



Primary School Health Team Newsletter

Term 2 November 2023

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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.

What's included:

- **School Health Nurse Service**
- **Topics of interest this term**
- **School aged immunisation service information**

- Health information
- ChatHealth - Parentline
- 'I want great care' - Feedback opportunity

School Health Nurses



School Health Nurses are here to support children/ young people in Oxfordshire with any health concerns, contact us through our ChatHealth -Parentline texting service 07312263227, more information below

[Visit our website for more details via the link here.](#)

Topics of interest this term:

Oxfordshire Healthier Together Programme Launch



NEW, free website and app for parents and carers in Oxfordshire!

[Healthier Together](#) is a new website and app for parents and carers, providing information from local healthcare professionals about what might be wrong when your child is unwell. Using an easy-to-follow traffic light system, you'll find clear information on common childhood illnesses, including what signs to look out for, when and where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last.

The website also features a translation tool, a directory of local services to support your family's health and wellbeing, as well advice on whether your child should go to school when they have a virus or infection. Using the self-assessment triage tool, the [Healthier Together App](#) will provide advice on which healthcare provider can help depending on your child's symptoms and give the option to contact them directly from the app.



If you are caring for children and young people, managing their healthcare can be challenging at times.

To help, we've built a website and app with clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last.

The advertisement features a photograph of a woman in a white lab coat (a healthcare professional) interacting with a young girl in a domestic setting. The woman is holding the girl's hand and looking at her. The NHS logo is in the top right corner. A blue text box on the right says: "Managing healthcare for children and young people can be challenging". Below this, a blue button says: "Make it simpler - download the app". At the bottom, it says "Search 'Healthier Together'" and shows icons for the App Store and Google Play. The Healthier Together logo is at the bottom left, with the tagline "Improving the health of babies, children and young people throughout Oxfordshire". The website address "oxfordshire-healthierttogether.nhs.uk" is at the bottom right.

National Stress Awareness Day.

2nd November 2023

Stress is a normal response to certain situations, and everyone can feel stressed from time to time. Feeling stressed too often can impact our mood, our self-esteem and our relationship with others. If you think you might be feeling stressed, for advice and practical help visit the NHS website <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress>

Anti-Bullying Week.

Make A Noise About Bullying: 13th - 17th November.



The theme is Make A Noise About Bullying. The week will kick off with **Odd Socks Day on Monday 13th November**, where adults and children wear odd socks to celebrate what makes us all unique.

Find everything you need to help make a noise to stop bullying this Anti-Bullying Week [HERE](#)

Some helpful resources for parents:

- [Spotting the signs that my child is being bullied](#)
- [Sexual bullying](#)
- [Online bullying](#)



Christmas



Christmas can be a time of excitement and celebration but for some families it can be a difficult time of year. [Childline](#) has some great advice to help children to cope, find ways to feel better and to feel OK about not celebrating Christmas.

Children also thrive on routine but Christmas is one of the most disruptive times of year, with bedtimes and mealtimes out of sync with usual routines. Easy access to sugary foods and lack of sleep can result in tempers, tantrums and stress. Trying to retain some structure can be really helpful for everyone, try keeping to a bedtime routine and limiting sugary foods where possible.

If worries about money and access to food is affecting you then visit the <https://www.citizensadvice.org.uk/health/>

to find out about how food banks work and for practical support in accessing help





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.



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. Or visit the [SAIS website](#) 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 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.

Useful Information:

Button Battery Awareness

As Christmas is approaching and many toys and gadgets these days contain small button batteries, stay alert to the dangers of small children swallowing these batteries which can do great harm. Keep batteries out of reach and supervise young children playing with toys/gadgets containing button batteries. If your child swallows a button battery you will need to attend A&E immediately.



Head Lice

Headlice



Head lice are small insects that live in the hair. They are very common in young children and have nothing to do with whether your hair is dirty and you cannot prevent them. They are picked up by head to head contact. The eggs (nits) attach to the hair. If you suspect your child has lice, comb their hair with a special fine toothed comb that can be bought online or at a chemist or supermarket. Wash the hair,

add conditioner and while it is wet comb from the root to the end. Do this on day 1, 5, 9, 13 and 17. Check everyone who lives in your home. If this does not work speak to a pharmacist about medicated lotions.

<https://www.nhs.uk/conditions/head-lice-and-nits/>



Physical Health

Continence

If you have any concerns about your child's toileting habits, or if they are experiencing constipation or wetting, the [ERIC website](#) has great information and advice, and you can also contact your School Health Nurse.



Children's Integrated Therapies Services

Children's Integrated Therapies Services include [Occupational Therapy](#), [Physiotherapy](#) and [Speech & Language Therapy](#).

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 Services](#) or contact your GP.

Mental Health and Wellbeing

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

Family Lives, build better family lives together. If you need support or advice, call their helpline on 08088002222, email them at askus@familylives.org.uk or you can chat to them online via their [Live Chat service](#). You can also visit their [online forum community](#) to share dilemmas, experiences and issues with others who understand the ups and downs of family life.

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



Contact Information:

ChatHealth/Parentline- Texting messaging service

Is a safe and secure text messaging service, where messages can be left any time of the day, and a school health nurse will respond during the next working day, excluding Bank Holidays and weekends.

The service provides confidential help, advice and signposting on any health related issue, including concerns around emotional health and wellbeing.

Parentline Text: 07312263227 - for parents/carers of primary aged children

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 or visit your school's website

For further information visit:

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

Facebook page 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 here](#) and select the locality for your child's school for example if your child attends a school in Abingdon please use Primary School Health Nurse Abingdon.

Feedback on this newsletter

Or if you wish to comment on this newsletter or offer topics for future newsletters, please email SHN.Oxfordshire@oxfordhealth.nhs.uk