

Primary School Newsletter



Central London
Community Healthcare
NHS Trust

Welcome to Our Spring term 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.

Spring Term



School Nurses continue to be available for children, young people and families, if you have a concern regarding your child please use the contact details below to contact us. We can work with you via phone, video call, and email or in person using PPE

Brent school nurses work in all schools. 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.

Here are some tips on how you can support your child returning to school:

- Talk to your child about how they are feeling about going back to school and try not to make assumptions.
- Provide your child with as much information about their new routine and school day as you can.
- Reassure your child.
- Re-establish a routine to help ease into school life
- Don't put pressure on yourself.
- Think ahead.
- Seek support if you need it.

Information taken from Young Minds. For more information please visit www.youngminds.org.uk

Please have a look at **CLCH Trust website** for Brent School Nursing. There is further information about our role and what we offer in Brent.

www.healthmatters.clch.nhs.uk/brent/primary-years-4-11

You will also find links to videos on keeping healthy and information about staying safe and friendship.

www.clch.nhs.uk/services/school-nursing provides you contact information and links to other CLCH services.

50%
of sugar that
our kids eat
comes from
snacks and
drinks



change 4 lifes

After School Snacks

[Quick & Easy Healthy Snacks For Kids | Change4Life \(www.nhs.uk\)](http://www.nhs.uk)

Healthy School lunch box ideas

[Healthy Recipes | Change4Life \(www.nhs.uk\)](http://www.nhs.uk)

Vision and Hearing Screening is normally offered to children at school when they are aged 4 – 5. Due to the Corona Virus Pandemic we were not able to offer hearing and vision screening in 2020.

We are now able to offer a catch- up programme for the children who are now in Year 1. We are working in partnership with Family Wellbeing Centres and Schools across Brent.

Vision and Hearing screening is very important, especially for learning and development. Please look out for more information if your child is in Year 1.

Thank you for staying home and supporting the NHS.

We understand home schooling and lockdown is hard for all. So if you need support please contact us and we can signpost you.

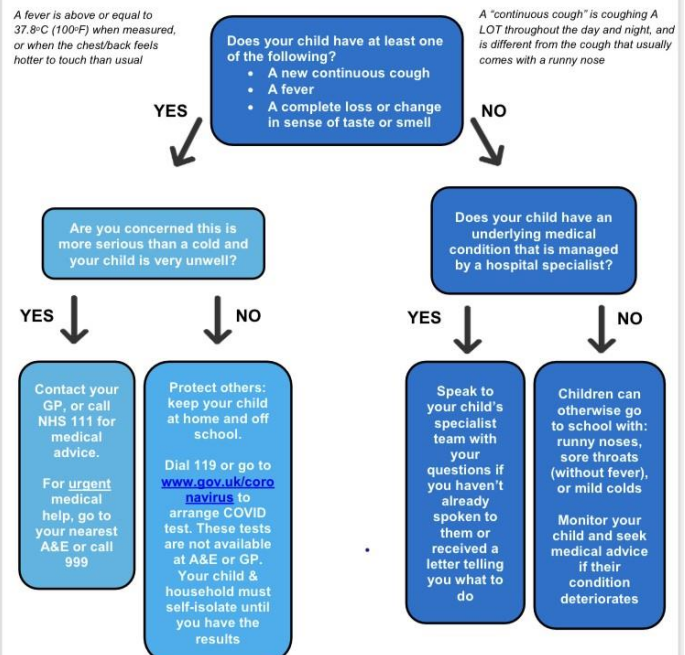


Should I send my unwell child to school?



North West London
Collaboration of
Clinical Commissioning Groups

A guide for parents and GPs



Click [here](#) for further guidance on helping your unwell child.

Click [here](#) for the latest version of this flowchart

Updated 1st October 2020

Adapted from the original diagram by Dr Simon Hodes, Dr Ashley Reece and Dr Sarah Fissler, with thanks

Find a Food Bank - The Trussell Trust

<https://www.trusselltrust.org/get-help/find-a-foodbank>

We know it's a challenging time for everyone at the moment as the coronavirus pandemic unfolds. Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life. If you are in financial crisis and live in England or Wales, please call our confidential free helpline on 0808 208 2138 (open Monday to Friday, 9am–5pm).

The School Nursing Service can support you to access local food banks across Brent and other support services.



Brent School Nursing is here for you

Brent school nursing team

0-19 Single Point of Access: 020 8102 4900

Email: Clcht.brentadminhub@nhs.net