

# A dose of Health & Wellbeing

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

**Primary School Edition (July 2025)**

## Hello and welcome from your School Nursing team!

This newsletter is full of useful information, hints and tips for keeping your family healthy.

### What do you think of our newsletter?



Do you find this newsletter helpful? What would you like to hear about?



[School Nursing Newsletter feedback form](#)

Thank you!



### In this issue:

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# Summer Routines

Children thrive with a routine but this can be hard during the holidays. Here are some tips below:

- ✓ **Keep active**
- ✓ **Stay cool**
- ✓ **Enjoy down time**
- ✓ **Regular bedtimes**
- ✓ **Planning healthy snacks (2 a day) in between meals**
- ✓ **Don't forget to brush your teeth twice daily**
- ✓ **Limit screen time**
- ✓ **Keep your water bottle with you**
- ✓ **Keep sun safe**
- ✓ **Remember water safety**
- ✓ **Be aware of road safety**



## Sleep

A good sleep routine is crucial for overall health and development. During sleep, the body and brain undergo essential processes that support physical growth, cognitive development, emotional regulation, immune function, memory consolidation, helping children learn and retain new information. It's vital for emotional stability.



Sleep deprivation in children can lead to increased irritability, difficulty concentrating, and behavioural issues.

Primary age children need between 9-13 hours sleep each day but some children may need less and others more; sleep needs varies between each child.

[\*\*Sleep | Children Young People and Families Online Resource\*\*](#)

## Keep hydrated

It is important to drink at least 5-6 cups of water a day. Sugar free squash with meals is OK but water is best. It is important to try and drink more in extreme temperatures or if you have been doing exercise.



# Screen Time

Be aware of adult use of technology around young children.

Ask yourself - are you more distracted and less tuned into your child and their needs when focusing on your own phone?



It can be difficult to eliminate screen time completely, but here are some tips:

- **Set rules** e.g. time limits, screen free days. Ensure there are clear limits with young children. Most little children prefer time with their parents, playing, exploring and doing physical activities.
- **Supervise and share screen time** – sit and talk to your child about what they are watching to help them learn and understand. Choose things that you and your child can watch or play together.
- **Turn off background TV/devices** – these can distract children and impact on listening skills even if the sound is low.
- **Avoid screens before bedtime** and try not to use them as a way of settling your child. Read a book together or engage in storytelling instead.
- Set an example and **limit your own social screen time**.
- **Turn off screens during family meals** and when out and about spending family time together.
- **Discuss screens for school work and social media use** – personal screentime use with healthy boundaries for older children.
- Teach children about **online privacy and safety**.
- Learn about and use **parental control**.



For more information please see links below:

➤ [A parent's guide to screen time – Cbeebies](#)

➤ [https://www.ceopeducation.co.uk/4\\_7/6-7/](https://www.ceopeducation.co.uk/4_7/6-7/)

➤ <https://www.nspcc.org.uk/keeping-children-safe/online-safety/quiz/>

➤ <https://www.bbc.co.uk/bitesize/articles/zfmhfdm#zyxpywx>

# Healthy bowel habits








Constipation is very common in children. **1 in 3** children are affected by constipation. It can affect behaviour and mood!

## How to check your child if your child is constipated

Keep a poo diary –  
Identifying the  
types of Stools  
(from the Bristol Stool  
Chart shown here).

Carry out the sweet-  
corn test to see if your  
child is constipated.  
The ideal time to see  
sweetcorn in your  
child's stool, is between  
24hr-36hrs after eating  
sweetcorn.

Click below to see:  
[How fast are  
your bowels?](#)  
[Take the sweetcorn  
test to find out!](#)

THE BRISTOL STOOL FORM SCALE (for children) <b>choose your POO!</b>		
type 1		looks like: <b>rabbit droppings</b> Separate hard lumps, like nuts (hard to pass)
type 2		looks like: <b>bunch of grapes</b> Sausage-shaped but lumpy
type 3		looks like: <b>corn on cob</b> Like a sausage but with cracks on its surface
type 4		looks like: <b>sausage</b> Like a sausage or snake, smooth and soft
type 5		looks like: <b>chicken nuggets</b> Soft blobs with clear-cut edges (passed easily)
type 6		looks like: <b>porridge</b> Fluffy pieces with ragged edges, a mushy stool
type 7		looks like: <b>gravy</b> Watery, no solid pieces ENTIRELY LIQUID

If you suspect your child has constipation, please visit your GP.



