

# Primary School Health Team Newsletter

## Term 1 September 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.*

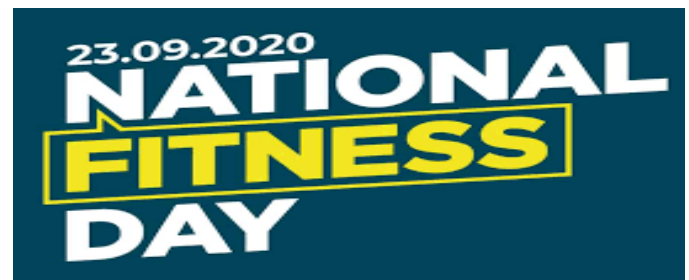


September is an exciting time as we welcome everyone back to school. New teachers and new friends are waiting to be met and fun times are ahead! We would like to welcome you all back to school and to extend an extra special welcome to those of you joining in Reception. You will meet some members of the School Health Nurse team in the Autumn Term for your flu vaccinations. Our contact details are at the bottom of this newsletter, please get in touch if you have any health-related questions that we can help with. Good luck for the coming year, and welcome back!



**Back to school** means re-establishing those routines, to create an organised environment that helps children feel safe and secure, and an almost hassle-free start to each school day. *Family Lives*, an UK charitable organisation has provided useful information on how this, and other family matters <https://www.familylives.org.uk/>

Reception children are offered a health review by the school health nurses in the primary team. Please contact the team if you have any health concerns regarding your child. Contact details at end of newsletter



National Fitness Day 2021 will take place on **Wednesday 22<sup>nd</sup> September** and is a chance to highlight the role physical activity plays across the UK, helping us raise awareness of its importance in helping us lead healthier lifestyles through being physical active.

<https://www.nationalfitnessday.com>

### For all children in Reception up to and including year 6.

Look out for an email from school which will provide details about this year's Flu vaccination being offered in school between October and the end of January. This email will also provide a link to the online Consent Form. Please submit your consent form promptly before the closing date to ensure your child gets this important vaccination in school.

If you have submitted a consent form and your child is unwell on the day of vaccination and is unable to be vaccinated, you will receive an email providing details on how you can book an appointment in a catch up clinic.

Further information and dates of when the vaccination will be offered in your child's school will be available on the School Health Nurses website:

<https://www.oxfordhealth.nhs.uk/school-health-nurses/immunisations/flu-immunisations/>

If you wish to speak to someone regarding your child's immunisations, please call 07920 254 400 or email the immunisation team at [ImmunisationTeam@oxfordhealth.nhs.uk](mailto:ImmunisationTeam@oxfordhealth.nhs.uk)



HELP US  
HELP YOU  
PROTECT AGAINST FLU

## World Federation of the Deaf



23rd September is International day of sign languages and this year's topic is 'We Sign for Human Rights'.

International Week of the Deaf People is celebrated annually by deaf communities all over the world organised by The World Federation of the Deaf, an organisation working to ensure equal rights for 70 million people around the globe. This year's theme is Celebrating Thriving Deaf Communities.

## NATIONAL EYE HEALTH WEEK

MONDAY 20 – SUNDAY 26 SEPTEMBER 2021

**YOUR VISION MATTERS**



### Are you Eye Aware?

See an Optician if your or your child notices a change in their vision

A balanced diet and exercise help protect your sight, smokers are four times more likely to lose their sight than non-smokers, smoking can also affect your colour vision, another good reason to quit.

Spending time outside can help prevent short-sightedness in children

All children under 16 receive free sight tests and other young people in full time education. Everyone should get a sight test every 2 years, some people more frequently, including children who wear glasses and everyone with diabetes.

[Vision Matters - National Eye Health Week](#)



**WORLD  
HEART  
DAY** 29 SEP

World Heart Day is a global campaign during which individuals, families & communities around the world participate in activities to take charge of their heart health.

**Remember: A good diet and active lifestyle helps keep your heart healthy**



## Head lice

are small insects that live in the hair. They are very common in young 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.

### 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

Or visit

**YOUNG MINDS**

<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/](https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/)

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](mailto:Wallingford.schoolnurses@oxfordhealth.nhs.uk)

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

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>