

Primary School Health Nurse Team

Term 4 March 2023 Newsletter

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

Primary School Health Nurses

are based in localities, and work closely with parents and carers to meet the health needs of children. If you have any health concerns regarding your child please contact the school health nursing team details at end of this newsletter.

*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.



Toothpaste Hacks

Price, Peas and Pop it upside down!!!



Try swapping your branded toothpaste for a supermarket own one, which can be 7 x cheaper! As long as it contains at least 1350ppm, (parts per million Fluoride) everyone from babies, toddlers, teens and all the adults can use the same one! One size can fit all!

Check how much paste you are using, you could be using it 3 x quicker than you need to be! Everyone who can spit out should be using a small pea sized amount! Only babies, 0-3 yrs use a smear. Use less and make it last longer!







Simply turn your toothpaste upside down! Keep gravity on your side so you can get the most out of your tube. Keep squeezing the paste down to the cap with a roller or handle of a spoon! You've paid for it so use every last blob!



(©)Community Dental Services CIC, 2023





Free NHS sight tests

are available at opticians for children under 16 and for young people under 19 in full-time education.

Speak to a GP or go to an opticians if you have any concerns about your child's vision at any stage ([see spotting signs of a vision problem](#)).

Oxfordshire Family information Service
<https://www.dailyinfo.co.uk/oxford-family-info-service> Provides free information and

guidance about childcare, play facilities and other services for children and young people throughout Oxfordshire. If you're looking for anything, from an afterschool club to a childminder, they'll provide a tailored report on what's on offer in your local area.



No Smoking Day

is on 8th March 2023

This day occurs to spread awareness of the health dangers linked to smoking.

Click on the image below to find out more details on stop smoking services in your area, useful tips and aids for quitting, including the free [NHS Quit Smoking](#)



17th March National Sleep Day

Do you have difficulties getting your child to bed or to stay in bed?

Visit NHS website below for some top tips

<https://www.nhs.uk/conditions/baby/health/sleep-problems-in-young-children/>

Speech and Language Therapy (SALT)

If you have any concerns regarding your child's speech, visit the SALT website for top tips on encouraging your child to develop their communication skills. <https://www.oxfordhealth.nhs.uk/cit/speech-language-therapy/>



National Child Measuring Programme (NCMP)

This national programme has been happening in Oxfordshire for over 15yrs, measuring children in reception and year 6 classes. The school nurse assistants are in schools taking the measurements and parent/carers should receive a letter within 6 weeks of the school session with their child's results. If your child is in the programme and has not had a letter within 6 weeks, please contact us on 07824 498



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 vaccinations are missing.



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

If you would like support and advice with a parenting or family issue, you can call

our helpline on 0808 800 2222 or [email our support team](#). You can [talk to us online](#) via our live chat service which is open, Monday to Friday between 1.30pm and 9pm.

Access our FREE online parenting courses

Online parenting courses are a great way to get advice in the comfort of your own home and at times to suit you. We currently offer our free **Parents Together Programme** which you work through by yourself and is suitable for families with primary school aged children and under. We also have our **Let's Play** course which is aimed at parents of young children to help them develop play and learning.

Your School Health Nurse Team is Wallingford Primary SHN Team

If you would like to contact the school health service please call 01865 904890
Or email

Wallingford.schoolnurses@oxfordhealth.nhs.uk

Visit our School Health Nurse website:

www.oxfordhealth.nhs.uk/school-health-nurses/

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

Or for a response the next working day - use our ChatHealth service

Text ParentLine

CAMHS

Child and Adolescent Mental Health Service

Visit their website :

Oxfordshire CAMHS

<https://www.oxfordhealth.nhs.uk/camhs/>

CAMHS offers a single point (SPA) of access for parents/carers, who have concerns around their child's mental health. Tele : **01865 902515**



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



We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm, Monday-Friday excluding Bank Holidays. If you need help before you hear back from us contact your GP, mental health, in person or dial 111. Our text number does not receive voice calls or MMS pictures. Messages that are sent to our text number will not be seen by other health care staff who follow the same confidentiality rules. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'texting' mobile apps). The app and service are not available on iPads. We will contact you if we need more information, but we would usually speak to you first. To prevent the health professionals from sending messages to you, text STOP to our number. Messages are charged at your usual rate.