# Support with bed wetting, day wetting and soiling

Bedwetting, otherwise known as Enuresis, is very common and affects around half a million children and teenagers in the UK. Around 15% of all 7 year olds regularly wet the bed.

1 in 12 children also live with a bowel or bladder condition.

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 is nothing to be ashamed of and it's important to get help if you need it.



The School Nursing Teams offer a Nocturnal Enuresis (bedwetting) service. Please contact your local team if you would like more information.

For more information, advice and when to ask for additional support please visit our website below:



[Bedwetting | Children Young People and Families Online Resource](#)

The ERIC website offers support and advice for young people with a bowel or bladder condition.



[Home - ERIC](#)



The Children's Bowel & Bladder Charity

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## Are you struggling to get your kids to eat veg?

This **free** new online programme is designed to help parents and carers whose children eat little or no veg. Online tutorials and simple steps help your child progress to at least one or two vegetables they will eat on a regular basis.

This gentle approach works in small steps to avoid friction & waste.

[Launch Into Veg \(simplyveglearning.org.uk\)](http://simplyveglearning.org.uk)



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## The importance of breakfast



Healthy breakfasts make a difference to the quality of a child's diet, their body weight and helps to support their learning. Skipping breakfast makes getting all the nutrients needed in a day harder.

Here's a guide to good breakfasts:

[Good Breakfast Guide \(Booklet \(Small\)\)  
\(foodafactoflife.org.uk\)](http://foodafactoflife.org.uk)

For easy breakfast ideas that are perfect for adults and children visit:

[Healthy breakfast ideas –  
Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)



# Healthy snacks



When you are out of your usual routine, such as in the summer holidays, it can be easy to fall into bad snacking habits. But snacks are an important part of a child's diet. Making snacks at home can often work out cheaper and can be a fun activity to do with children.

[NHS Healthier Families](#) has lots of snack ideas and recipes.

## Support with reducing Children's Sugar Consumption



Berkshire Healthcare  
NHS Foundation Trust



4-6 Years Old



7-10 Years Old



11+ Years Old

### Foods to watch out for...

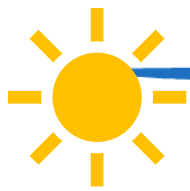


Up to 2-3 cubes



Up to 5-6 cubes of sugar

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



# Taking Care in the Sun for all the Family

When we do see the sun - stay safe but remember even in cloudy weather you can sunburn!



Remember to wear sunscreen with SPF 30 or higher (with 4\* UVA) to protect your skin from harmful UV rays. (5 teaspoons to cover whole body). Sunscreen and sun safety - (<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>)

- Remember to reapply sunscreen every two hours, or more often if you've been swimming or sweating. It keeps you protected throughout the day.
- Drink plenty of water to stay hydrated, especially when it's hot outside. It helps your body stay cool and prevents heat exhaustion.
- 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.
- 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 typically 11- 3pm in UK.
- Wear lightweight, loose-fitting clothing to keep cool and comfortable in the sun. Dark colours absorb more heat, so lighter colours are better.
- 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.
- Be mindful of hot surfaces like playground equipment or car interiors. They can quickly become too hot and cause burns.
- Avoid outdoor activities during the hottest part of the day, typically between 10 a.m. and 4 p.m. Instead, plan activities for early morning or late afternoon when it's cooler.



**JUST LIKE FOOD, SUN CREAM HAS EXPIRY DATES TOO!**

Have fun in the sun stay safe and take care of your skin and body.



# Staying Active

Kids need to be active for at least 60 minutes a day, with 30 minutes of this outside of school. This should include 3 sessions a week of activity that strengthens muscles and bones, so mix it up!



## BIG SISTER PROJECT

[Big Sister Project | Places Leisure](#)

The programme helps girls aged 9-15 in targeted areas feel 'sport ready' by recruiting a network of 'Big Sisters' – peer leaders and supporters from sport, school and community organisations. Sport leaders will be trained in the emotional and physical barriers girls face.

## Sport In Mind

Transforming the nation's mental health through sport.

Sport in Mind offer children, young people and family

programmes, to support and improve mental health through our free sports and physical activity programmes.



