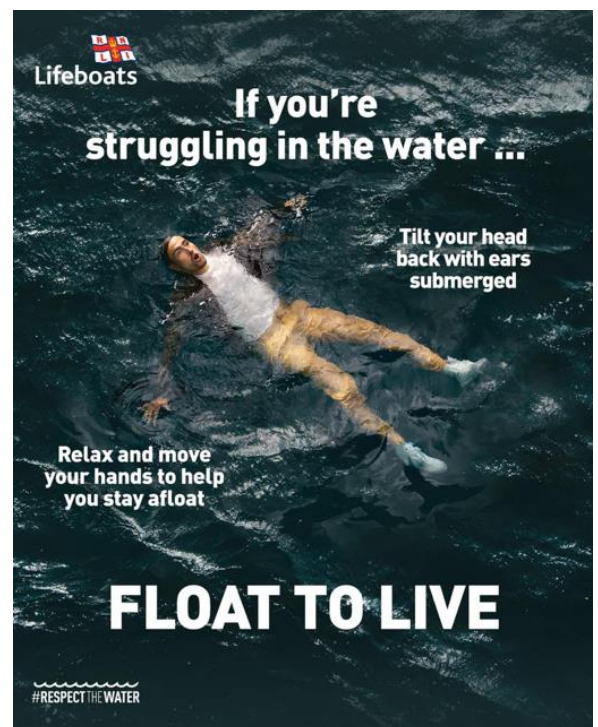
53% of the children and young people who died by drowning were aged 8-17yrs and were believed to have known how to swim!

Watch a true story about what happened when some young people decided to go swimming in the river [Here](#)

If you come into trouble in water:  
**Float To Live.**

- Tilt your head back with your ears underwater
- Relax and try to breathe normally
- Move your hands to help you stay afloat
- Once you are over the initial shock, call for help or swim to safety

See how to be water wise this summer [Here](#)





# 10 DROWNING FACTS

**307** UK and Irish citizens lose their lives to accidental drowning each year, on average.\*

**49%** of accidental drownings occur between May and August.

**83%** of those that accidentally drown in the UK are male.

**19 people** drowned across **4 days** in July 2022 as temperatures exceeded 38°C.

**59%** of UK accidental drownings occur in inland waters, e.g. rivers, lakes and canals.

**Alcohol and or drugs** are a factor in **29%** of all UK accidental drownings.

In our analysis, **73%** of drownings occurred in the absence of professional supervision, such as an RLSS UK qualified lifeguard.~

The number of **child drowning deaths in England has doubled** in the last 4 years.^ ^

In our analysis of outdoor drownings in the UK, **cold water shock** was cited in **38%** of cases.^

**44%** of those that lost their lives to accidental drowning in the UK never intended to be in the water.

## Drowning is preventable.

We provide expert lifesaving education in the UK and Ireland, protecting families from the sudden and devastating impact of drowning.

Notes: Unless otherwise stated, data taken from WAID (2018-2022). \* Source: UK drowning data taken from WAID (2019-2023). Irish data taken from Water Safety Ireland (2019-2023). These numbers do not include UK or Irish nationals drowning overseas. ~ RLSS UK analysis of supervision based on n=240 cases of accidental drowning in the UK. ^ RLSS UK analysis on cold-water shock based on n=133 cases of accidental drowning in outdoor water in the UK. ^ ^ Source: National Child Mortality Database (NCMD) 2019-20 to 2022-23.

# Staying Safe in the Sun



- Use sunscreen with SPF 30 or higher to protect your skin from harmful UV rays. Make sure you use enough: 5 teaspoons is needed to cover your entire body.
- Remember to reapply sunscreen every two hours, or more often if you've been swimming or sweating. It keeps you protected throughout the day.
- Don't forget your hat and sunglasses when you're out in the sun. They help shield your face and eyes from sunburn and glare.
- Drink plenty of water to stay hydrated, especially when it's hot outside. It helps your body stay cool and prevents heat exhaustion.
- Take breaks in the shade to give your skin a rest from the sun's rays. It's important to avoid prolonged exposure, especially during peak hours.
- Wear lightweight, loose-fitting clothing to keep cool and comfortable in the sun. Dark colours absorb more heat, so lighter colours are better.
- Be mindful of hot surfaces like metal furniture or car interiors. They can quickly become too hot and cause burns.
- If you start feeling dizzy, lightheaded, or nauseous, find a cool, shady spot to rest and drink water. These could be signs of heat exhaustion.
- Avoid outdoor activities during the hottest part of the day, typically between 10am and 3pm. Instead, plan activities for early morning or late afternoon when it's cooler.

