

Primary School Health Team Newsletter

Term 1 September 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**.*

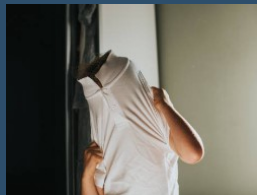
Establishing these habits early on will help to improve your child's future quality of life and enable them to reach their full potential in education and beyond.

School Health Nurses

are based in Oxfordshire and the contact details for the Team are at the end of this newsletter. If you have any health concerns regarding your child please contact the school health nursing team.

Getting ready to start school

Starting primary school can be daunting for you and your child, but it marks the start of an exciting new chapter.



Before you know it, your child will be making friends, learning new skills, and becoming increasingly independent.

Here are five tips for school readiness:

- Support your child's independence
- Build up your child's social skills
- Make a start on early literacy and numeracy skills
- Help your child learn to concentrate
- Talk to your child about school

Take a look at the [Oxford Owl website](#), for more information, a video on resilience, starting school checklists, guides and much more.

OXFORD OWL



Active Oxfordshire believes that every child in Oxfordshire deserves an

active start in life but currently only half of our children and young people are active, and just 19% are meeting the guidelines of 60 active minutes a day. For more information [visit their website](#)

Want to encourage your young person to be more active? Why not try some of the ideas listed here to boost activity levels:



Emergency Medication Reminder

If your child is prescribed an **asthma inhaler**, **adrenaline pen** for allergies, or other **emergency medication**, please remember to make sure you have enough in-date

medication to share with their school. It

is a requirement

that this is in

school and should be taken in on the first day.



If there have been any changes to your child's care plan, please share

this with school. School Nurses deliver training to school staff for these medical conditions.

If you have any concerns or need help with your child's care plan, please contact the School Nursing Team.

[Asthma Action Plan](#) (print out and take to your GP or Practice Nurse to complete).

- [Activities in Oxfordshire Directory](#)

Or see how many of these free Oxfordshire parks you can visit together:

- [Free parks in Oxfordshire](#)

National Eye Health Week

19th-25th September 2022

Did you know that all children under 16 and for young people under 19 in full time education are eligible for free eye tests?

Find an optician near you: <https://www.nhs.uk/nhs-services/services-near-you/>

Try to have check ups **every 2 years**.



NATIONAL EYE HEALTH WEEK

MONDAY 19 – SUNDAY 25 SEPTEMBER 2022

YOUR VISION MATTERS

Flu immunisations

All primary aged children

are eligible for this important vaccination this term. You will receive an email with further information on dates and how to consent.



School Aged Immunisation Service

Are your child's vaccinations up to date?

Please check the [UK Immunisation Schedule](#) to ensure your child is up to date with all their vaccinations.

If you are unsure whether they have had them, please check your Red Book or contact the Child Health Information Service on **0300 561 1851**.

Bed wetting

 is your child wet at night?

Facts

- Bedwetting affects around half a million children in the UK, takes a toll on the family and impacts children's self-esteem and well-being.
- A common cause of wetting at night is not drinking enough in the day.
- The bladder needs to stretch large enough to hold all of the urine produced in the night — this is done by drinking enough in the day.

Top Tips

- Drinks should be spaced evenly through the day.
- Praise for drinking enough in the day, boosts self-esteem and reward charts are encouraging.
- Wetting may get worse before improving as the bladder is slow to stretch, hence praise drinking, not dry beds as your child has control over drinking enough but not over a wet bed.

The [ERIC website](#) has great information and advice and you can also contact your School Nursing Team.



Child and Adolescent Mental Health Services (CAMHS)

[Oxfordshire CAMHS](#) offers a single point of access for 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/>

YOUNGMINDS
fighting for young people's mental health



Your School Health Nurse is: Rachel Skuse

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

Facebook page: <https://www.facebook.com/oxNHSschoolnurses/>

School Health Nurse website: www.oxfordhealth.nhs.uk/school-health-nurses/

Link for ParentLine Chat

ParentLine 5-11 years
New School Health Nursing messaging service for parents and carers of children 5-11 years attending a state school in Oxfordshire

Text **07312 263227**
to message a school health nurse

Text School Health Nurses for advice on issues such as:
diet & healthy lifestyles
toileting
sleep
bullying
support with behaviours
General and emotional health

Or scan QR code here to start a chat

We are a charity registered in England No. 1043944 and in Scotland No. SC045122. We are a member of the National Health Service for England. We are a member of the National Health Service for Scotland. We are a member of the National Health Service for Wales. We are a member of the National Health Service for Northern Ireland. We are a member of the National Health Service for Gibraltar. We are a member of the National Health Service for the Channel Islands. We are a member of the National Health Service for the Isle of Man. We are a member of the National Health Service for the Falkland Islands. We are a member of the National Health Service for the British Antarctic Territory. We are a member of the National Health Service for the British Indian Ocean Territory. We are a member of the National Health Service for the British Virgin Islands. We are a member of the National Health Service for the Cayman Islands. We are a member of the National Health Service for the Gibraltar. We are a member of the National Health Service for the Channel Islands. We are a member of the National Health Service for the Isle of Man. We are a member of the National Health Service for the Falkland Islands. We are a member of the National Health Service for the British Antarctic Territory. We are a member of the National Health Service for the British Indian Ocean Territory. We are a member of the National Health Service for the British Virgin Islands. We are a member of the National Health Service for the Cayman Islands.