

# Secondary School Health Nurses

## Term 5 May 2023 Newsletter

**School Health Nurses** are based in secondary schools in Oxfordshire and the contact details for your school nurse are at the end of this newsletter. If you have any health concerns regarding your child please contact us.

Preparing for exams can be stressful, here are some tips for you to share with your young person that Salford NHS have compiled,. You could also point them in the direction of their school nurse.

If you would like some parent specific advice, this [video](#) is excellent, or take a look at the guide for parents on the [Young Minds](#) website.



**1**  **Make a revision timetable**  
Help set up your time management. Write down how many exams you have and on which days you have them. Then adjust your study accordingly. You may want to give some exams more time than others, so find a balance that works.

**2**  **Get enough sleep and drink enough water**  
Being well hydrated is essential for your brain to work at it's best so make sure you drink plenty of water throughout your studies and on exam day.  
Use sleep to your advantage and plan ahead. Don't over use caffeinated drinks in an effort to stay awake!

**3**  **Think positively**  
Remind yourself on how you overcame previous set backs. This will help you deal with future challenges and help build a mental resilience. View the exam as an opportunity or as a challenge.

**4**  **Take regular breaks**  
If you were training for a marathon, you wouldn't try to run for 24 hours a day. Likewise, studies have shown for long-term retention of knowledge, taking regular breaks really helps.  
Everyone's different, so develop a study routine that works for you and don't feel guilty about being out in the sunshine instead of hunched over textbooks!

**5**  **Don't compare yourself with others**  
Remember, everyone's different and everyone studies differently. Focus on yourself and not on others as this will stress you out. Instead, focus on what you can control.

#NATIONALWALKINGMONTH



Walking is the easiest, cheapest, and most accessible form of physical activity and that's why we think it's so important to encourage children to do more of it. A brisk walk of just 20 minutes can have fantastic mental and physical health benefits.

# Summer WATER SAFETY

When Summer hits it can be tempting to look for the nearest place to cool off. Here are our top tips if you plan on going for a paddle:

- LOOK OUT FOR LIFEGUARDS**
- IT'S COLDER THAN IT LOOKS**
- DON'T GO TOO FAR**
- IT'S STRONGER THAN IT LOOKS**
- BRING A FRIEND**

www.rbs.org.uk

Being by water is a great place for teenagers to spend time with friends, but it's important they know how to keep themselves, and their friends, safe. There were 277 accidental drownings in the UK in 2021. 62% happened at inland waters & 83% of these were male.

Have a conversation with your young person about the dangers of jumping off bridges, into locks or over canals. How deep is the water, what is in the water (e.g. shopping trolley/weeds/sewage)? Cold water causes shock even in strong swimmers—discuss how floating could save their life. Alcohol and water do not mix, advise them to stick with friends and make sure they get home safely.

For more information visit the [Canal & River Trust](#) or if you want to check out your local swimming pool visit the [Oxfordshire County Council family information directory](#).

## School Aged Immunisation Service

For advice on booking an appointment for outstanding vaccinations please email us 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.



## WORRIED ABOUT CYBER BULLYING?

- Talk to your child about who they're talking to online
- Try to understand and guide your child's online behaviour - negotiate and establish boundaries, discuss sensitively the issues around the concept of 'friends'
- Familiarise yourself with the social networking sites and chat programmes your child uses. Find out more about its build-in safety functions
- Ask your child if they know how to block someone who they don't want to talk to anymore. If they don't, help them learn how to use the blocking feature
- Use widely available parental control software and consider using filtering options, monitoring and setting time limits for access to chat.
- If someone has acted inappropriately towards your child, (such as sexual chat, or asking them to meet up) contact the [Child Exploitation and Online Protection Centre \(CEOP\)](#)



**NSPCC and O2** have a free online safety helpline for parents and carers - 0808 800 5000 . Find more information for parents and carers on [Internet Matters](#)

## Child and Adolescent Mental Health Services (CAMHS)

[Oxfordshire CAMHS](#) offers a single point of access for parents/carers, who have concerns around mental health.

Single Point of Access (SPA):  
**01865 902515**

You can also visit

<https://youngminds.org.uk/>

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



## Your School Health Nurse is: Rebecca Priscott

If you would like to speak to your school health nurse, please call:  
**07771812473**

Or email [Rebecca.priscott@oxfordhealth.nhs.uk](mailto:Rebecca.priscott@oxfordhealth.nhs.uk)

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

For young people 11-19yrs to text school nurses *during school holidays*

**ChatHealth** NHS Oxford Health NHS Foundation Trust

### ChatHealth 11-19 years

New School Health Nursing messaging service for young people aged between 11-19 years attending state schools in Oxfordshire

**Text 07312 263084**  
to message a school health nurse

Text School Health Nurses for advice on issues such as:

- relationships
- contraception
- mental health and wellbeing
- self-harm
- smoking
- diet & exercise
- drugs & alcohol
- healthy lifestyles
- sexuality and sexual health

Or scan QR code here to start a chat

We do not sell your data to any third parties. We do not sell your data to any third parties. We do not sell your data to any third parties. We do not sell your data to any third parties. We do not sell your data to any third parties.