Oxford Health
NHS Foundation Trust

Autumn Term (1): Primary SHN Newsletter September 2026

Term 1: 2nd September - 23rd October 2026

Welcome to our **School Health Nursing (SHN) Newsletter** for parents and carers of children and young people in Oxfordshire.

As your school health nurses, we are here to support you and your family every step of the way. Stay tuned for more updates, tips, and resources in our upcoming newsletters.

Together, we can nurture a bright and healthy future for our children!

https://www.oxfordhealth.nhs.uk/cyp-0-19/

How to contact us

If you wish to contact a school health nurse regarding the health of your child, please use the details below.

ParentLine 5-11 (ChatHealth)

ParentLine 5-11 is a confidential and secure text messaging service that allows parents and carers to contact the Oxfordshire School Health Nursing Team for support. You can receive advice, guidance, resources, and information about a range of health and public health issues affecting your child. Messages are typically answered within one working day, Monday to Friday, excluding bank holidays.

Text 07312263227, or click here to 'Start a Chat'**, and speak to a school health nurse today.**

ChatHealth

NHS
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Parentline 5-11 years

School Health Nursing messaging service for parents and carers of children aged 5-11 years attending state schools or home educated in **Oxfordshire**

We provide **School Nursing** advice on issues such as:

Diet & Healthy Lifestyles
Toileting
Sleep
Bullying
Support with behaviours
General & Emotional Health

Message **Oxfordshire School Health Nurses** for confidential support and advice.

ChatHealth

NHS
Oxford Health
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Text your local School Health Nurses:

07312 263 227

Or scan the QR code to start a chat:

Opening times

Monday to Friday
9am - 5pm
(exc Bank holidays)

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, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. Your messages are stored and can 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 'number masking' mobile apps). We might inform other relevant professionals if we were concerned about your safety, but we would usually speak to you first. To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

CYP 0-19 SPA

You can also contact us via our CYP 0-19 Single Point of Access (SPA):

- **Telephone: 01865 903 800**
- **Email: cyp0-19@oxfordhealth.nhs.uk**

Health & Care Records Access

Oxford Health Care Records

We can access your child's community health record and will update it when we provide care or support. On occasion, we may also need to access a parent's or carer's community health record, but only when the information is relevant to your child's care, support or wellbeing.

We are committed to protecting your privacy and will only access these records when necessary and appropriate.

Thank you for your understanding and cooperation.

- Oxford Health Privacy Notice April 2026
- Oxford Health Privacy Policy Easy read patient privacy notice

Starting Primary School

Starting school is the beginning of an exciting new chapter and a time of big change. Visit the *Best Start in Life* school readiness guide for easy ways to help your child thrive from day one.

- **Preparing for school - Best Start in Life**

Find advice on toileting, dressing independently, listening and following instructions, managing emotions, making friends and developing healthy routines.

SEND Reform – What do I need to know?

Update from *SEND Oxfordshire*

SEND Reform is a major overhaul of the Special Educational Needs and Disabilities system in England, aimed at improving inclusion, early support, and outcomes for children and young people. It is happening partly in response to the increasing demand for services and support. The aim is for children and young people to get the right help earlier, wherever they learn.

The SEND Local Area Partnership, comprising education, health and social care, has prepared a two page guide (download here) on what is happening locally and nationally.

For more information on any aspect of SEND please go to the SEND Local Offer website for Oxfordshire.

Health Screenings for Reception and Year 6 – What do I need to know?

Screening Programmes

This academic year we are pleased to offer our School Health Screening Programmes again to children in Reception and Year 6.

All **Reception children** are offered *both screening* programmes:

- **Vision Screening**
- **Height & Weight measurements** via the National Child Measurement Programme (NCMP)

And **Year 6 children** are offered only:

- **Height & Weight measurements** via the National Child Measurement Programme (NCMP)

You'll receive an information letter containing all necessary details before the screening session.

Children in all other year groups are not offered routine screening via the NHS screening schedule. However, children aged between 4 and 16 are entitled to free NHS eyesight tests via

your local Opticians. If you want your child's height asnd weight measured, please contact your GP.

