

Primary School Health Team Newsletter

Term 5 May 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.



ChatHealth

Parentline is our new ChatHealth service - which is an online text messaging service for parents and carers of primary aged children. If you have any health concerns, you can send us a text message any time of the day or night, and we will respond on the next working day. Since our launch in February we have had 100s of messages and the feedback has been very positive.

*'Very helpful advice and quick response.
Very easy way to get advice. Thank you'*

ParentLine: 07312 263227

<https://chathealth.nhs.uk/start-a-chat/h/OxfordSchoolHealthNurses>

May is National Walking Month

Now the weather is improving it is an ideal opportunity to improve fitness and increase energy levels by walking.

Next week is 'Walk to School Week'. If you already do this then maybe extend the walk home.

If you live too far away from school to walk, then take the time at the end of the school day to increase your steps by walking in your local area.

[Walking for health - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Covid vaccinations for children aged 5- 11years

If you have a query or questions following the recent announcement that Covid vaccinations will be made available for healthy children aged between 5- 11yrs, please email bobcovid.schoolimmsqueries@nhs.net

If you would like to book a COVID vaccination then please follow the link

[Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](http://www.nhs.uk)



The pandemic restrictions have proved challenging for everyone and some children have struggled with routine being disrupted and missing normal social activity. This can be expressed by changes in behaviour which can prove difficult to manage.

The Family Lives organisation has a wealth of resources on their website and have a parent helpline number and live chat facility for support around a number of topics

[Parenting and Family Support - Family Lives \(Parentline Plus\)](#) | [Family Lives](#)

Learning Disability week 20th - 26th June

Learning Disability Week is a great way to raise the awareness of learning disability across the UK. A learning disability is a reduced intellectual ability and difficulty with everyday activities - for example household tasks, socialising or managing money - which affects someone for their whole life. People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people. For more information - www.mencap.org.uk

National Autistic Society

UK's leading charity for people on the autism spectrum and their families

www.autism.org.uk



Water Safety Code

During the school holidays, and in hot weather, increasing numbers of children put themselves at risk of drowning. On average 40-50 children drown per year in the UK. To keep yourself safe, when in, on or beside water, always follow the Water Safety Code.

Advice from the Royal Society for the Prevention of Accidents is available here:

[Water Safety Code - RoSPA](#)

Drowning Prevention Week is from 18th-25th June, supporting children and adults to enjoy the water safely. For more information follow this link: [Drowning Prevention Week | Royal Life Saving Society UK \(RLSS UK \)](#)

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/>



Or  which has a helpline

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

Children's Integrated Therapies Services

Children's Therapies include Speech and Language

Therapists, Physiotherapists and Occupational Therapists. We aim to support children and young people and their families, by working with our partners in health, education, social care and voluntary agencies. For enquires please contact our single point of access 01865 904435 or visit

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

Your school health nurse is: Wallingford School Nurse



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/>