



Secondary School Health Team Newsletter Term 2 November 2023

Term 2 November 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.](#)



Topics of interest this Autumn

Healthier Together new website launch



NEW, free website and app for parents and carers in Oxfordshire!

[Healthier Together](#) is a new website and app for parents and carers, providing information from local healthcare professionals about what might be wrong when your child is unwell. Using an easy-to-follow traffic light system, you'll find clear information on common childhood illnesses, including what signs to look out for, when and where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last.

The website also features a translation tool, a directory of local services to support your family's health and wellbeing, as well advice on whether your child should go to school when they have a virus or infection. Using the self-assessment triage tool, the [Healthier Together App](#) will provide advice on which healthcare provider can help depending on your child's symptoms and give the option to contact them directly from the app.



If you are caring for children and young people, managing their healthcare can be challenging at times.

To help, we've built a website and app with clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last.

NHS

Managing healthcare for children and young people can be challenging

Make it simpler - download the app

Search 'Healthier Together'

Download on the App Store

GET IT ON Google Play

Healthier Together
Improving the health of babies, children and young people throughout Oxfordshire

oxfordshire-healthiertogether.nhs.uk

National Stress Awareness

National Stress Awareness Day was on Thursday 2nd November 2023

Stress is a normal response to certain situations, and everyone can feel stressed from time to time. Feeling stressed too often can impact our mood, our self-esteem and our relationship with others. If you think you might be feeling stressed, for advice and practical help visit the NHS website <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress>

CONNECT
With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

BE ACTIVE
Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

TAKE NOTICE
Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING
Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

GIVE
Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Anti-bullying resources

Following Anti-Bullying week in November

Although the week has passed there are some helpful and useful resources for children and families, highlighting the need to make a noise to stop bullying .

Anti-Bullying Week 13-17th November [HERE](#)

Some helpful resources for parents:

- [Sexual bullying](#)
- [Online bullying](#)



Vaping information

Are you a parent to a teenager/s in Years 9 to 13? If so we need your help!

Oxfordshire County Council sent out a Youth Vaping survey to all secondary schools last term and the response rate was amazing. However, most feedback was from children and young people in year 7 and 8 and we would like a broader range of insight from our older children and young people in years 9 to 13. The schools will be asking children to complete the survey and your school will hopefully share it with you too! But just in case, [click here](#) to complete the survey before 21st December 2023.

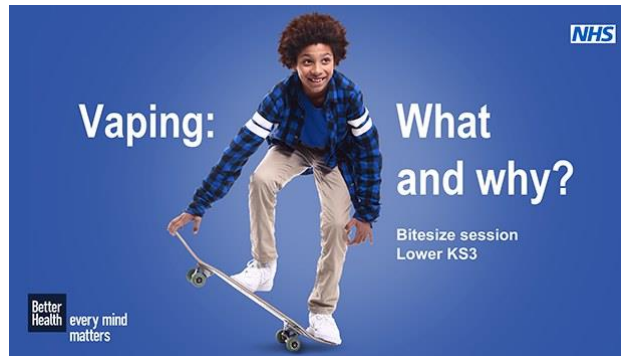
If your child completed the survey last time, then there is NO need to do it again!

This [short video](#) for teenagers, helps to explain the concerns around vaping and here is some [information for parents](#) on vaping too.

Thank you for your help with this survey, this information will be used in understanding more about youth vaping in Oxfordshire and how we can address concerns in the future.

Public Health Team

Oxfordshire County Council



Christmas Time:



Christmas can be a fun and exciting time, but for some families it can be a difficult time of year due to financial worries, loneliness, or not celebrating Christmas.

[Childline](#) has some great advice to help the whole family, along with the [citizens advice website](#) to find out about how food banks work and for practical support in accessing help.



School Aged Immunisation Service



1 - Immunisations are scheduled for secondary school aged pupils starting with Flu in the Autumn Term.

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 us at 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

Head Lice

Head lice are small insects that live in the hair. They are very common in children and have nothing to do with whether your hair is dirty and you cannot prevent them. They are picked up by head to head contact. The eggs (nits) attach to the hair. If you suspect your child has lice comb their hair with a special fine toothed comb that can be bought online or at a chemist or supermarket. Wash the hair, add conditioner and while it is wet comb from the root to the end. Do this on day 1, 5, 9, 13 and 17. Check everyone who lives in your home. If this does not work speak to a pharmacist about medicated lotions.



Contenance

If you have any concerns about your child's toileting habits, or if they are experiencing constipation or wetting, the [ERIC website](#) has great information and advice and you can also contact your School Health Nurse .



Mental and Emotional Health and well being

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

YOUNG MiNDS

fighting for young people's mental health

Family Lives, build better family lives together. If you need support or advice, call their helpline on 0808 800 2222, email them at 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/>



Children's Integrated Therapies

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.

OXME

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



ChatHealth



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



School Health Nurses are based in secondary schools

To find out who your school health 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/

Facebook page: www.facebook.com/oxNHSschoolnurses

We would love to hear from you

iWantGreatCare

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

Newsletter

If you wish to feedback or comment on this newsletter, or suggest topics for future newsletters, please email SHN.Oxfordshire@oxfordhealth.nhs.uk