Opting Out

If you do **not** wish your child to take part in one or both screenings, please follow the opt-out instructions in the screening information letter.

Children will be automatically included unless you opt them out.

Accessing Your Child's Results - *School Screener*

Results will be available within two days following screening via our secure *School Screener* parent portal. If your child is starting Reception or Year 6, you can *click the link below* to complete the forms in preparation for screening. There is a handy video that can guide you through the process.

Link here: ***Create an account***

Please note: You are required to create an account and verify your email address prior to completing a form for every child in your family who is eligible for screening this academic year.

This is the recommended and quickest way to receive your child's results.

Did You Know?

- You can add multiple children to one School Screener parent account, just complete a separate form for each eligible child.

If you already have a School Screener account from older children, you can log in with your existing details and add another child to your account.

Click this link for help: ***How do I add another child?***

Toileting and School Readiness

Children starting in reception is an exciting but also potentially anxious time for parents. If your child isn't quite clean and dry, or they have a medical condition such as *constipation,* starting school can be an additional source of worry.

The ERIC website has useful information to support parents who may have questions about toileting issues and starting school:

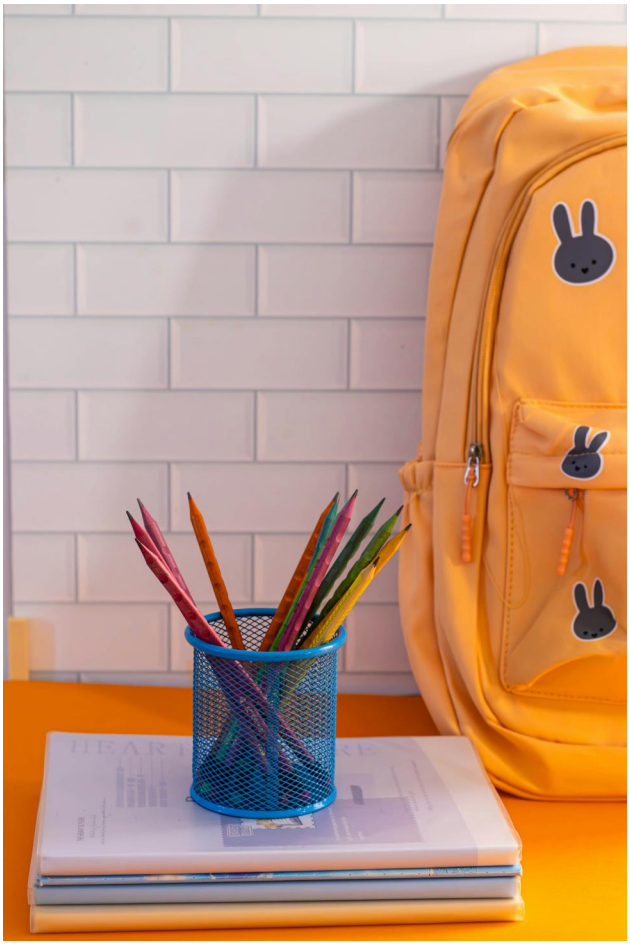
- Toilets and school readiness - ERIC

SHN support via *ParentLine 5-11*

If your child experiences **day and/or night time wetting**, and you have tried the advice on the ERIC website, please contact us via ***ParentLine 5-11*** (details above) and we will do our best to support you.

Please note: If you think your child could be ***constipated***, please contact your GP as they are the best-placed health professional to support you and your child.

Ensuring Your Child is in School



Update from Oxfordshire's County Attendance Team

The Oxfordshire County Attendance Team understands the challenges families face regarding school attendance. Whether it's dealing with illness, anxiety, or other personal issues, ensuring regular attendance can be tough. The team is there to support you and your child through these difficulties.

Please see the latest advice and guidance on their website.