[Sport in Mind - the UK mental health sports charity](#)

**Better  
Health**

**healthier  
families**

## Healthier Families

Fun 10 Minute Shake Up games to information about active hobbies and sports, here's everything you need to get your family moving!

[Activities for kids - Healthier Families - NHS \(www.nhs.uk\)](#)

# Parkrun







## What is a Parkrun?

A free, fun and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate, it's up to you! Simply turn up and take part. Everyone is welcome! It's a great introduction for all the family to be physically active outside together, have fun and just join along at your own pace.

Junior parkrun is 2k, dedicated to **4-14 year olds** and their families, every **Sunday morning starting at 9am**.

## Where?

Our local Parkrun events take place at:

-  Prospect Park, Liebenrood Road, Reading RG30 2ND
-  Dinton Activity Centre, Sandford Lane, Hurst RG10 0SU
-  Woodford Park, Headley Road Woodley RG5 4JZ
-  Great Hollands Recreation Ground, South Road, Bracknell RG40 3EE

Children are given **FREE** wrist bands for when they complete 11 half marathons, 21 marathons, and 50 Ultra! Marathons.

You can REGISTER online beforehand, then track your progress and earn achievements by participating!

 Visit [parkrun](#) | [junior parkrun](#)



## Reading Directory

This is a great resource of all local services including things to do in the area:

**[My Reading Account information and advice - Reading Borough Council](#)**

Better leisure has made a great site with information about children clubs:-

**[Activities for Kids](#) | [School Holiday Activities and Clubs](#) | [Better](#)**

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# Staying safe in water inside the home

Around 400 people drown in the UK each year.

**Children can drown in as little as 2 inches of water in only 20 seconds.**

 Visit: [Splash Safety in the Garden](#)

## **Securely cover or empty all water vessels after use:**

- Including paddling pools, hot tubs, water play tables and storage containers

## **Stop water vessels from re-filling by:**

- Turning them over
- Turning off the hosepipe off at the tap, so children cannot fill vessels themselves



## **Stop children gaining access to ponds and pools by:**

- Installing secure fencing at least 4 feet high
- Adding a strong mesh or grill to the top of your pond – one that is strong enough to take the weight of a child
- Keeping your door locked and restrict access to outdoor areas that can pose risks
- Consider filling-in your pond until your child is older

For further water safety advice for all the family at home, on holiday, at the beach, or in swimming pools visit the:

 Visit: [Royal Berkshire Fire and Rescue Service](#)

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# Staying safe in water outside the home

Here are some useful reminders from the Royal Life Saving Society to share with your family and a short cartoon you may also wish to share with your child:



[Water Safety Code Cartoon](#)



## Look out for lifeguards

Never swim unless there is a lifeguard present



## Don't go too far

Swim parallel to the shore so you are never too far away from it



## It's stronger than it looks

Currents in water can be very strong. If you get caught in a rip tide don't try and swim against it, swim with it and shout for help



## Bring a friend

Always bring a friend so if you get into difficulties someone is there to help

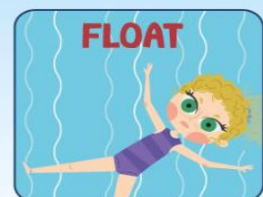


## It's colder than it looks

Check the temperature of water before you enter. Cold water shock can affect your ability to swim and self-rescue



**ALWAYS FOLLOW THE WATER SAFETY CODE**






# 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.

**For more information about the Flu vaccine visit:** [Flu vaccine](#)



 **There is a dedicated Berkshire Healthcare Immunisation team:**  
[Immunisations | Children Young People and Families Online Resource](#)  
**For more information** [NHS vaccinations website](#)

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

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

## Is your child moving to secondary school in September?

For some young people, starting secondary school can be daunting and stressful as it is a significant change in their life. These helpful websites offer some top tips on how to help young people cope with this change and any other changes and challenges they may face in their life.

 [Supporting school transitions | Resources | YoungMinds](#)

[Starting secondary school - BBC Parents' Toolkit - BBC Bitesize](#)





# ChatHealth



If you have a child aged 5-19 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
- Behaviour
- Bullying
- Parenting
- Healthy eating
- Bedwetting
- Dealing with medical conditions in school
- Emotional health and wellbeing

**Text: 07312 263194**

Open 9am - 4:30pm Monday - Friday  
(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 904 7320

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

### Wokingham

0118 904 7330

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

### West Berkshire

0118 904 7325

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



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