

# SPRING

## NEWSLETTER

### brent school nursing

Spring into healthy habits!

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.

#### DONT BE MEAN - KEEP YOUR HANDS CLEAN!

Hand washing is one of the **simplest** and **most effective** ways to stay healthy and prevent the spread of germs.

Our hands touch many surfaces every day, and germs can easily enter our body when we touch our eyes, nose, or mouth.



After coughing, sneezing or blowing your nose.



When your hands are dirty



After playing outside



After using the toilet



After petting or touching an animal



Before eating

#### MOVE.MORE.MAY

London is a never-ending playground of fun and adventure! Whether you're up for a huge thrill or just a tiny treat, there's something for everyone to enjoy.

#### EXPLORE THE MUSEUMS IN THE CITY!

Explore London's free captivating and interactive museums like the British Museum, Natural History Museum, National Gallery, and National Portrait Gallery for a magical journey with remarkable wonders.

#### UPCOMING EVENTS

19.4.2026: St George's Day Parade @ Trafalgar Square

3.4.2026-26.4.2026: Tulip Festival @ Hampton Court

23.4.2025-26.4.2026: North London Book Festival

4.5.2026: Early May Bank Holiday

25.5.2026: Spring Bank Holiday

30.5.2026: Eid on the Square @ Trafalgar Square

#### BRENT SCHOOL NURSING TEAM IS HERE FOR YOU!



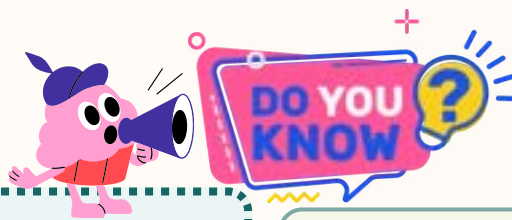
If you would like to speak to a school health nurse, please call our 0-19 Single Point of Access number **020 8102 4900**. We will call you back if you leave a message.



You can also contact us through email on: [clcht.brentsnspaduty@nhs.net](mailto:clcht.brentsnspaduty@nhs.net)



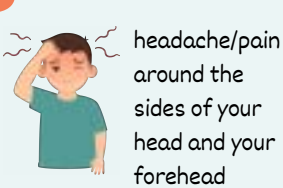
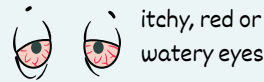
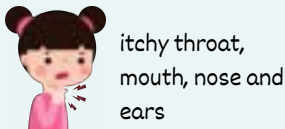
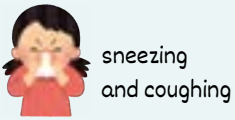
We are based at:  
**Sudbury Primary Care Centre**, Watford Road, Wembley HA0 3HG  
**Willesden Centre for Health and Care**, Robson Avenue, London NW10 3RY



# HAYFEVER

Hayfever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to alleviate your symptoms or medication to help tackle hayfever.

## What are the signs & symptoms?



## How to manage hayfever?

- ✓ Put petroleum jelly (such as Vaseline) around your nostrils to trap pollen
- ✓ Wear wrap around sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- ✓ Shower and change your clothes after you have been outside to wash pollen off
- ✓ Keep windows and doors shut as much as possible
- ✓ Vacuum regularly and dust with a damp cloth



## Ask a Pharmacist

Speak to a pharmacist if you have hayfever. They can give you advice and suggest the best treatments to help with symptoms, such as:

- Antihistamine drops, tablets or nasal sprays
- Steroid nasal sprays

Some Antihistamines can make you very sleepy, so speak to your pharmacist about non-drowsy Antihistamines if you need to.

## Seek GP advice if:

- your symptoms are getting worse
- your symptoms do not improve after taking medicines from the pharmacy

FOR MORE INFORMATION VISIT:

[NHS.UK](https://www.nhs.uk)

[ALLERGY UK](https://www.allergyuk.org)

# MEASLES

Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it.

Measles usually starts with cold-like symptoms, followed by a rash a few days later, a rash usually starts on the face and behind the ears before appearing on the rest of the body. Some people may also get small spots in their mouth.

The first symptoms of measles include:

- ! a high temperature
- ! a runny or blocked nose
- ! sneezing
- ! a cough
- ! red, sore, watery eyes

Contact your GP to check if your child is due for an MMR vaccine (measles, mumps & rubella)

[NHS.UK](https://www.nhs.uk)  
[NHS | MEASLES](https://www.nhs.uk/conditions/measles)

# HAND, FOOT AND MOUTH DISEASE (HFMD)

Hand, foot and mouth disease is a common childhood illness that can also affect adults. It usually gets better on its own in 7 to 10 days.

## Signs & symptoms: How to treat hand, foot and mouth disease yourself:

The 1st symptoms of hand, foot and mouth disease can be:

- a sore throat
- a high temperature
- not wanting to eat

Hand, foot and mouth disease usually gets better on its own in 7 to 10 days. You cannot take antibiotics or other medicines to cure it.

