

# Primary School Health Team Newsletter

## Term 6 June 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.*

Dear all

*This has been a challenging year at school for everyone and now we can look forward to the summer break. Keeping children busy, active, and safe can be a challenge and we have included some helpful tips and ideas below. There is a small all year-round school nursing team who work during the holidays and their details are included on Out of Office notifications when any of the team are on leave. Oxfordshire CAMHs website has some useful resources and guidance to support your child. To look after our children's emotional health, we need to care for our own. Oxfordshire county council has a website with advice and support: <https://www.oxfordshire.gov.uk/residents/social-and-health-care/health-recovery-and-wellbeing/mental-wellbeing> Best wishes for a happy and safe summer – Primary SHN team*

Check out the website

<https://www.getoxfordshireactive.org> great ideas for outdoor activities for all ages.



**While we all aim to have a healthy diet, this can be difficult to maintain. Why not use the British Nutrition Foundations resources for Healthy Eating Week to try different ideas and tips.**

[BNF Healthy Eating Week - British Nutrition Foundation](#)



**14<sup>th</sup>-18<sup>th</sup> June 2021**

### THE FIVE S'S OF SUN SAFETY:

1. SLIP on a t-shirt
2. SLOP on SPF 30+ broad spectrum UVA sunscreen
3. SLAP on a broad brimmed hat
4. SLIDE on quality sunglasses
5. SHADE from the sun whenever possible



While we are all enjoying the current weather, it is important to remember to keep safe in the sun. UV rays can cause harm even on hazy and dull days.



### Stay Sun Safe!

Wear your hat.

Drink lots of water.



Play in the shade.

Wear sun cream.





Keep all medicines out of reach preferably in a locked cupboard and do not exceed the recommended dose. Check expiry dates regularly.

### Be Water Wise



Swimming pools offer a safer, cleaner, and warmer alternative to open water. Click on this link below to find your local swimming pool:

<https://www.swimming.org/poolfinder>

### 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

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



### Is your child moving to secondary school in September?

All secondary schools have a school nurse. Please use contact details below if your child has any health needs you wish to discuss and check out the links to help you prepare for this exciting stage in your child's life



### Starting Secondary School

<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>

<https://www.familylives.org.uk/advice/secondary/learning-school/starting-secondary-school>

School holidays are an ideal time to book those routine medical appointments. Don't forget the 6 monthly dental check-ups and yearly optician appointments.



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: **07833 239663**

We will call you back if you leave a message. Or email [deb.burdett@oxfordhealth.nhs.uk](mailto:deb.burdett@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/>