

# The Schools ADVERTISER

A complimentary magazine  
for parents & teachers of  
independent school children.

WINTER 2011

TRAVEL  
*family ski  
and surf*

TEEN  
ANGST  
*how parents  
can help*

REVISION  
*strategies  
for coping*

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London & Surrounding Areas





## BEATING THE Winter Blues

With the nights drawing in and the temperature dropping, winter is well and truly upon us. It may be cold and dark, but there's no need to let your health suffer. Arm yourself against coughs, colds and winter blues by taking these proactive steps to keep healthy...

### Colds

We're all spending more time indoors, so coughs and colds spread more easily. Children carry more of the cold virus for longer, so parents are more at risk of developing sore throats and runny noses. The viruses that cause a cold are very common, and it can be difficult to prevent them from spreading. Many are spread by touch, so encourage children to practise good hygiene: wash hands regularly, don't share towels and try to keep door handles and toys as clean as possible. If you do find yourself with a blocked nose, try steam inhalations, which are soothing. Menthol crystals can also help. If this doesn't work, try a decongestant tablet (these shouldn't be given to children under the age of six.) Take paracetamol for fever, aches and pains.

### Coughs

The winter months are usually punctuated by the sound of coughing. Most are caused by viral infections and will usually clear up on their own with careful treatment. Do remember that colds are spread when we cough, so make sure your children are covering their mouths. Hot drinks (particularly with lemon) will ease pain and irritation and sweets containing menthol or eucalyptus will help to soothe the symptoms.

### SAD

If you feel persistently low during winter months and perk up in spring, you may be suffering from Seasonal Affective Disorder. The causes aren't fully understood, but may be related to changes in the amount of daylight. Light stimulates a part of the brain called the hypothalamus, which controls mood. In people with SAD, the lack of light may prevent the hypothalamus from working properly. Get outside at least once a day, exercise regularly and eat a balanced diet. Keep alcohol consumption within safe limits. Light therapy may improve symptoms. Specially made light boxes or dawn simulators are becoming increasingly popular.

### Finally...

The flu vaccination is available to anyone considered at risk of developing complications of flu— so make sure you see your GP if you have chest conditions, long term heart, brain, or kidney disease, diabetes, or any condition which affects or weakens your immune system. It may be tempting to snuggle up in your duvet, but ultimately, the best way of beating off winter illnesses is to stay fighting fit. Adapt your exercise routine to cope with the cold, eat a balanced diet, and you'll be better equipped to beat those winter blues!

*Dr Peter Mace is assistant medical director at Bupa Health and Wellbeing. In addition to private health insurance, Bupa offers a wide range of services in Bupa centres around the country, including flu vaccinations and a comprehensive range of health assessments. Visit [www.bupa.co.uk/healthassessments](http://www.bupa.co.uk/healthassessments) for more information.*

## Inspiration for open-plan living



As the nights draw in, our thoughts naturally turn to the comforts of home. With space at a premium many of us are opting for open-plan living, even digging down to make the most of basement areas.

Designed to maximise space by opening up individual rooms, open-plan living areas generally comprise kitchen, dining and soft seating, leading onto an outdoor area. As demonstrated by these Kitchen Architecture projects, they provide the perfect environment for a modern, busy lifestyle as well as a fabulous sociable space for entertaining.

One of the key considerations for a sociable space is to make sure that everything flows for all users. An island provides the main preparation area and gives all-round, easy-to-access work surfaces. The cook is able to keep one eye on the hob, facing out towards family and friends and communicate effortlessly with them. Having just scooped the top national kitchen award for the second year running, a visit to Kitchen Architecture in Putney is a must for anyone considering an open-plan scheme.

Readers looking for ideas should visit the case-study section of Kitchen Architecture's website for beautiful examples of living spaces created by this award-winning retailer. [www.kitchenarchitecture.co.uk](http://www.kitchenarchitecture.co.uk)



bulthaup b3 kitchens by Kitchen Architecture, winner of UK Master Retailer of the Year 2011 & 2010, from £35,000. London showroom: 145-149 Lower Richmond Rd, Putney, London, SW15 1EZ. T: 020 8785 1960. [www.kitchenarchitecture.co.uk](http://www.kitchenarchitecture.co.uk)