

School Nursing Newsletter March/April 2017



Your School Nursing Service

Every school has its own school nurse. Your nurse has special training in looking after the health and wellbeing of children. You can make an appointment to see your school nurse to talk confidentially about any worries you have about your child's health and wellbeing, including issues around behaviour, bedwetting, weight, eating, sleeping and other issues. Please contact your school reception to make an appointment. You may also contact the team directly, on 01733 746822, and leave a message with our duty worker.

Healthy Breakfast

Breakfast is the most important meal of the day. Your child's attention, attendance, and academic achievement will improve with breakfast. Help your family make breakfast a priority and meet your nutrient needs. Quick & Easy Ideas

- Cereal & low fat milk
 - Yoghurt / drinkable yoghurt
 - Scrambled egg on wholemeal toast
 - Fruit smoothie (blend fruit with milk / yogurt)
 - Cereal / muesli bar
- Try and join your child for breakfast and give them a good start to their day.



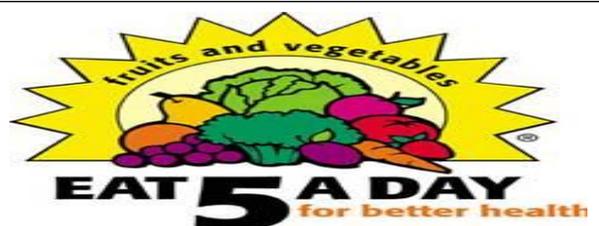
Healthy lunchbox ideas your children will love!!!

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. It's just as important to make sure the lunchbox your child takes to school provides a healthy and balanced lunch. This means plenty of foods that contain the nutrients that children need and fewer foods high in sugar and saturated fats. It may take a while for your children to get used to a healthier lunchbox. Try banana or tuna sandwiches on wholemeal bread or offer pitta bread or wraps as an alternative. Make a simple pasta salad. Offer raisins, blueberries, cherry tomatoes, satsumas, grapes, nectarines, carrot sticks, or low fat fruit yoghurts. Try to give your child a variety each day so they don't become bored. Offer water as an alternative to sugary drinks.



What Counts Towards 5 A Day

Involve your child in choosing and preparing fruit and veg, it will encourage them to eat more. Try hiding fresh fruit and veg by adding to dishes such as soups, stew or pasta. Offer fruit and veg as snacks (currants, raisins, carrot sticks, pepper) just 30g of sultanas equals 1 of your child's 5 a day. All children between 4-6 years are entitled to free fruit and veg in School.



Get Going Everyday

Children should enjoy 60 minutes of activity on top of their school day. While children are active at school, most of the time they are actually sitting down and can be happy just to chat to their friends in the playground instead of running around. It's more fun if you make activity something the whole family can do together, and children are more likely to join in if they see mum or dad doing it too.

Cambridgeshire and Peterborough



NHS Foundation Trust



Breakfast swap to plain cereal



Drinks try water, sugar free drinks



After school try fruit, veg, rice cakes or toast.



Desserts try yoghurts, fruit & jelly.



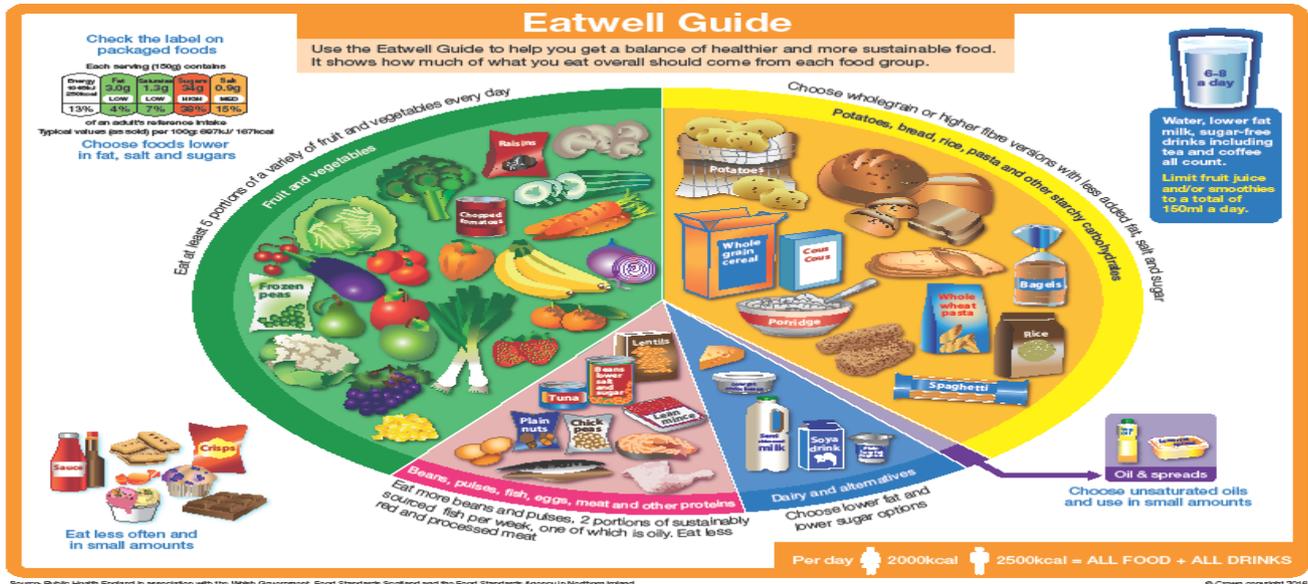
Hidden Sugars

It's surprising how added sugar builds up in everyday food and drink. Try sugar swaps and use the Sugar Smart App (download from Change 4 Life) to reveal how much sugars are in your foods!!



Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Useful Websites

<http://www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx>

<https://www.more-life.co.uk/>

http://www2.peterborough.gov.uk/community_information/public_health/5_for_life/5_for_life_programmes_and_clubs.aspx

Search Change 4 Life for useful tips, recipes and vouchers.