



## **Primary School Health Team Newsletter**

### **Term 6 June 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.



#### Transitioning to secondary school

Going to secondary school can be an amazingly exciting but also daunting prospect.

Independence, new teachers and friends, specialist learning, and sports facilities are brilliant, but most children are also concerned about social interactions, finding their way and new rules and expectations. Talk to your child about their worries and the things they are looking forward to. Reassure them their conflicting emotions are very normal. Practice packing a bag the night before for the next day's activities and run the route to school together during the summer. Encourage children to practice their independence within safe boundaries in the holidays. Schools will be hugely supportive to young people when they start, helping them understand issues like lockers and school lunches. Please contact your school nurse if your child has any specific or additional needs or worries, or you would like to talk about how to support your child.

Starting secondary school - BBC Bitesize

School Resources to Help With Transitions | Mental Health | YoungMinds

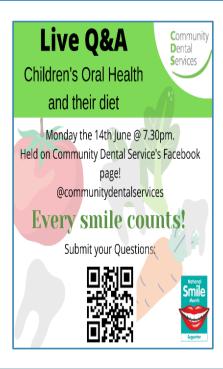


13<sup>th</sup> June

#### Switch up your lunch

To encourage everyone in Oxfordshire to make a positive difference to the environmental impact of our food, to pledge to eat a vegetarian or vegan lunch every year in June

https://goodfoodoxford.org/switchupyou rlunch/?msclkid=b96610f3d06011ec9df0 afe9982370db





What's On In The
Summer Holidays Oxfordshire - Free Time
with the Kids

Search Results | Family Information Directory (oxfordshire.gov.uk)

Out of school clubs and holiday playschemes |
Oxfordshire County
Council

#### Foodbank services

#### **Locations | Food Services in Oxfordshire (goodfoodoxford.org)**





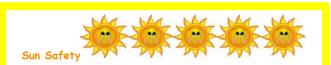
We know times are very challenging for many now and charities are supporting communities by providing food and everyday essentials through foodbanks. The link above enables you to click on a foodbank location in your area and gives contact details.

Gloji Energy - Healthy Lifestyle Groups - The team at Achieve Oxfordshire help residents to lose weight, get fitter and healthier by making small, sustainable lifestyle changes through our range of free weight management programmes. Previously, we have only ever been able to offer this to adults, however we are very excited to launch our first child weight management programme called Gloji Energy.

This exciting new 12-week programme is fully funded by Oxfordshire County Council and therefore a free programme for children and their parents/carers. Gloji Energy will be accessible to children aged 4-12 years old. There will be both group and one to one sessions available, dependant on the needs of each family.

The sessions will be 1 hour long which will involve 45 minutes of physical activity for the children whilst the parents/carers learn about nutrition and healthy habits with our team of expert practitioners. Parents/carers can expect to learn things including portion sizes, snacking habits, children's nutritional requirements and so much more. During this time children will engage in fun interactive sessions which will include things such as trampolining, dance, martial arts, and dodgeball. The remaining 15 minutes will be an interactive activity for the whole family.

These sessions are designed to help get the whole family moving and make healthier lifestyle choices together. Your child will be eligible for this programme if their weight is in the 91st percentile or above. For more information, please do not hesitate to contact Achieve Oxfordshire on via email: <a href="mailto:glojienergy1@achieveoxfordshire.org.uk">glojienergy1@achieveoxfordshire.org.uk</a> or via telephone on: 01865 590292.



#### TOO MUCH SUN:

Can cause burns, headaches and sunstroke. It can damage eyes and lead to dehydration and heat exhaustion.

#### STAY SAFE:

Wear protective clothing and use a high factor sun cream.
Limit your time in the sun and drink plenty of water
Sun safety advice for parents | British Skin
Foundation

# 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 <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>

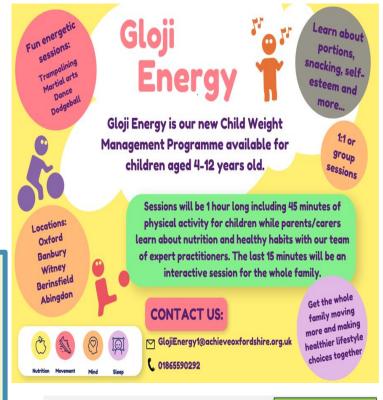
which has a helpline

Or visit



YOUNGMINDS

https://www.familylives.org.uk/





ParentLine Text

Our new on line messaging service if you have a health concern regarding your child please text the number above, any time, and receive a response within one working day, available throughout the whole year

Your school health nurse is: Naomi Hart



If you would like to speak to your school health nurse, please call: 07825843695

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 <a href="https://www.facebook.com/oxschoolnurses/">https://www.facebook.com/oxschoolnurses/</a>