

Staying well at home

Your School Nursing Team is working hard to ensure that you and your family are aware of how to access support around the health of you and your family at this time. This pack has been designed to give you some top tips to support you to access and maintain a healthy lifestyle.

Your School Nursing Team have also extended their service to include a duty line 7 days a week to ensure that we are available to you and can answer your questions. Please find details for the school nursing team in your borough at the bottom of this pack.

Make sure you also stay up to date with the latest government advice through the [NHS website](#) regarding self-isolating and social distancing.

Hygiene:

The best thing we can do to prevent the spread of Covid-19 virus is to follow good hygiene rules, take the time to follow the correct handwashing technique and ensure that you are coughing/sneezing into a tissue or your elbow. Wash hands thoroughly throughout the day, especially before eating, after using the toilet and after going outside.

Washing your hands properly:



Exercise:



Top Tips for Keeping Fit While Inside

- **Use your once a day trip outside to exercise (remembering to adhere to social distancing measures).**

IDEA: Go for a walk or a run or cycle to get some fresh air.

- **Stand up and stretch every hour**

IDEA: You can use our stretch routine or have a look on YouTube for a stretch sequence.

- **Get 60 minutes of activity in every day**

IDEA: This doesn't have to be all at once, you could do a morning yoga stretch, a lunch time HIIT workout and an evening walk each for 20 minutes!

IDEA: You can even try short 10 minute bursts.

IDEA: Try the Body Coach's PE class, this 30 minute HIIT workout doesn't need much space and is a great way to get the morning started.

IDEA: If you are watching TV, get up during the advert breaks or at the end of each episode and do something active. Star jumps, squats or a whole body stretch work well.

IDEA: There are lots of workouts online, research and find something that works for you. Everyone likes different things, maybe you like a gentle yoga flow but your friend likes a fast paced HIIT workout. If you find something that you enjoy you are more likely to keep it up.

IDEA: Try writing a timetable or a plan each day and schedule in your activity, this way you won't forget or run out of time.

IDEA: Get everyone in your household involved to keep you motivated or call a friend while you both work out in your own homes.

- **Use objects around the house as weights**

IDEA: Cans are great to use as hand weights.

- **Learn a dance routine**

IDEA: Look online for dance routine tutorials or make up your own to music. Try coordinating with your friends over a video call.

- **Set yourself a fitness challenge**

IDEA: Make a goal that is Specific, Measurable, Achievable, Realistic and Timed.

For example; by the end of summer I would like to be able to do 20 push ups in a row.

To keep on track of your ultimate goal, set smaller goals each week.

For example, this week I will practise push ups on 3 days, by the end of the week I will aim to do 3 in a row with good technique.



Please click [here](#) to access a workout routine aimed at secondary school aged children! (You will need to click on the secondary school resource drop down and the link to the workout should appear.)

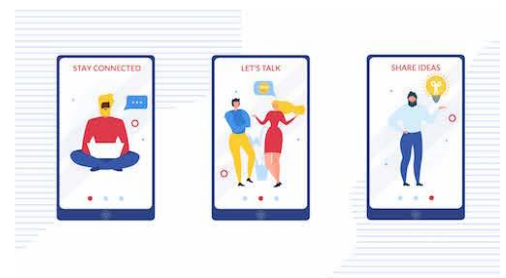
Mental Health and wellbeing:

Plan your day

We are all adjusting to a new, rather strange, way of life. This can be a risk to our mental wellbeing. As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose. Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

Stay in touch virtually

Keep your support network strong, even when you're only able to call or text friends and family. Socializing plays an important role in regulating your mood and helping you stay grounded. Use social media (within reason) such as Skype or FaceTime to stay connected to peers. Communication can help you feel less alone and mitigate some of the stress that comes from being away from friends.



Remembering to stay safe online is important – talking only to those you know. For some useful tips on internet safety access the [NSPCC website](#).

Puzzles and board games

Jigsaw puzzles engage the brain and can be hours of fun all of the family. Board games like Monopoly, Scrabble, Mouse Trap, Operation and more can also take up hours of your time and be fun for all the family.