Information and Support Services

- **Advice and Guidance**: The team offers expert advice on managing attendance issues, including dealing with lateness, sickness, and unauthorized absences. They provide practical tips and strategies tailored to your family's needs.
- **Early Intervention**: By working closely with schools, the team identifies attendance issues early and collaborates with parents to address them before they escalate.
- **Parenting Contracts**: These contracts help clarify expectations and responsibilities, providing a structured approach to improving attendance.
- **Penalty Notices and Legal Action**: While the focus is on support, the team can issue penalty notices and take legal action if necessary, ensuring compliance with the Education Act 1996 and the Anti-Social Behaviour Act 2003.
- **Workshops and Resources**: The team offers workshops and resources to help parents understand the importance of regular attendance and how to support their child's education.

For more information or to seek support, you can contact the County Attendance Team:

- **Telephone:** 01865 323513
- **Email:** attendance@oxfordshire.gov.uk

Emergency Medications

NEW statutory guidance for schools supporting children with allergies

The UK Government has announced new measures to strengthen support for children with *severe allergies* in schools. From September 2026, schools are expected to hold spare adrenaline auto-injectors (AAIs), provide allergy awareness training for staff and have clear policies for supporting pupils with medical conditions.

- **Stronger protections for children with allergies in school - GOV.UK**

Important note for parents and carers

While these changes will improve schools' ability to respond to allergy-based emergencies, **they do not replace the need for parents and carers to provide schools with *prescribed emergency medications* for their child**. Caregivers must continue to provide up-to-date information about allergies, medications, allergy action plans and contact details. Caregivers must also ensure that any *prescribed emergency medication* supplied to school is in date and replaced when needed.

For more information for caregivers regarding managing severe allergies in schools, please see below:

- **For Parents | Allergy UK | National Charity**

Stoptober is on the way...

Stoptober encourages thousands of smokers to quit the habit this October. Smoking is still a significant issue, and remains the single biggest cause of preventable ill health and death.

For those who already smoke, quitting for 28 days means they are five times more likely to quit for good - which is the evidence base on which Stoptober was first created.

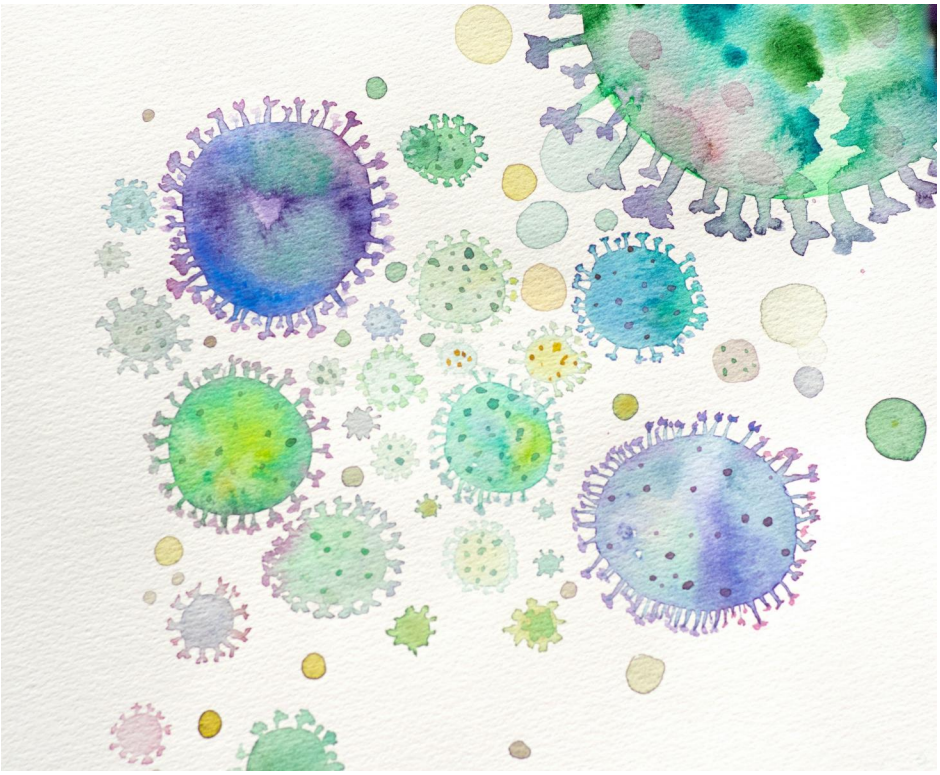
If you are a parent who would like support to quit smoking, please access the local smoking cessation service here: **Smokefree Oxon – A Stop Smoking Service**

