



School Nursing Weekly Newsletter: Covid19 edition

If your child lives or attends school in London Borough of Hounslow and you would like to speak to the School Nursing Team during the **COVID-19 outbreak**, please phone 020 3691 1012 or email hrch.hounslow.schoolnurses@nhs.net for free confidential health advice and support between Monday – Friday 9am – 5pm.

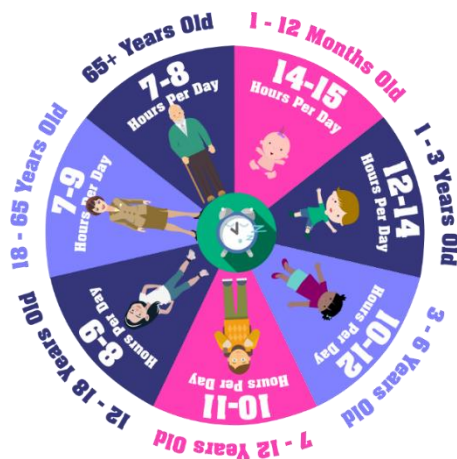
School Nurses can offer health advice on Diet & Nutrition, Growth & Development, Physical activity, Toileting, Sleep, Managing Behaviour, Keeping a Routine, Allergies, Stress & Anxiety, Relationships and More!

This week's health message;

★ Sleep Well!

Sleeping helps us:

- Make new memories and improve learning
- Regulates growth and appetite
- Maintain a normal immune system.
- Control moods and behaviour



Poor Sleep can lead to:

- Obesity
- Poor mental health
- Disrupt the immune system, making it harder to fend off bugs.
- Increase risks of accidents.
- Poor concentration, irritability and less tolerance.

★ Find out more and visit;

- [How much sleep do children need?](#)
- [Sleep wheel](#)
- [Sleeping helps us](#)
- [Sleep chart](#)

How much sleep do children need:

- 5 – 9-year olds = 10–11 hours of sleep
- 10 – 16-year-old = 9–10 hours of sleep



★ Try this at home;

Top Tips for Better Sleep:

- Limit screens in the bedroom
- Take regular exercise
- Cut out sugary drinks
- Have regular meals
- Have a good routine
- Create a sleep-friendly bedroom
- Avoid long weekend lie-ins

Sleep Charts



Sleep Charts can help record and encourage a sleep routine with children!

★ Remember: Sleep Well!