Limit consumption of news

Staying informed is important, but it's a good idea to limit your consumption of news and social media that has the potential to feed your anxiety. Turn your TV off and mute or unfollow friends or co-workers who are prone to sharing panic-inducing posts. Take a social media hiatus or make a point of following accounts that share content that take your mind off the crisis, whether it's about nature, art, baking or crafts.

Encourage healthy habits



You will do better during this stressful time if you get adequate sleep, eat healthy meals and exercise regularly. Keeping a consistent sleep schedule, with predictable times to wake up and go to bed, is especially important to maintaining a positive mood and give you the potential to fulfil your academic expectations. Healthy habits are particularly important to you and can help if you are struggling with anxiety or depression. Losing the routines you've come to rely on can be a big source of stress, while also warning that you should avoid sleeping too much when you're housebound.

You may need to diffuse tensions in the home with your parents and siblings, because everyone is going to be stressed out more. How to do it will be different for you all, but parents are going to want to think about when to give you more freedom and how to make sure that your time is still structured.

Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings. Try meditation, prayer or breathing exercises to see what helps. For example, sometimes we can be so tense that we do not even remember what being relaxed feels like. Progressive muscle relaxation teaches you to recognise when you are starting to get tense and how to relax. A range of relaxation techniques, including progressive muscle relaxation are available from the NHS

The following links can also offer relaxation techniques and ideas:

<https://www.headspace.com/>

<https://www.calm.com/>

Improve your sleep



Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping. There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better.

Here are a few tips for having a healthy sleep pattern:



TIP 1: Limit screens in the bedroom If possible, don't have a mobile, tablet, TV or computer in the bedroom at night or turn onto night mode, as the light from the screen interferes with sleep. Having screens in the bedroom also means you are more likely to stay up late interacting with friends on social media. Encourage all the family to have at least 30 minutes of screen-free time before going to sleep.



TIP 2: Exercise for better sleep It's official: regular exercise helps you sleep more soundly, as well as improving your general health. You should be aiming for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running. Exercising out in daylight will help to encourage healthy sleep patterns, too.



TIP 3: Cut out the caffeine Drink less caffeine – found in drinks such as cola, tea, coffee and energy drink, particularly in the 4 hours before bed. Too much caffeine can stop you falling asleep and reduce the amount of deep sleep they have.



TIP 4: Don't eat too close to bedtime Think about whether you are eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.



TIP 5: Have a good routine Encourage all the family to get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help them drift off to sleep.



TIP 6: Create a sleep-friendly bedroom Create a good sleeping environment – ideally a room that is dark, cool, quiet and comfortable. It might be worth investing in thicker curtains or a blackout blind to help block out early summer mornings and light evenings.



TIP 7: Talk through any problems Talk to each other about anything you're worried about. This will help you to put your problems into perspective and sleep better. You could write down any worries or make a to-do list before they go to bed. This should mean you're less likely to lie awake worrying during the night.

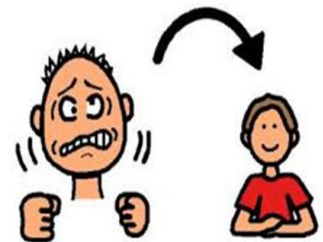


TIP 8: Avoid long weekend lie-ins Encourage each other not sleep in for hours at weekends. Late nights and long lie-ins can disrupt your body clock and leave you with weekend "jet lag" on Monday morning.

Anxiety and worry

Most of us are feeling concerned about the uncertainty of the current situation, that is completely understandable. It's important that all of us look to the people we trust to support us. Reach out to them to help you make sense of things - be open if you have fears and seek answers.

You may feel that your own mental health is being affected, and perhaps you already have mental health difficulties or are receiving treatment. Talk to those you trust, it's really important that someone else understands how we feel. If there is a gap in your treatment, or it's disrupted in another way, talk to your parent or carer about what you're finding difficult and what could help you to feel better.



Suicide Prevention

Suicide prevention starts with recognizing the warning signs and taking them seriously. If you think a friend or family member is considering suicide, there's plenty you can do to help save a life.

