



Term 1 Primary: School Health Nurse Newsletter

Term 1 September 2023 -

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

*Childhood is an important time to instill **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.

What is included:

- School Nurse Service
- Starting school and Welcome back
- What's going on
- School aged immunisation service information

- Useful information
- ChatHealth - Parentline

School Health Nurses.



School Health Nurses are here to support children/ young people in Oxfordshire with any health concerns, please see below the contact details for the School Health Nursing service to get the contact details of your **School Health Nurse**.

Visit our website for more details via the link here.¹

¹<https://www.oxfordhealth.nhs.uk/school-health-nurses/>

Starting Primary School.

IS YOUR CHILD READY FOR SCHOOL IN SEPTEMBER?

SELF CARE:

- ☐ 'I can wash my hands and face.'
- ☐ 'I can wipe my nose.'
- ☐ 'I can ask for help.'

ROUTINES:

- ❑ 'I have set bedtimes every night, so I am not tired at school.'
- ❑ 'I like to eat meals at the same time every day, so I am not hungry.'

DRESSING/ UNDRESSING:

- ☐ 'I can put my socks and shoes on myself.'
- ☐ 'I can put on my coat and do the zip/ buttons up.'
- ☐ 'I know certain parts of my body are private.'

MEALTIMES:

- ☐ 'I can use a knife, fork and spoon.'
- ☐ 'I can open my packed lunch box.'
- ☐ 'I can open an orange myself.'

INTERESTS:

- ❑ 'Love to explore new things.'
- ❑ 'Can follow/ understand instructions.'

TOILETING:

- ☐ 'I can go to the toilet by myself.'
- ☐ 'I can clean myself after the toilet.'
- ☐ 'I can wash and dry my hands.'

INDEPENDENCE:

- ☐ 'I can talk about how I am feeling.'
- ☐ 'I can hold a pencil/ crayon.'
- ☐ 'I can tell someone if I need help.'



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 website², for more information, a video on resilience, starting school checklists, guides and much more.

²<https://home.oxfordowl.co.uk/at-school/reception-at-primary-school/getting-ready-to-start-school/>

Returning to school.



September is an exciting time as we welcome everyone back to school.

New teachers and new friends are waiting to be met and fun times are ahead! We would like to welcome you all back to school and to extend an extra special welcome to those of you joining in Reception.

What is going on this term:

National Eye Health Week.

18th - 24th September 2023.



Did you know that all children under 16, and 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.**

Organ Donation Week.

18th - 24th September.



No one likes to think about themselves or their loved ones dying, but if family member choose to donate their organs, they could save and improve the lives of up to nine people and even more if you also donate tissue. Please click the link for further information [Home - NHS Organ Donation](https://www.organdonation.nhs.uk/)³

World Heart Day.

29th September.



World Heart Day is a global campaign during which individuals, families & communities around the world participate in activities to take charge of their heart health.

Remember: A good diet and active lifestyle helps keep your heart healthy!

³<https://www.organdonation.nhs.uk/>

World Mental Health Day.

Tuesday 10th October 2023.



This year's theme is '**Mental health is a universal human right**'.

Our mental health and wellbeing should be as much of a priority as our physical health.

The **British Red Cross** has produced some activities for children and young people, reminding them to be kinder to themselves and how to build connections with others. Click on the link⁴



<https://youtu.be/zos7e0AkVxM>

Emergency Medication Reminder.

If your child uses an **asthma inhaler**, needs an **adrenaline pen** for allergies, or is on **emergency medication** for epilepsy, 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.

⁴<https://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself>

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

Asthma Action Plan⁵ (print out and take to your GP or Practice Nurse to complete).



Please use this link for advice/ guidance for lung conditions, including Asthma⁶



Please click this link for advice and Guidance for Allergies UK ⁷

⁵<https://www.asthmaandlung.org.uk/conditions/asthma/your-asthma-action-plan>

⁶<https://www.asthmaandlung.org.uk/>

⁷<https://www.allergyuk.org/>

School Aged Immunisation Service.



