ISSUE 17 | AUTUMN 2026
FOR SECONDARY SCHOOLS

NHS
Central London Community Healthcare
NHS Trust

AUTUMN NEWSLETTER

BRENT SCHOOL NURSING

ABOUT US

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.

EVENTS

September
1-30 September : Childhood Cancer Awareness Month.
1-30 Septtember: World Alzheimer's Month
10 September: World Suicide Prevention Day

October
1-31 October: Breast Cancer Awareness Month
10 Octoner: World Mental Health Day.
25 October: Daylight Saving time ends.
31 October: Halloween.

November
1-30 November: Men's Health Awareness (Movember)
2-6 November: International Stress Awareness Week.
8 November: Diwali
16-22 November: National Self Care Week

School Vaccinations

Vaccination UK has been commissioned by NHS England since 2015 to provide school aged immunisations, including Influenza, to pupils across numerous counties and boroughs in England.

Vaccination UK is the new provider of the school aged immunisation programme for North London.

Vaccinations are one of the **best ways to keep children healthy.**

They protect children from serious illnesses such as measles, meningitis, whooping cough and polio..

If you have any query about school vaccinations, you can contact them through email on: **Brent@v-uk.co.uk**

Scan the QR code below to learn more about vaccine information administered in primary and secondary schools.

BOOST your IMMUNITY

BACK TO SCHOOL

WASH HANDS, FIGHT BUGS



Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea.

Sleep tight, wake up bright!



Sleep is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Healthy sleep also helps the body remain healthy and stave off diseases.

Eat your greens to be a running machine!



Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. The Eatwell Guide shows that to have a healthy, balanced diet.

Hydrate to accelerate!



It is recommended that people should aim to drink 6 to 8 cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count. The best drinks to give children are water and milk. Read about drinks for babies and young children

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

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



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SCHEDULE CHECK-UPS THAT YOU MAY HAVE MISSED OVER THE SUMMER..







SCAN THE QR CODE BELOW TO LEARN HOW TO BOOK, CHANGE OR CANCEL A GP APPOINTMENT

ALLERGY AWARENESS

With the rollout of the new Allergy Safety in Schools statutory guidance (**Benedict's Law**) in England, parents now have much stronger leverage to ensure their children are safe. Navigating school with a child who has severe allergies requires clear communication and proactive planning.





Here is a step-by-step parent's guide to managing school allergies effectively:

1. Obtain an **Individual Healthcare Plan (IHP)** from GP if they are being prescribed with Adrenaline Auto-Injector Pen (Epipen/ Jext)
2. **Schedule a meeting** with the school's welfare officer to define triggers and symptoms.
3. **Supply medication** to school. Ensure the school has 2 in-date adrenaline auto-injections, explicitly prescribed to your child,





MAKE MENTAL HEALTH YOUR PRIORITY!

Good mental health means being generally able to think, feel and react in the ways that you need and want to live your life. But if you go through a period of poor mental health you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.

One in six people are aged 10–19 years. Adolescence is a unique and formative time. Physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems. Protecting adolescents from adversity, promoting socio-emotional learning and psychological well-being, and ensuring access to mental health care are critical for their health and well-being during adolescence and adulthood.

HOW PARENTS CAN SUPPORT YOUNG ADULTS

Supporting a young adult through mental health challenges can be deeply challenging. The priority shifts from managing their care to empowering their autonomy while acting as a trusted safety net.

Listen Without Immediately Fixing : Young adults need to feel heard. Validate their struggles with housing, finances, or work before jumping in with solutions.

Encourage Autonomy: Let them take the lead on their healthcare decisions. Offer to help research options, but respect their right to choose their own doctor or therapy path.

Keep Communication Open but Low-Pressure: Let them know you are always ready to talk, but do not force a confrontation. Sometimes, a casual conversation during a walk or drive feels less intense.

Establish Clear, Supportive Routines: When they are under your roof, maintain predictable schedules and respect boundaries around their personal space.



HERE ARE SOME USEFULS LINKS TO HELP AND SUPPORT YOUNG PEOPLE:



YOUNG MINDS
BEYOND
MENTAL HEALTH UK
MIND
NHS | MENTAL HEALTH



Hello Autumn

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.



FOOD BANK

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



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MANAGE YOUR CHILD'S ASTHMA IN SCHOOL

If your child has asthma make sure their school knows. This is important to make sure your child is best supported in school.

Find out who is the welfare person at your child's school, so they can support your child better.

Give your child's school the Asthma Action Plan you should have received from your GP or specialist clinic. This will ensure that your child is treated appropriately in case of an attack.

CHECK OUT ASTHMA+LUNG UK FOR MORE INFORMATION

ASTHMA FRIENDLY SCHOOLS

Congratulations!

PRIMARY SCHOOLS

- ANSON PRIMARY SCHOOL
- CARLTON VALE INFANTS SCHOOL
- CONVENT OF JESUS & MARY CATHOLIC INFANT SCHOOL
- DONNINGTON PRIMARY SCHOOL
- EASTLANE PRIMARY SCHOOL
- GLADSTONE PARK PRIMARY SCHOOL
- HARLESDEN PRIMARY SCHOOL
- KILBURN PARK PRIMARY SCHOOL
- LYON PARK PRIMARY SCHOOL
- NORTHVIEW PRIMARY SCHOOL
- SALUSBURY PRIMARY 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'S CE PRIMARY SCHOOL
- ST MARY MAGDALEN'S CATHOLIC JUNIOR SCHOOL
- ST ROBERT SOUTHWELL RC PRIMARY SCHOOL
- STONEBRIDGE PRIMARY SCHOOL
- UXENDON MANOR PRIMARY SCHOOL
- WEMBLEY PRIMARY SCHOOL

SECONDARY SCHOOLS

- ASHLEY COLLEGE
- HARRIS LOWE ACADEMY WILLESDEN

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

JOIN THE 24 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.

USE THE RIGHT SERVICE

NHS SERVICES

