

School Health Team

Primary Newsletter January 2023

This newsletter aims to provide families and young people with some useful tips for keeping healthy...

School Health Nurse Primary Team

Contact details for the Team are on the next page, If you have health concerns regarding your child please **text ParentLine for a next working day response**



ParentLine Text 07312 263227

www.chathealth.nhs.uk



Safer Internet Day

7th February 2023

This year's campaign is focused on ensuring the voices of children and young people by encouraging them to help shape the future of online safety support.

The [UK Safer Internet Centre](#) has resources for parents and carers seeking to keep their

Safer Internet Day 2023 | **Tuesday**
7 February

Coordinated by the UK Safer Internet Centre

How to look after your pearly whites :

Help your child to look after their teeth by supervising toothbrushing, and reminding them to:

- Brush for two minutes at night before bed, and at one other time of day.
- Use a pea-sized amount of fluoride toothpaste (containing between 1350-1500ppm of fluoride)
- Spit after brushing, but do not rinse.

More information can be found at:
[Children's Teeth—NHS](#)

Some useful videos from the British Society of Paediatric Dentistry:

- [Video for children aged 3-6](#)



Medicines for children



Please do read and follow instructions on medicines, especially those bought over the counter.

More info below:

<https://www.nhs.uk/conditions/baby/health/medicines-for-babies-and-children/>

Gloji Energy

Gloji Energy is a new child weight management programme run by [Achieve Oxfordshire](#). 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 is:

- accessible to children aged 4-12 years old who have a BMI over the 91st Centile.
- Available as group and one to one sessions (dependant on the needs of each family)

Gloji Energy aims to create healthier children and families by supporting them to become more active and eat well. [Sign up here](#)

Children's Mental Health Week

6th-12th February 2023

The theme this year is **'Let's Connect'**. Place2Be's dedicated website has resources and activities designed to encourage children to consider how we make meaningful connections that support our mental health:

Click on the picture for more information:



Place2Be—supporting your child's mental health

The children's mental health charity **Place2Be** has a page dedicated to supporting parents in managing their child's wellbeing, ranging from addressing peer pressure to understanding shyness.

Click on the link below for advice on a range of practical tips:

[Parenting Smart](#)



School Aged Immunisation Service



For advice on booking an appointment for outstanding vaccinations please email us at

immunisationteam@oxfordhealth.nhs.uk stating your child's name, school, date of birth, your contact phone number and state which vaccination(s) are missing.

Tips on keeping warm this winter

TIPS on saving money and staying warm this winter: Heat the human, not the home is the new guide from [Money Saving Expert](#):

DO:

- Consider your mental and physical health before making any changes
- Layer up clothes to keep in the heat - e.g. tights under trousers
- Use heated items to get extra warmth such as hot water bottles & heated gloves
- Eat regularly - especially hot food & drinks such as soup, porridge and tea
- Keep feet warm - thermal socks, slippers, rugs and blankets
- Exercise - walk around the house or go out for a walk, cleaning
- Draught stoppers for your doors

DON'T:

- Turn off your heating completely (damp and frozen pipes can occur).
- Use a chimney or old heater without first having it safety checked.



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 Team

LOCALITY email & tel

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/

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

www.facebook.com/oxschoolnurses/

Click link for ParentLine Chat

ChatHealth

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

Or scan QR code here to start a chat

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