Understanding suicide

Suicide is a desperate attempt to escape suffering that has become unbearable. Blinded by feelings of self-loathing, hopelessness, and isolation, a suicidal person can't see any way of finding relief except through death. But despite their desire for the pain to stop, most suicidal people are deeply conflicted about ending their own lives. They wish there was an alternative to suicide, but they just can't see one.

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Most suicidal individuals give warning signs or signals of their intentions. The best way to prevent suicide is to recognize these warning signs and know how to respond if you spot them. If you believe that a friend or family member is suicidal, you can play a role in suicide prevention by pointing out the alternatives, showing that you care, and getting a doctor or psychologist involved.

How to Respond

If you notice a family member, friends or yourself has any of these warning signs, you can help!

1. Ask if they are OK, if they are having thoughts of suicide or speak to a someone you feel comfortable with about how you feel.
2. Express your concern about what you are observing/feeling related to their/your behaviour.
3. Listen attentively and non-judgmentally or share all of your thoughts, feelings and emotions to someone that will listen and not judge.
4. Reflect on what they/you have shared.
5. Tell them they are not alone or reflect/understand that you are not alone.
6. Acknowledge that there are treatments available that can help.
7. If you are or they are concerned, guide them to additional professional help

Mental Health Helplines and support services:

Suicide: [Childline](#) (0800 11 11), [MIND](#) (0300 123 3393) [Samaritans](#) (116 123), [CALM](#) (0800 58 58 58), [Papyrus](#) (0800 068 4141), [Maytree](#) (020 7263 7070)

General Mental Health: [Young Minds](#) (0808 802 5544), [FRANK](#) (drug or solvent misuse support service - 0800 77 66 00), [The Mix](#) (0808 808 4994/ Crisis text line – can text THEMIX to 85258 11am -11pm)

Worried about coronavirus:

[OCD support](#) - during Coronavirus

[Mind](#) - coronavirus resource

[Mental Health Foundation](#) - Looking after your mental health during coronavirus outbreak

Maintaining a healthy diet:

Under the current restrictions of the Covid-19 pandemic it can be difficult to maintain a healthy diet, below are some tips to help you through this difficult time

- Sometimes unhealthy eating can result from boredom. Ensure there are healthy snacks available
- Try to structure meals around Breakfast/Lunch/Dinner pattern with 2 snacks in between, avoid grazing throughout the day
- Understand that activity levels may decrease and therefore food intake may need to decrease along with it
- Get involved with the cooking/preparation at home, why not try and make a healthy lunch or dinner for you and your family!

[Here is a link to a recipe book that might help inspire you. \(You will need again to click on the secondary school resource drop down to be able to access this.\)](#)

At the supermarket:

- Be flexible, if you can't find fresh fruit or vegetables, try frozen or tinned. Make sure fruit is tinned in fruit juice and not syrup, to cut out excess sugar
- If there is no meat, try vegetarian sources of protein such as lentils and beans. These can be bought tinned or dried
- Whilst the usual staples of pasta, bread, eggs etc. may not be there, challenge yourself to cook a new recipe with some of the more unusual items left behind
- Try the world foods aisle. You may find alternative versions of your favourite items e.g. rice, curry sauce, noodles
- Don't panic if the shelves are empty. Retailers are now responding to the increased demand and beginning to stock the products at a faster rate; whilst also placing limits on the total amount people can buy, to ensure there is enough for everybody
- Remember to practice social distancing rules at all times when out and follow rules currently implemented by supermarkets such as standing 2m apart in queues



At home:

You can still eat well when staying home. Eating a varied and balanced diet will give you all the energy and nutrients your body needs.

Create a meal time routine

- Without the structure of going to school it can be hard to plan your day. Get into the habit of having 3 meals a day at a regular time each day



Have a healthy breakfast

- Getting up in time to have breakfast before school can be hard. Use this time at home to get into the routine of having a healthy breakfast. Aim to have a portion of fruit or vegetables with your breakfast as well as a source of protein and carbohydrate. (see our healthy breakfast recipes)

Eat some calcium rich foods each day

- Calcium is vital for healthy bone development
- Dairy products such as milk, yoghurt and cheese are a great source of calcium
- Vegan? Try a milk alternative such as soya or oat milk. Check the label to ensure that it is fortified with calcium, vitamin D, vitamin B12 and iodine and has no added sugar.