Vaping

If you'd like to know more about using vaping to quit smoking, you find out more here: **Better Health.** Nicotine vaping is less harmful than smoking and also one of the most effective tools for quitting smoking. However vaping is not completely harmless and we don't know yet what the long-term effects may be.

Children and non-smokers should never vape.

School Aged Immunisation Service (SAIS)



Flu Vaccine

All parents/carers of children from Reception up to and including Year 11 will shortly be receiving information regarding the Flu Vaccine.

Please complete your Consent Form promptly even if you don't want your child to have their Flu vaccination as this stops us sending you reminders!!

Most children get the flu vaccine as a quick spray up the nose. If your child can't have the Flu spray for any reason, they can have an injection instead. The injection does not contain porcine gelatine. You can pick which vaccine is best for your child on the Consent Form.

School Aged Immunisation Service – PROTECTING FUTURES – ONE VACCINE AT A TIME

How to contact the SAIS

- **Telephone: 07920254400**
- **Email: immunisationteam@oxfordhealth.nhs.uk**
- **Website: www.oxfordhealth.nhs.uk/imms**

Mental Health Support

This October we'll be supporting World Mental Health Day in order to raise awareness, break down stigma, and remind us all that it's okay to talk about how you're feeling. Our mental health is *as* important as our physical health, and the start of a new academic year can be a challenging time for parents and young people.

Find more general advice and self-care tips, visit NHS Mental Health

And for tips on mental wellbeing, visit the Every Mind Matters site here.

Local Services

CAMHS

Child and Adolescent Mental Health Service

1 - Credit: Oxfordshire | Oxford Health CAMHSOxford Health CAMHS

As well as ***ParentLine 5-11*** (see above), you can also access the Child and Adolescent Mental Health Service (CAMHS)**. CAMHS** provides support for children and young people experiencing emotional, behavioural, or mental health difficulties, working closely with families to offer care such as therapy, counselling, and crisis support.

Parents and carers can contact CAMHS via their Single Point of Access (CAMHS SPA) - please see their website for details:

- https://www.oxfordhealth.nhs.uk/camhs/

National Services

If you or your child require mental health support, the following are always available:

- **NHS 111** – use **111 online** or call **111** if you require mental health help right now.
- **Childline** – call **0800 1111**, free, confidential support for under 19s.
- **Samaritans** – call **116 123** any time, day or night.
- **SHOUT** – text **85258** for free, confidential support via text.

In an emergency, always call 999 or go straight to A&E.

Additional Services and Resources

Children's Integrated Therapies (CIT) Services

Oxford Health NHS Foundation Trust's **Children's Integrated Therapies (CIT)** include:

- **Occupational Therapy,**
- **Physiotherapy** and
- **Speech & Language Therapy.**

For more information, including referrals, please visit their website:

- **Children's Integrated Therapy Services**

ERIC - Bladder and Bowel support

ERIC (*Education and Resources for Improving Childhood Continence*) is a UK-based charity dedicated to supporting children and their families with bladder and/or bowel continence issues.

- **Home - ERIC**

Healthier Together

NHS Healthier Together provides health advice and resources which is personalised to your location. To access this, simply enter your GP surgery and post code to access this information.

- **Healthier Together**

Coram Family Lives

Coram Family Lives is a UK charity dedicated to providing non-judgmental support and advice for families facing various challenges, such as parenting issues, relationship difficulties or mental health concerns.

See their website which has vast amounts of information and resources for caregivers:

- **Coram Family Lives - Parenting and Family Support**

We welcome your feedback!

Thank you for taking the time to read this newsletter.

If you would like to provide feedback or suggest topics for future editions, please email cyp0-19@oxfordhealth.nhs.uk.