ISSUE 15
WINTER 2025
FOR SECONDARY SCHOOLS

NHS
Central London Community Healthcare
NHS Trust

WINTER NEWSLETTER

BRENT SCHOOL NURSING

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*



To stay healthy in winter, prioritise your health by:

1. **Practice good hygiene**. Wash your hands often with soap and water, cover your nose and mouth when you cough or sneeze and avoid touching your face to prevent the spread of germs.
2. **Stay Hydrated**. Drink plenty of water throughout the day.
3. **Eat a balanced diet.** Focus on diet rich in seasonal fruits, vegetables and a hot meal a day to keep you warm. Consider food with Vitamin C and Vitamin D.



4. **Sleep well.** Aim for 7-9 hours of sleep per night to help your body recover and stay healthy.
5. **Protect your skin**. Use moisturizer and lip balm to protect your skin from the cold and dry air.
6. **Keep yourself warm**. Dress in layers to stay warm and use a hot water bottle.
7. **Manage stress**. Find ways to manage stress as it can impact your immune system. Stay connected with friends and family and take time to rest and relax.

Winter activities



WINTER FESTIVAL @ BRENT CROSS



ICE SKATING



WALK AROUND SOUTHBANK FOR WINTER LIGHTS.



CHRISTMAS MARKETS IN LONDON



HYDE PARK @ WINTER WONDERLAND



WATCH CHRISTMAS THEMED MUSICALS IN LONDON



NUTCRACKER 2025

THE GRUFFALO'S CHILD

ELF THE MUSICAL

WEST END MUSICAL CHRISTMAS

THE SNOWMAN

Brent Family Wellbeing Centre

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.

Brent School Nursing team is here for you!

If you would like to speak to a school nurse, please call our 0-19 Single Point of Access number 020 8102 4900.

You can also contact us through email on: clcht.brentsnspaduty@nhs.net

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COMMON COLD



The main symptoms include:

- a blocked or runny nose
- sneezing
- a sore throat
- a hoarse voice
- a cough
- feeling tired and unwell



You may also have:

- a high temperature
- aching muscles
- a loss of taste and smell
- a feeling of pressure in your ears and face

Ways to fight common cold



Decongestants



Plenty of fluids



Lots of rest



Salt water gargle



Warm bath

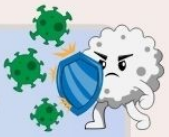
See a GP if:

- You have a high temperature for more than 3 days
- Your symptoms gets worse

Call 999/ go to the A&E if:

- You feel short of breath
- You get sudden chest pain
- You start coughing up blood

GET YOUR 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.

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

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

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



- feeling sick
- being sick (vomiting)
- diarrhoea



You may also experience:

- a high temperature
- a headache
- tummy pain
- body aches and pains

How Norovirus spreads



Norovirus is caused by a virus that spreads through poo. It can spread to others very easily. You can catch norovirus from:

- close contact with someone with norovirus
- touching surfaces or objects that have the virus on them, then touching your mouth
- eating food that's been prepared or handled by someone with norovirus
- drinking unclean water or infected food

Stop norovirus spreading



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

Treating Norovirus



- 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.





FOR MORE INFORMATION, VISIT NHS NOROVIRUS

SEASONAL AFFECTIVE DISORDER (SAD)

Winter Depression

SAD is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter. It is often linked to reduced exposure to sunlight.

MORE DETAILS > To learn more about SAD, you may visit the NHS website

CHECK THIS OUT

CHECK THESE WESBITES TO KNOW MORE ABOUT CHILDREN'S HEALTH IN WINTER:

- UK Health Security Agency | GOV.UK
- Children's Health in Winter
- 6 Common Winter Illnesses In Children



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ASTHMA FRIENDLY SCHOOLS

New schools on the list.. Congratulations!

PRIMARY SCHOOLS

- NORTHVIEW PRIMARY SCHOOL
- SALUSBURY PRIMARY SCHOOL
- ST MARGARET CLITHEROW RC PRIMARY SCHOOL

PRIMARY SCHOOLS

- BARHAM PRIMARY SCHOOL
- BRAINTCROFT ACADEMY
- CARLTON VALE INFANTS SCHOOL
- CHALKHILL PRIMARY SCHOOL
- CONVENT OF JESUS & MARY CATHOLIC INFANT SCHOOL
- FRYENT PRIMARY SCHOOL
- FURNESS PRIMARY SCHOOL
- EASTLANE PRIMARY SCHOOL
- ELSELY PRIMARY SCHOOL
- KILBURN PARK PRIMARY SCHOOL
- LYON PARK PRIMARY SCHOOL
- NEWFIELD PRIMARY SCHOOL
- OUR LADY OF GRACE CATHOLIC INFANT SCHOOL
- OUR LADY OF GRACE CATHOLIC JUNIOR SCHOOL
- PARKLANE PRIMARY SCHOOL
- PHOENIX ARCH SCHOOL
- PRESTON MANOR LOWER
- ROE GREEN INFANT SCHOOL
- ST ANDREW & ST FRANCIS COFE PRIMARY SCHOOL
- ST JOSEPH'S RC INFANT SCHOOL
- ST JOSEPH'S RC JUNIOR SCHOOL
- ST JOSEPH'S RC PRIMARY SCHOOL
- ST MARY MAGDALEN'S CATHOLIC JUNIOR SCHOOL
- ST ROBERT SOUTHWELL RC PRIMARY SCHOOL
- STONEBRIDGE PRIMARY SCHOOL
- SUDBURY PRIMARY SCHOOL
- UXENDON MANOR PRIMARY SCHOOL
- WYKEHAM PRMARY SCHOOL

SECONDARY SCHOOLS

- CLAREMONT HIGH SCHOOL ACADEMY
- PRESTON MANOR HIGHSCHOOL
- ALPERTON COMMUNITY SCHOOL
- ASHLEY COLLEGE
- HARRIS LOWE ACADEMY WILLESDEN
- KINGSBURY HIGHSCHOOL
- ST CLAUDINE'S RC COLLEGE

BE AN ASTHMA FRIENDLY SCHOOL NOW

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.



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.



Contact us to know more on how to get your AFS certificates or talk your allocated School Nurse.

NHS SERVICES

USE THE RIGHT SERVICE



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