Ensure that you consume some iron rich foods

- Iron is needed for making red blood cells, it is especially important for girls as they lose iron when they have their period.
- Iron can be found in meat, wholegrains and dark green leafy vegetables. If you are vegetarian or vegan, have a source of vitamin C (such as red pepper or an orange) alongside your source of iron, this will help with absorption.

Take a vitamin D supplement each day

- Although we can get some vitamin D from foods such as salmon and fortified breakfast cereals, our main source is the sun. As we are inside more than usual at the moment it is recommended to take a 10 microgram supplement of vitamin D every day. You can get this from a chemist or the supermarket.



Get your 5 a day

- Fruits and vegetables are a great source of vitamins mineral and fibre, try to include them in every meal and snack

Limit processed and fast foods as well as energy drinks

- Use this time in doors to work on your cooking skills. Try making your favourite take away at home.
- Energy drinks have a lot of sugar and caffeine in them; they are not healthy for us. They are especially not healthy for us when we are not using much energy. Try not to have them, or reduce the amount that you have.



You don't need protein shakes or meal replacement shakes

- Even if you are doing lots of home workouts you can get all the protein that you need from your diet. Shakes are expensive and usually contain added sugar and sweeteners that are not good for us.
- Stick to protein rich foods such as: beans, lentils, chickpeas chicken and tuna



Avoid 'fad diets'

- There are a lot of 'fad' diets out there, Instagram influencers love to promote them!
- If a diet says that it gives quick results or you have to buy something or drink a tea or shake for it to work then it is not good for you and won't give you the results that you are hoping for.
- If you are aiming to lose weight, concentrate on eating appropriate portion sizes and reducing foods high in fat and sugar. This will give you sustainable long term results and not cost you any money.
- If you or someone you know is suffering from an eating disorder such as anorexia, bulimia or binge eating disorder, then don't hesitate to get help. You can call your GP for advice or go to [BEAT](#) for online advice.

Following The Eatwell Guide:



1. Fruit and vegetables

Fruit and vegetables are a good source of vitamins, minerals and dietary fibre. Aim for 1/3 of your plate to be fruits and vegetables.

2. Potatoes, bread, rice, pasta and other starchy carbohydrates

These foods are a good source of nutrients, energy and fibre.

Some people think starchy food is fattening, but gram for gram it contains less than half the calories of fat.

Why choose wholegrain?

Wholegrain food contains more fibre than white or refined starchy food, and often more of other nutrients. We also digest wholegrain food more slowly so it can help us feel full for longer. Wholegrain food includes: wholemeal and wholegrain bread, pitta and chapatti, whole-wheat pasta, brown rice, wholegrain breakfast cereals and whole oats.

3. Beans, pulses, fish, eggs, meat and other proteins

These foods are sources of protein, vitamins and minerals; therefore, it's important to include some foods from this group. Protein is used by the body for growth and repair. Aim to have 2 portions of fish a week. Try having some meat free days each week – check out our recipes for examples

4. Dairy and alternatives

Dairy includes milk, cheese, yoghurt, and cream cheese as well as non-dairy alternatives to these foods.

Dairy and dairy alternatives (for example - soya and nut milks) are a good source of protein, vitamins and calcium — essential for strong teeth and bones. When buying dairy alternatives, go for unsweetened, calcium-fortified with added vitamin B12, iodine and vitamin D versions.

Aim to eat a variety of dairy foods. Some dairy products like cheese and flavoured yoghurts can be high in fat, sugar, or salt. Choose lower fat, salt and sugar options wherever possible. Semi-skimmed, skimmed, or 1% milk are lower in fat than full fat milk, but still contain the same amount of calcium and protein.

5. Oils and spreads

Use these products sparingly as they're high in fat. Although some fat is essential in the diet, generally we consume too much and need to reduce our consumption of certain types of fat.

Saturated fats - Saturated and trans fats can increase the amount of cholesterol in your blood. Too much cholesterol can have a serious effect on your health as it increases your risk of having a heart attack or stroke. Saturated fats are usually found in animal products such as in the skin on chicken and in butter but they are also found in palm and coconut oil. They are also found in cakes and biscuits. Wherever possible replace saturated fats with small amounts of unsaturated fats.