For more information on sun safety [visit the NHS website](#)

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# Heat stroke and heat exhaustion

Heat stroke happens when the body can't cope with the heat demands placed on it. It can be life-threatening and needs to be treated as an emergency. It is commonly caused by not drinking enough fluids and sun exposure.

Children are more vulnerable to the effects of heat, especially younger children and those with health conditions, or children taking certain medications.

Signs and symptoms include:

- Tiredness
- High temperature
- Dizziness
- Nausea / vomiting
- Headache
- Excessive sweating
- Pale or clammy skin
- Rapid heart or breathing rate
- Cramps in limbs and abdominal area
- Excessive thirst
- Irritability

If someone is showing signs of heat stroke or heat exhaustion, move them somewhere cool and offer lots of fluids. Remove any unnecessary clothing and cool the skin with a water sprays or wet cloths. Medical help is not usually required for someone suffering from heat exhaustion if they are cooling down and feeling better after 30 minutes.

**DIAL 999 IF SIGNS OF HEAT STROKE INCLUDE:**

- No signs of recovery after 30 minutes
- Loss of consciousness
- Seizure
- Confusion
- Poor coordination
- Hot skin that is not sweating and may look red

## How to prevent heat exhaustion and heat stroke

- Limit any physical activities during the hottest part of the day (11am-3pm).
- Drink more cold drinks in hot weather – more if exercising.
- Avoid alcohol (as this can dehydrate you further).
- Be aware that electrical equipment indoors can increase the room temperature.
- If it is hotter outside, then close all windows and draw the curtains.

For advice visit [Heat exhaustion and heatstroke - NHS](#)

**CALL 111 FOR HEAT EXHAUSTION ADVICE.**

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## Staying safe at festivals

Festival season is a fantastic opportunity to gather with friends, enjoy incredible bands, and unwind. Whether you're planning a day visit or a weekend stay, being prepared can help make sure you stay safe.

Here are our top tips to help you stay safe and make the most of your festival experience.

### Before you leave

- Plan your packing. Aside from the tent and sleeping bag, remember other items such as a head torch, portable phone charger, suncream and anti-bacterial gel. A refillable water bottle will save you money and help reduce plastic waste.
- Think layers when packing your clothing as temperatures can change from day to night. A poncho is a great idea for the inevitable rain.
- Don't pack valuables and if you can, split your cash into two in case one gets lost or stolen. Arm wallets are also a good idea.
- Pack a tiny first aid kit to deal with bites, stings, blisters or small cuts so they don't ruin your fun.



# Festival safety



## When you arrive

- Get your bearings when you arrive. Look for landmarks around you to remember where you pitched your tent. Familiarise yourself with where the medical team are located – you never know when you may need them.
- Look after each other. If you're going with a group of friends, organise a meeting place in case you get lost from each other.
- Look out for other people as well as your friends. If someone looks unwell take care of them or approach festival staff if they need help.
- It may seem dull advice but it's really important to stay hydrated. Drink plenty of water, especially if it's hot. And remember that alcohol or drugs can really dehydrate you, as well as significantly impact your judgement and ability to make safe decisions.
- If it is sunny, protect yourself from the sun. Remember a sunhat and suncream, and reapply it throughout the day. Sunburn is no joke: it hurts. Seek shade when you need it to prevent heat exhaustion.
- Never leave your drinks unattended, as drink spiking is a significant concern at festivals. Use a lid or buy a reusable drink spiking prevention cover online. Also, keep an eye on your friends' drinks. Common symptoms of drink spiking include nausea, confusion, disorientation, fatigue, vision problems, dizziness, difficulty communicating or breathing, sudden changes in body temperature, and memory loss. If you suspect you or someone else has been spiked, seek medical help immediately.
- Have your portable phone charger accessible. You don't want your phone battery to run out when you need it most.
- Festivals are busy places, and it can be slow moving around – don't get irritated, go with the flow.
- Plan your safe journey home. Arrange your transport in advance and don't walking home alone.