The 2nd stage usually starts a few days later and symptoms can include:

- mouth ulcers, which can be painful
- a raised rash of spots on the hands and feet, and sometimes the groin area and bottom

To help the symptoms:

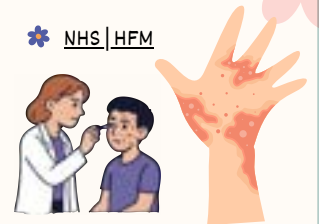
- drink cool fluids to soothe the mouth and prevent dehydration (but avoid acidic drinks, such as fruit juice)
- eat soft foods like yoghurt and avoid hot, salty and spicy foods
- take paracetamol or ibuprofen to help ease a sore mouth or throat

## Contact your GP if:

- symptoms of hand, foot and mouth disease do not improve after 7 to 10 days
- you're pregnant and get hand, foot and mouth disease

[NHS | HFMD](https://www.nhs.uk/conditions/hand-foot-and-mouth-disease)

Hand, foot and mouth disease can be spread to other people.



# CHICKENPOX

Chickenpox is a common infection that spreads easily and mostly affects children. It usually gets better on its own after 1 to 2 weeks without needing to see a GP, but can be serious in some people.

## Signs & symptoms:

The main symptom of chickenpox is an itchy, spotty rash. It can be anywhere on the body.

Before or after the rash appears, you might also have:

- a high temperature
- aches and pains, and generally feel unwell
- loss of appetite
- spots all over your body which turn into blisters

## Contact your GP if:

- you're not sure it's chickenpox
- you're concerned about yourself or your child
- Tell the receptionist you think it might be chickenpox before going in to a GP surgery.

FOR MORE INFORMATION VISIT:

[NHS | CHICKENPOX](https://www.nhs.uk/conditions/chickenpox)

# ASTHMA FRIENDLY SCHOOLS

New schools on the list.

**Congratulations!**



ANSON PRIMARY SCHOOL



DONNINGTON PRIMARY SCHOOL



ST MARY'S CE  
 PRIMARY SCHOOL



WEMBLEY PRIMARY SCHOOL

## PRIMARY SCHOOLS

- CARLTON VALE INFANTS SCHOOL
- CONVENT OF JESUS & MARY CATHOLIC INFANT SCHOOL
- FRYENT PRIMARY SCHOOL
- EASTLANE PRIMARY SCHOOL
- GLADSTONE PARK PRIMARY SCHOOL
- HARLESDEN PRIMARY SCHOOL
- KILBURN PARK PRIMARY SCHOOL
- LYON PARK PRIMARY SCHOOL
- NORTHVIEW PRIMARY SCHOOL
- PHOENIX ARCH SCHOOL
- 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 MARGARET CLITHEROW RC PRIMARY SCHOOL
- ST MARY MAGDALEN'S CATHOLIC JUNIOR SCHOOL
- ST ROBERT SOUTHWELL RC PRIMARY SCHOOL
- STONEBRIDGE PRIMARY SCHOOL
- SALUSBURY PRIMARY SCHOOL
- UXENDON MANOR PRIMARY SCHOOL

## SECONDARY SCHOOLS

- ASHLEY COLLEGE
- HARRIS LOWE ACADEMY WILLESDEN

Note: Some schools are on the process of renewing the annual certificates.

JOIN THE 27  
 ASTHMA FRIENDLY  
 SCHOOLS NOW!

TO ENABLE EACH CHILD TO LEAD  
 A FULL AND ACTIVE LIFE!!

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.

**A CHILD'S OR YOUNG PERSON'S ASTHMA IS EVERYONE'S RESPONSIBILITY. WE ALL HAVE A ROLE TO PLAY IN PROMOTING GOOD ASTHMA SELF-MANAGEMENT AND CARE.**



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

## 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](#).

## 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](#)  
[Suфра Foodbank and Kitchen](#)



## NHS SERVICES

## USE THE RIGHT SERVICE

<p><b>Self Care</b> Care for yourself at home</p> <p>Minor cuts &amp; grazes Minor burns Minor sprains Sore throats and colds</p>	<p><b>Pharmacy</b> Local expert advice</p> <p>Minor illnesses Medicines Dermatitis Vaccines &amp; jabs</p>	<p><b>NHS 111</b> Non-emergency help</p> <p>Feeling unwell Mental health Headache</p>	<p><b>GP Advice</b> Out of hours Call 111</p> <p>Respiratory symptoms Stomach pain Complications New prescriptions</p>	<p><b>UTCs</b> Urgent Treatment Centres</p> <p>Wounds &amp; sprains Fractures Cuts &amp; grazes Heart &amp; asthma</p>	<p><b>A&amp;E or 999</b> For emergencies only</p> <p>Clotting Over pain Bleeding Serious blood loss</p>
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