Are your child's vaccinations up to date?

Please check the UK Immunisation Schedule⁸ to ensure your child is up to date with all their vaccinations, or visit the SAIS website⁹ for further details.

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**.

For advice on booking an appointment for outstanding vaccinations please email them at immunisationteam@oxfordhealth.nhs.uk or immunisationteam@oxfordhealth.nhs.uk stating your child's name, school, date of birth, your contact phone number and state which vaccination(s) are missing.

Be a Flu Hero

Don't forget to consent to this years Flu vaccine. Please visit here¹⁰ for more details and watch the Flu heroes video



<https://youtu.be/1iHWwm8NQUw>

⁸<https://www.gov.uk/government/publications/the-complete-routine-immunisation-schedule/the-complete-routine-immunisation-schedule-from-february-2022#the-routine-immunisation-schedule-from-february-2022>

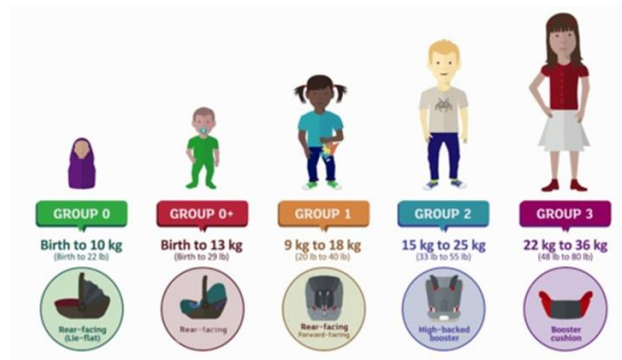
⁹<https://www.oxfordhealth.nhs.uk/imms/>

¹⁰<https://www.oxfordhealth.nhs.uk/imms/vaccination/flu/>

Useful Information.

Child Safety.

Child Seat Safety.



Reminder:

Child seat safety laws are in place to protect your child when travelling on the road. Legislation stipulates that every child must travel using an appropriate child restraint until they reach either 135cm in height or turn 12 years old, whichever comes first.

Child car seats: the law: Using a child car seat or booster seat - GOV.UK (www.gov.uk)¹¹

Pants: Safety Advice.

Tips and advice to help keep your children safe

Talk PANTS is here to help children understand that they have a right to say no and if they need to speak out about something, someone will listen.

We know that a simple conversation can make a BIG difference, and that's what Talk PANTS is all about. To help you get the conversation started or for more information visit the NSPCC WEBSITE¹²

When's the right time to talk PANTS?

Every family is different, and when and where you have these conversations may depend on your child's age, or how grown up they are - it's all about whatever feels natural for you and them.

Some examples of times you can talk PANTS are:

- **After school** - If they've had a lesson on personal relationships or Talk PANTS at school, ask them what they remember when they get home.

¹¹<https://www.gov.uk/child-car-seats-the-rules>

¹²<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

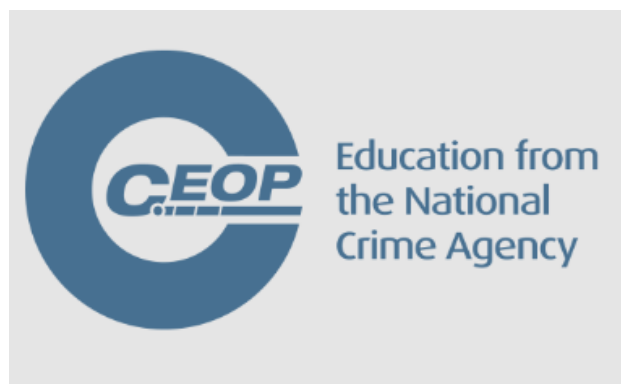
- **Bathtime** - you could start a conversation when you're running your child's bath, or helping them get dressed.
- **Car journeys** - this can be a great time to talk, and your child will have plenty of time to ask questions if they need.
- **Reading** there is a PANTS storybook available from the NSPCC website.
- **Singing** - Sing along to our PANTS song with Pantosaurus!
- **Swimming** - A great time to say that what's covered by swimwear is private.
- **Walking** - Walking home from school, or a weekend walk to the shops can help you both feel more at ease as you stroll and chat.
- **Watching TV** - If a TV show features a sensitive storyline, you can encourage them to talk about anything that upsets them.



