

Primary School Health Team Newsletter

Term 2 November 2021



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.



We build better family lives together. If you need support or advice, call our helpline on 0808 800 2222, email us at askus@familylives.org.uk or you can chat to us online via our [Live Chat service](#). You can also visit our [online forum community](#) to share dilemmas, experiences and issues with others who understand the ups and downs of family life.

[Family Lives Newsletter
November 2021 \(mailchi.mp\)](#)

November newsletter focus on anti- bullying,

achieve
OXFORDSHIRE

Weight loss support /free classes

<https://www.facebook.com/achieveoxfordshire/>

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

The COVID pandemic has made normal routines difficult to maintain.

We recognise that following a healthy lifestyle has been a challenge.

If you are worried about your child's weight, please contact your school nurse.

National Stress Awareness day

November 3rd is National Stress Awareness day; this day highlights the importance of managing stress in our daily lives. National Stress Awareness Day provides people with an opportunity to think about our wellbeing and find advice or support on managing stress. To maintain our wellbeing, we need to be able to recognise what's making us stressed to help us learn how to deal with it. For our children and young people, stress may be related to school workload, friendships, and other relationships as well as performance in clubs, teams, or other groups. Talking with your child can help them to identify any causes of stress they are experiencing.

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/#:~:text=3%20November%202021,and%20strategies%20to%20address%20it.>

Flu vaccinations

The School Aged Immunisation Team are visiting schools over the coming weeks to offer the flu vaccine to all primary school aged children. Consent letters will be forwarded via school and it is important that you submit an electronic consent at least 2 days before your schools date. If your child missed the session at school, community clinics are being held in December. If you do not know how to book into a clinic and the Immunisation Team have already visited your school, or if you cannot complete an electronic consent, please email

ImmunisationTeam@Oxfordhealth.nhs.uk

Improve your wellbeing

Learn Learning a new skill has been shown to improve our wellbeing by boosting our self-confidence and self-esteem. It builds a sense of purpose and can help you connect. You could **learn to do some X-mas baking, sewing, make some Christmas cards**

Give Some people may be less fortunate at this time of year. Doing good for others and giving is a big contributor to wellbeing & community no matter how big or small.

Salvation Army Christmas appeal: collecting donated new Christmas gifts - e.g., dolls, puzzles, books, gloves, scarves.

<https://www.salvationarmy.org.uk/christmas-present-appeal>

Help check out what your local communities are up to support families over Christmas. Food banks and Community fridges are there to support you if you need them. Remember you are not alone this **Christmas**.



Button Battery Awareness

As Christmas is approaching and many toys and gadgets these days contain small button batteries, stay alert to the dangers of small children swallowing these batteries which can do great harm. Keep batteries out of reach and supervise young children playing with toys/gadgets containing button batteries. If your child swallows a button battery you will need to attend A&E immediately.

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/>

YOUNGMINDS

which has a helpline

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



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/



National Disability month

UK Disability History Month occurs from **mid-November to mid-December**. In the past, individuals with disabilities have not always been shown the same level of respect and rights as others around them.

Thankfully this is changing. It's important to remember that we all come in different shapes and sizes and with different abilities. These are the things that make us who we are and are to be celebrated and embraced. It's also important to remember that not all disabilities can be seen, and that we all have our own unique characteristics that make us special.



Anti-bullying week (15th-19th November 2021)

The theme for this year is 'One kind word' Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. 'Ask if someone is OK, say you're sorry, or just say hey!'. It all starts with One Kind Word and it starts today.

Your school health nurse is: Deb Burdett



If you would like to speak to your school health nurse, please call: **01865 904845**

We will call you back if you leave a message. Or email Wallingford.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/>