



# Term 1 Secondary: School Health Nurse Newsletter

***Term 1 September 2023 -***

*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 future quality of life and enable them to reach their full potential in education and beyond.*

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## School Nurse Service



**School Health Nurses** are here to support children/ young people in Oxfordshire with any health concerns, please see below the contact details for the School Health Nursing service to get the contact details of your **School Health Nurse**.

[Visit our website for more details via the link here.](#)

[Back to school](#)

### **Transitioning to Secondary School**

Whilst moving from Primary to Secondary School is an exciting time for your child, for many children it can also be a daunting experience.

**Young Minds**, a UK charity that supports young people's mental health, has produced a resource pack for young people to help support them cope with the transition from Primary to Secondary School. [Click on the link](#) to access.

**Young Minds** have also produced transition tips for parents. [Click on the link](#) to access.

**School Health Nurses** offer a health review to Year 7 students. If you have health concerns for your child, please contact your School Nurse.



What's going on:

## National Eye Health Week

**18th - 24th of September 2023**

Did you know that all children under 16, and young people under 19 in full time education, are eligible for free eye tests?

Find an optician near you: <https://www.nhs.uk/nhs-services/services-near-you/>

Try to have check ups **every 2 years**.



## Organ Donation Week

**18th - 24th September 2023**

No one likes to think about themselves or their loved ones dying, but if a family member chooses to donate their organs, they could save and improve the lives of up to nine people and even more if you also donate tissue. Please click the link for further information [Home - NHS Organ Donation](#)



## World Mental Health Day

**Tuesday the 10th October 2023**

The theme of 2023's World Mental Health Day is '**Mental health is a universal human right**'.

Our mental health and wellbeing should be as much of a priority as our physical health.

For more information to share with your child on how to support their mental wellbeing, [click on this link](#) from the **NHS every mind matters webpage** for some helpful tips!



Check out this video from Young Minds on how to provide emotional support to your child.





## Emergency Medication Reminder

**ALERT**

If your young person requires an **asthma inhaler**, **adrenaline pen** or any other **emergency medication**, please ensure that all medication is in date and taken into school on the first day of term. If there are any changes to your young person's care plan, please inform the school. If you have any concerns or need help with the care plan, please contact your School Health Nurse.

School Nurses deliver training to school staff for these medical conditions.

[Asthma Action Plan](#) (print out and take to your GP or Practice Nurse to complete).

## School Aged Immunisation Service



*Are your child's vaccinations up to date?*

Please check the [UK Immunisation Schedule](#) to ensure your child is up to date with all their vaccinations, or visit the [SAIS website](#) for further details.

If you are unsure whether they have had them, please check your Red Book or contact the Child Health Information Service on **0300 561 1851**.

For advice on booking an appointment for outstanding vaccinations please email them at [immunisationteam@oxfordhealth.nhs.uk](mailto:immunisationteam@oxfordhealth.nhs.uk) stating your child's name, school, date of birth, your contact phone number and state which vaccination(s) are missing.

## Useful Information

### Physical Health

**Active Oxfordshire** believes that every child in Oxfordshire deserves an active start in life, but currently only half of our children and young people are active, and just 19% are meeting the guidelines of 60 active minutes a day. For more information [visit their website](#)

Want to encourage your young person to be more active? Why not try some of the ideas listed here to boost activity levels:

- [Activities in Oxfordshire Directory](#)
- [The Mix \(for under 25s\)](#)

Or maybe they would like to try something from the comfort of their bedrooms:

- [NHS Fitness Studio](#)



### Continence

If you have any concerns about your child's continence the [ERIC website](#) has great information and advice and you can also contact your School Nursing Team.



### Mental and Emotional Health and Wellbeing

#### **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



Family Lives, build better family lives together. If you need support or advice, call their helpline on 08088002222, email them at [askus@familylives.org.uk](mailto:askus@familylives.org.uk) or you can chat to them online via their [Live Chat service](#). You can also visit their [online forum community](#) to share dilemmas, experiences and issues with others who understand the ups and downs of family life.

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



## Further support

Children's Integrated Therapies Services include [Occupational Therapy](#), [Physiotherapy](#) and [Speech & Language Therapy](#).

The service aims to support children and young people and their families by working with our partners in health, education, social care, the voluntary sector and also other independent agencies with the above needs.

For queries please contact: Single Point of Access (SPA) Telephone: 01865 904435, visit [Children's Integrated Therapy Services](#) or contact your GP.



[Check out OXME here for information for young people](#)



## Contact information

Young people aged 11-19 years who live in Oxfordshire can now text Oxford Health NHS Foundation Trust School health Nurses for advice and support. It is a safe and secure text messaging service between healthcare professionals and service users that provides confidential help, advice and signposting support. Text number: 07312263084

The graphic features the ChatHealth logo on the left and the NHS Oxford Health NHS Foundation Trust logo on the right. The main title is 'ChatHealth 11-19 years' in green. Below it, a blue banner reads 'New School Health Nursing messaging service for young people aged between 11-19 years attending state schools or home educated in Oxfordshire'. The text number '07312 263084' is prominently displayed in green, with the instruction 'to message a school health nurse' in blue below it. A smartphone screen shows a list of topics for advice: relationships, contraception, mental health and wellbeing, self-harm, smoking, diet & exercise, drugs & alcohol, sleep, healthy lifestyles, and anxiety and emotional health. To the right, a QR code is provided with the text 'Or scan QR code here to start a chat'.

To find out who your named school nurse is please contact your school or visit your school's website

For further information visit:

School Health Nurse website: [www.oxfordhealth.nhs.uk/school-health-nurses/](http://www.oxfordhealth.nhs.uk/school-health-nurses/)

Facebook page <https://www.facebook.com/oxschoolnurses/>

We would love to hear from you

## iWantGreatCare

Let us know what you think of the School Nursing Service. We would love to hear about the experience you have had and if you have any suggestions on how we can improve your service. Please [click here](#) and select the correct school or areas.