<https://youtu.be/SzbMEVYiq>

Online Safety.

If you would like information and resource on **online safety** for children please visit this CEOP Website¹³. There is a wealth of information and interactive activities you can do with your child as well as information for parents.



¹³<https://www.thinkuknow.co.uk/>

Children's Physical activities.

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 website¹⁴

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

- Activities in Oxfordshire Directory¹⁵

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

- Free parks in Oxfordshire¹⁶



Continence.



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.

¹⁴<https://www.activeoxfordshire.org/children-and-young-people>

¹⁵<https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/home.page>

¹⁶<https://www.freeparks.co.uk/county/oxfordshire/>

TopTips

- Drinks should be spaced evenly throughout the day.
- Praise for drinking enough in the day, boosts self esteem and reward charts are encouraging.

The ERIC website¹⁷ has great information and advice and you can also contact your School Nursing Team.

Physical Health.

Children's Integrated Therapies Services.

Children's Integrated Therapies Services include Occupational Therapy,¹⁸ Physiotherapy¹⁹ and Speech & Language Therapy.²⁰

The service aims to support children and young people and their families by working with our partners in health, education, social care, the voluntary sector and also other independent agencies with the above needs.

For queries please contact: Single Point of Access (SPA) Telephone: 01865 904435, visit Children's Integrated Therapy Services²¹ or contact your GP.



Speech and Language.



Physiotherapy.



Occupational Therapy.

¹⁷<https://www.eric.org.uk/pages/category/bedwetting>

¹⁸<https://www.oxfordhealth.nhs.uk/cit/occupational-therapy/>

¹⁹<https://www.oxfordhealth.nhs.uk/cit/physiotherapy/>

²⁰<https://www.oxfordhealth.nhs.uk/cit/speech-language-therapy/>

²¹https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/

Mental Health and Wellbeing.



Child and Adolescent Mental Health Services (CAMHS)

Oxfordshire CAMHS²² 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



Family Lives, build better family lives together. If you need support or advice, call their helpline on 0808 800 2222, email them at askus@familylives.org.uk or you can chat to them online via their Live Chat service²³. You can also visit their online forum community²⁴ to share dilemmas, experiences and issues with others who understand the ups and downs of family life.

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

²²<https://www.oxfordhealth.nhs.uk/camhs/oxon/>

²³<https://www.familylives.org.uk/how-we-can-help/online-chat/>

²⁴<https://www.familylives.org.uk/how-we-can-help/forum-community/>

Contact Information.

ParentLine is for parents and carers of children aged 5-11 years living in Oxfordshire


Please text **07312263227** for advice and support, any time, a school health nurse will respond to your message the next working day, between 9-5pm. It is a safe and secure text messaging service between healthcare professionals and service users that provides confidential help, advice and signposting.

Text number **07312263227**.

NHS
Oxford Health
NHS Foundation Trust

ParentLine 5-11 years

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



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

To contact your school nurse please text Parentline as mentioned above on **07312263227**

For further information visit:

School Health Nurse website: www.oxfordhealth.nhs.uk/school-health-nurses/²⁵

Facebook page www.facebook.com/oxNHSschoolnurses²⁶

²⁵<http://www.oxfordhealth.nhs.uk/school-health-nurses/>

²⁶<https://www.facebook.com/oxNHSschoolnurses>

We would love to hear from you



Let us know what you think of the School Nursing Service. We would love to hear about the experience you have had and if you have any suggestions on how we can improve your service. Please click here²⁷ and select the correct school or areas.

²⁷<https://www.iwantgreatcare.org/unplugged2/community-services-oxford-health-nhs-foundation-trust/>