Unsaturated fats - Unsaturated fats are usually found in plants and provide essential fatty acids and can help you maintain healthy cholesterol levels. Examples include: olive oil, nuts and avocados.

6. Foods high in fat, salt or sugar

Foods and drinks that are high in fat, salt or sugar and low in nutritional value aren't required for a healthy balanced diet. This includes chocolate and sweets, cakes, biscuits and pastries, sugary drinks, savoury snacks. These types of foods can be enjoyed occasionally in small portions as part of a healthy diet, however, most people eat too much of these too often. This can lead to an increased risk of obesity, high blood pressure and tooth decay.

7. Water and other drinks

Drinking plenty of fluid is essential to keep our bodies hydrated and working properly. Water should always be your first choice of drink. Limit juice, smoothies, squash, fizzy drinks and other high sugar drinks.

It is important to have the right amount of food for your age. A rough guide is to have as many vegetables as you can pick up in both hands, a palm sized portion of protein, and two fists of starchy carbohydrate at meals. T

Getting help with your food:

If you are struggling to get enough food for yourself and your family, foodbanks can provide a 3 day emergency food parcel and extra assistance. Referrals can be made by doctors, health visitors, social workers, Citizens Advice Bureau, police and some charities. The first step is to get in touch with a foodbank and they can start the process of support.



Find a foodbank near you:

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

Contraception and Sexual Health Services:

Contraception and sexual health services are still available during lock down but they are running on a reduced service. If you think you need to be tested for sexually transmitted infections during lock down and you have symptoms, your local clinic will make an appointment to see you and provide you with treatment.

Social distancing rules still apply in the clinic setting so please remember to remain two metres apart from anyone. If you do not have symptoms but would like to have a test, you can order an online kit at [Sexual Health London](https://www.sexualhealthlondon.nhs.uk/).

You can access contraception by contacting your local clinic and they are offering a telephone consultation which will then require for you to collect your prescription from either the clinic or an allocated pharmacy. Clinics are currently offering repeat pills and condoms but no repeat Depo injections, implants or coils. If you are using the Depo injection, the clinic can change your method of contraception to the pill until clinics reopen.

If you live in **Ealing** or **Brent** please visit <https://www.nwllondonsexualhealth.nhs.uk/> for further information about telephone opening times and also a list of Pharmacies that offer free Emergency Contraception and condoms.

If you live in **Hammersmith and Fulham** please visit <https://www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/10-hammersmith-broadway> for further information and telephone opening times.

If you live in **Richmond, Wandsworth or Merton**, please visit <https://shswl.nhs.uk/>, or call 0333 300 2100 for a telephone appointment (Mon-Fri 8am-7pm).

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If you live in **Barnet** please visit <https://www.cnwl.nhs.uk/services/sexual-health> for further information. Clinics may not be running as usual so visit <https://www.sexualhealthhertfordshire.clch.nhs.uk/> for other clinic options that may be open to you.

You can also find more information at [FPA](#) and [Brook](#)

Get in touch:

- If you have any concerns or would like health promotion advice, you can contact the School Nursing team 7 days a week using the following details:
 - Barnet** - 020 8200 2500 option 1 or email Clcht.childhealthInformationhub@nhs.net
 - **Brent** - 020 8102 4900 or email Clcht.brent0-19Admin@nhs.net
 - **Ealing** - 020 8102 5888 or email Clcht.ealingadminhub@nhs.net
 - **Hammersmith and Fulham** - 020 8200 2500 press option 2 or email Clcht.childhealthinformationhubkcwf@nhs.net
 - **Merton** - 0208 102 3350 or email Clcht.hcpadminmerton@nhs.net
 - **Richmond** - 0330 058 1679 or email Clcht.0-19wandsworthandrichmondadmin@nhs.net
 - **Wandsworth** - 0330 058 1679 or email Clcht.0-19wandsworthandrichmondadmin@nhs.net
- Continue to follow [Government advice](#) on Covid-19
- For any health concerns around covid-19 please refer to the [online 111 tool](#) or contact 111