



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](mailto:hrch.hounslow.schoolnurses@nhs.net) for free confidential health advice and support between Monday – Friday 9am – 5pm.

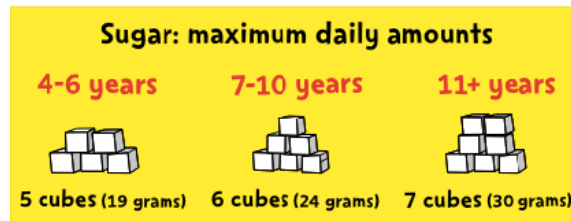
School Nurses can offer health advice on Diet & Nutrition, Growth & Development, Physical activity, Toileting, Sleep, Managing Behaviour, Keeping a Routine, Allergies, Stress & Anxiety, Relationships and More!

This week's health message;

★ Be sugar smart and try healthy bite size nutritious snacks

- Sugar is in everything we eat and it all adds up!
- Eating too much sugar can cause: [dental decay, obesity and diabetes.](#)

So, how much sugar is too much?



- There's no guideline limit for children under the age of 4, but it's recommended they avoid sugar-sweetened drinks and food with sugar added to it.
- One cube/teaspoon of sugar is equal to 4 grams.
- [Download the FREE Change4Life Food Scanner App](#) to help you find out how much sugar, fat and salt are inside your food and drinks



★ Find out more and visit;

[Sugar swaps for kids](#)

[Other resources](#)



★ Try this at home;  
Bite size nutritious snacks

Plain rice cakes or crackers topped with peanut butter spread and fruit or soft cheese and vegetables



Plain popcorn

Raw Vegetables or breadsticks with hummus, avocado dip, or a soft cheese dip



Plain or Greek yogurt with fruit

★ Remember: Be sugar smart!