**Above all, enjoy yourself and create some lifelong memories with your friends. Just remember to stay safe in the process.**

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# Do you sometimes feel anxious or angry?

Anxiety is a natural feeling that everyone experiences occasionally. It's our body's way of preparing us for a challenge by releasing adrenaline, which triggers the fight, flight, or freeze response, making us alert and ready to react.

Anxiety can be beneficial when facing new or stressful situations. As we grow up, feeling anxious is a normal part of developing our "survival skills" to handle challenges in the wider world. Everyone responds differently to stress, and that's perfectly normal.

Raised anxiety could be due to:

- Past experiences
- Lifestyle: diet/sleep/caffeine/alcohol/drugs
- School/ home difficulties
- Physical and mental health problems
- Friendship/relationship difficulties



Adrenaline triggers the fight, flight, or freeze response when you feel unsafe, leading to uncomfortable and unwanted sensations like a rapid heartbeat, faster breathing, and nausea.

However, sometimes we feel threatened even when there's no real danger. If anxiety interferes with your daily life, there are many strategies you can use to help manage it. [For help and advice visit Childline](#)

[This anxiety webinar for young people](#) was recorded by practitioners in Wigan but relevant here as well. All resources are the same except their referral process to see a school nurse – please text us via ChatHealth or see our contact details at the end of the newsletter. Text ChatHealth: 073120263266

## Angry?

Everyone feels angry at times.

But recognising and understanding it can help you take steps to calm down.

[Understanding Anger | Health For Teens](#)



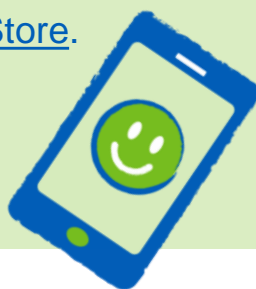


## Tellmi peer support app

The Tellmi app is a safe and secure peer support forum for young people aged 11+, where you can discuss any issue affecting your life. You can get anonymous advice from experts and young people going through similar experiences. Tellmi has moderators who check everything to keep you safe and their in-house counsellors are always on hand if you need extra support.

Tellmi can be downloaded for free from [Google Play](#) and [Apple App Store](#).

For more information visit [www.tellmi.help](http://www.tellmi.help)



## Are you off to further education or university?

For some young people, navigating this significant change in their life can be daunting and stressful. Take a look at these websites on how to help cope with this change and any other changes and challenges you may face in your life.

[Looking after yourself at uni | Mental health guide | YoungMinds](#)

[Transitioning to further education | Resources | YoungMinds](#)

## Eczema

Dealing with eczema can be incredibly challenging at times.



### What is eczema?

It's a common skin condition characterised by inflammation, redness, and itching. It is a chronic condition that can affect people of all ages but is often seen in infants and children. It is important to realise that eczema is not contagious.

This video is great to help understand what it is: [Watch it here](#)

### Eczema Care Online toolkit

Help to manage your, keep your skin healthy and live well with eczema with [Eczema Cares Online's toolkit](#)

### Support in school

For guidance on how to speak to your school about your eczema & how to manage it in school read this information from [Eczema Outreach Support](#)

### For further information & advice visit:

[Information & Advice | National Eczema Society](#)

## Healthy eating

Over the summer holidays it can be easy to fall into bad snacking habits, especially when you may have a change in routine. Try and remember the importance of controlling portion sizes and healthy snacking.

For homemade snack ideas, advice and choosing healthy snacks ideas and other recipes go to: [NHS Healthier Families](#) or [10 quick and easy healthy snack ideas – BHF](#)

Healthy breakfasts make a difference to the quality of your diet, your body weight and helps to support your learning. Skipping it makes it harder to get all the nutrients needed in a day.

[Good Breakfast Guide \(Booklet \(Small\)\) \(foodafactoflife.org.uk\)](#)

For some easy breakfast visit:

[Healthy breakfast ideas - Healthier Families - NHS \(www.nhs.uk\)](#)



Try not to have more than 7 cubes of sugar a day!

### High sugar foods to watch out for...



For further information on ways to save money on food visit: [Inspirations sheets HEW \(nutrition.org.uk\)](#)

## Junior & Adult Parkrun



If you're looking for a way to get your more active, have a think about Junior Parkrun. It's a fantastic community event where there is no pressure to 'race' – you can walk, jog or run.

Junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning. The adult Parkrun is 5k and takes place every Saturday morning.

It's positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.

### How to join in

Parkrun is free, register online and you'll get a personalised barcode to bring along. And there's no need to book, just turn up on the morning.

### Where is Parkrun?

There are currently 1,265 parkrun events around the country taking place every weekend.

There are events around Berkshire in:

- Bracknell Great Hollands Recreation Ground
- Prospect Park Reading
- Thames Riverside Reading
- Woodford Park, East Reading
- California Country Park Wokingham
- Woodford Park Woodley
- Ockwells Park, Maidenhead
- Greenham Common Newbury
- Salt Hill Park, Slough
- Savill Garden, Windsor
- Dinton Pastures Country Park Wokingham

[Find out more here](#)



# Safe Cycling: What you need to know

Cycling is a great way to exercise and keep fit, as well as being a convenient way to get around and see friends. Make sure you do it safely with these key points.

**Wear a helmet.** This is crucial to prevent serious injuries. A recent study found that a helmet can reduce the risk of a fatal head injury by 65%, a serious head injury by 69%, general head injury by 51% and facial injury by 22% (Headway, 2024). In 2020, Headway, the brain injury association, launched its “Protect Your Melon” campaign, take a look: [www.headway.org.uk/news-and-campaigns/campaigns/cycle-safety](http://www.headway.org.uk/news-and-campaigns/campaigns/cycle-safety)

**Be visible.** It takes drivers between 1.25 to 2 seconds to see an unexpected object, recognise it and then act. Be as visible and wear bright and fluorescent clothing in daylight and reflective materials at nighttime.

**Bike lights.** It's UK law to have a white front light and red rear light, which should be lit at night, and a rear red light reflector and two amber light reflectors on each pedal.

**Obey the rules of the road.** Follow road traffic rules, including stopping at red lights, giving pedestrians the right of way at zebra crossings, adhering to road signs, and never cycling on pavements. Use hand signals to help other road users understand where you are going. If there is a cycle path, use it. Some paths are shared with pedestrians, so make sure you stay on the right-hand side to avoid the risk of collision and give plenty of room. Use a bell so others know you're there.

**Keep your bike in good condition.** Regularly check your brakes, tyres, and gears to make sure they are in good working order. Clean your bike, particularly after muddy rides. Store your bike out of the rain and wind and if possible, in a dry and safe environment.

**Be aware of your surroundings.** Be aware of other road users, including cars and other cyclists. **Do not wear headphones while cycling**, especially noise cancelling headphones. **Put away your phone** so you are not distracted. If caught using your phone while cycling, you can get a fixed penalty notice from the police.



## - Keeping each other safe – get vaccinated

We are worryingly starting to see outbreaks of diseases such as measles and whooping cough emerging locally.

Vaccines are free and help save lives. By getting vaccinated, you get protection, and also help to protect others who may not be able to get vaccinated or have weaker immune systems.

To check which vaccines you are due for your age visit:

### [NHS vaccinations website](#)

Speak to your GP, or phone our local child health service (0300 5611851) to check whether you have received all your immunisations.

If you were vaccinated outside the UK you will need to provide evidence to your GP practice so that they can check whether there are any others you need.

**For more information on vaccinations [visit our website](#)**



## Are you leaving school?

When entering new environments, such as starting university or work, you'll be mixing with a new, wide group of people which can make you more at risk of some infections.

Making sure you have caught up with any missed vaccines can help to keep you well.

**For more information [visit our website](#)**





# ChatHealth



If you are aged 11-19 you 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

**Text: 07312 263266**

Open 9am - 4:30pm Mon-Fri  
(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

### Bracknell Forest

0300 365 6000

[BracknellForest.SN@berkshire.nhs.uk](mailto:BracknellForest.SN@berkshire.nhs.uk)

### Reading

0118 9047320

[csnreading@berkshire.nhs.uk](mailto:csnreading@berkshire.nhs.uk)

### Wokingham

0118 9047330

[csnwokingham@berkshire.nhs.uk](mailto:csnwokingham@berkshire.nhs.uk)

### West Berkshire

0118 9047325

[csnwestberks@berkshire.nhs.uk](mailto:csnwestberks@berkshire.nhs.uk)

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

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

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

