



School Nursing Newsletter: Covid19 edition

If you would like to speak to the School Nursing Team during the **COVID-19 outbreak**, please phone **020 3691 1012** or email hrch.hounslowschoolnurses@nhs.net for free health advice and support between **Monday – Friday 9am – 5pm.**

This week's health message:

★ Staying active during lock down ★

With lockdown and social distancing measures in place we're all spending more time at home, which is why physical activity is more important than ever.

The NHS states that to be healthy children should:

Have 60 minutes of exercise per day.

Develop strong muscles, bones and good movement skills by doing a variety of physical activity every week.

Do exercises at different intensity levels, the best is the kind that makes you breath faster and feel warmer.

For more information on NHS recommendations go to: <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

Aim to spread activity throughout the day and break up long periods of not moving with some activity.



Staying fit improves physical and mental health too.

????? What can I do during lockdown? ?????

You are now able to:

- Exercise alone or with members of your household in your home.
- Exercise outside with up to, but no more than 5 other people from outside your household while keeping 2 metres apart at all times.
- Spend time outdoors, including private gardens and other outdoor spaces.
 - Exercise more than once a day while social distancing.

Find out more here: <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation>





★ What can you try at home? ★

★ Change 4 Life

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

These free 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!



The Daily Mile ★

<https://thedailymile.co.uk/at-home/>

Family challenges every Monday, Wednesday & Friday to keep you and your family moving, are you up to completing the daily mile?

★ Ready, Set, Ride

<https://www.britishcycling.org.uk/getinvolved/article/20200325-getinvolved-Getting-the-most-out-of-HSBC-UK-Ready-Set-Rid-0>

Learn how to ride a bike safely and keep active with different games developed by Olympic Cyclists.



Or get more ideas here:

- <https://www.oneyouhounslow.org/move-more/#children>
- <https://www.nhs.uk/change4life/activities/indoor-activities>

