

Secondary School Health Team Newsletter

Term 4 March 2022

This newsletter aims to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instil healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.



WORLD SLEEP DAY



A celebration
of sleep

A solid night's sleep is essential for health and wellbeing, it boosts your immune system, helps prevent anxiety and depression, and allows you to learn. Avoid using screens before bed, the light they emit can stop you sleeping, and it can be hard to put them down and sleep. Do relaxing activities instead, read, craft, have a bath, stretch or listen to music. Try to go to bed at roughly the same time each day

Secondary school age pupils need 8-10 hours' sleep a night

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

1st-7th March is Eating Disorder Awareness week.

Like many mental health conditions, Eating Disorders can thrive off shame, secrecy, and personal stigma. So, it's time to speak up.

An Eating Disorder is a mental health condition where you use the control of food to cope with feelings and other situations. Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape. Some examples of eating disorders include avoidant/restrictive food intake disorder, bulimia, binge eating disorder, and anorexia. There is no single cause and people might not have all symptoms for any one eating disorder. It's also possible for someone's symptoms, and therefore their diagnosis, to change over time. If you or your child are worried about their eating habits, speak to the School Health Nurse. More information below from BEAT UK charity

<https://www.beateatingdisorders.org.uk/>



INTERNATIONAL DAY FOR THE ELIMINATION OF RACISM

21ST MARCH

Young people massively showed their support at the 2020 Black Lives Matter marches, which drew millions of demonstrators worldwide, yet still too many individuals, communities and societies suffer from the injustice and stigma that racism brings.

This day (21st March 2022) engages the public through #FightRacism, which aims to foster a global culture of tolerance, equality and anti-discrimination and calls on each and every one of us to stand up against racial prejudice and intolerant attitudes.

Find out more at: <https://www.un.org/en/observances/end-racism-day>

Oral Health Day 20th March



Take care of you smile by:

Brushing at least twice daily for about 2 minutes with fluoride toothpaste.

Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride.

Spit out after brushing and don't rinse

<https://www.nhs.uk/live-well/healthy-body/take-care-of-your-teeth-and-gums/>

World Autism Awareness week 28th March – 3rd April



<https://www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2022>

14th-20th of March is Nutrition and Hydration Week.



We often talk about a healthy balanced diet but did you know it's just as important to make sure we stay sufficiently hydrated too? You may have heard that it's a good rule of thumb that we each drink 6-8 glasses of water a day, but to be specific, 4-8 year olds require 7 glasses of water a day, 9-13 year old should be drinking 9 glasses of water a day, and 14-18 year old need 10 glasses. Hydration is important to keep our bodies and our brains working at their best, so it can make all the difference when it comes to learning and concentration.

International Women's Day 8th March 2022

Is celebrated annually on the 8th March to celebrate the social, cultural, economic and political achievements of women. It marks the call to action in the continuing fight for global gender parity and womens equality.

"The story of women's struggle for equality belongs to no single feminist, nor to any one organization, but to the collective efforts of all who care about human rights." Gloria Steinem.

International Women's day is everyones day, do what you can to make a positive difference for women.

Children's Integrated Therapies Services in Oxfordshire include [occupational therapy](#), [physiotherapy](#), and [speech & language therapy](#).

We aim to support children and young people and their families by working with our partners in health, education, social care and voluntary and independent agencies

For queries please contact: Single Point of Access (SPA)

Telephone: **01865 904435** Or visit

https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/

Child and Adolescent Mental Health Services (CAMHS)

Oxfordshire CAMHS offers a single point of access for students and parents/carers, who have concerns around mental health. Single Point of Access (SPA): **01865 902515**

You can also visit <https://youngminds.org.uk/>

which has a helpline 

Or visit <https://www.familylives.org.uk/> 



If you would like to speak to your school health nurse, please call: **01865 904890** We will call you back if you leave a message. Or email Abingdon.schoolnurses@oxfordhealth.nhs.uk

School Health Nurse website: www.oxfordhealth.nhs.uk/school-health-nurses/

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>



Text messaging advice service for school holidays for teens 11-19yrs
07321 263084