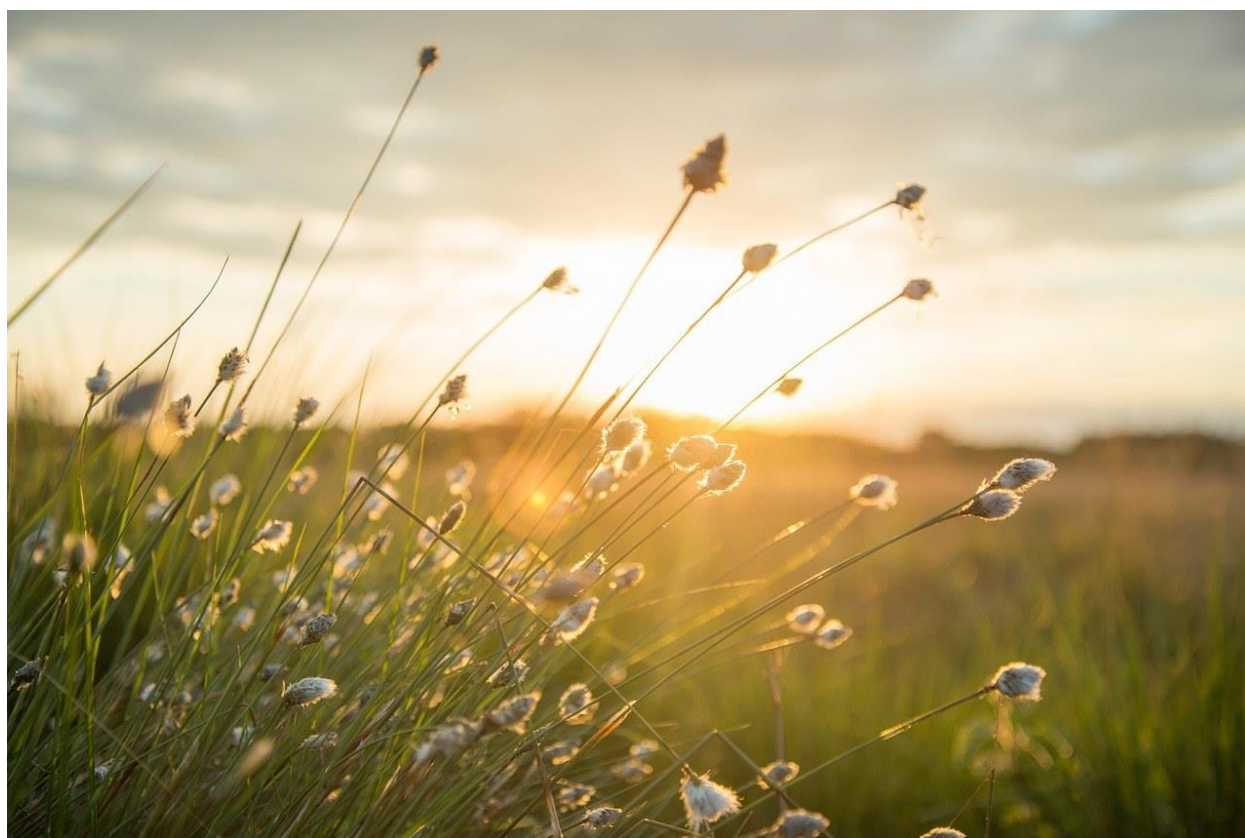




**Oxford Health**  
NHS Foundation Trust



# Term 1: Primary School Health Nursing Newsletter

Term 1: 3 September - 25 October 2024

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Welcome to our **School Health Nursing Newsletter** for parents of children and young people aged 5-19 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!*

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What's included in this newsletter?



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*See what's included in this newsletter below.*

*If you wish to jump to a section which interests you, please click the **navigation icon** in the bottom right-hand corner of your screen.*

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- **Introducing the Children & Young People's 0-19 Service**

- **How to contact us:**
  - Single Point of Access (SPA)
  - *ChatHealth*.
- **Welcome Back/ New Starters**
- **Attendance**
- **Emergency Medications in School**
  - Adrenaline autoinjectors
  - Asthma inhalers
- **ERIC - Bladder and Bowel support**
  - FREE Webinar for parents and carers - 19th September 2024
- **Information from the School-aged Immunisation Service (SAIS)**
  - National Flu Campaign
  - How to contact SAIS
- **Vision Screening in Schools**
  - Update from our Vision Screening Lead
  - National Eye Health Week - 23rd to 29th September 2024
- **National Fitness Day - 18th September 2024**
- **Stoptober 2024**
- **Additional Services and Resources**
  - Integrated Children's Therapies
  - Mental Health Services
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## Children & Young People's 0-19 Service



We are delighted to introduce you to Oxfordshire's **Children & Young People's 0-19 Service**: a dedicated and cohesive team of school health nurses, college health nurses, health visitors, community public health nurses and associates, all committed to providing comprehensive care and support to families across Oxfordshire.

Our collective services are designed to meet the diverse needs of children, young people and their families, with a focus on promoting the physical, emotional, and social development of those aged 0-19. Through our joined-up service model, our mission is to support the health and well-being of children and young people from birth through to adulthood, ensuring they have the best start in life and continue to thrive as they grow.

### What the CYP 0-19 Service Provides

- **Health and Development Checks:** Regular assessments to monitor your child's growth and development.
- **Parenting Support:** Guidance and resources to help you navigate the joys and challenges of parenting. Please see our ChatHealth messaging service details in this newsletter.
- **School Health Services:** Health education, safeguarding, screening, and episodes of care for school-aged children.

- **Emotional and Mental Health Support:** Advice, support and signposting to mental health services

### School Health Nurses within the CYP 0-19 Service

As we merge our children and young people's services, our role as your school health nurse will remain the same: to promote and support the health and wellbeing of children and young people aged 5-19.

For more information on our school nursing service, please see our website links below for a more detailed breakdown of our role and services for children, young people and their families:

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

We will be developing our website to align with our new service over the upcoming year.

### How to contact us



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If you wish to contact a school health nurse regarding the health of your child or young person, please contact us using the details below: please include your child's full name, date of birth, address and school they attend.

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- **Single Point of Access (SPA): 01865903800**
  - **Email: [cyp019@oxfordhealth.nhs.uk](mailto:cyp019@oxfordhealth.nhs.uk)**
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## ChatHealth Text Messaging Service



### 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

1 - Image credit: Oxford Health NHS Foundation Trust (2024) ChatHealth Parentline 5-11 poster, ChatHealth. Available at: <https://www.oxfordhealth.nhs.uk/chathealth/> (Accessed: 29 May 2024).

**ParentLine 5-11 is designed for parents of children aged 5-11 and live in Oxfordshire.**

This online messaging service, provided by Oxford Health NHS Foundation Trust School Health Nurses offers advice and support. It is a secure and confidential text messaging service that connects healthcare professionals with service users, providing discreet assistance, guidance, and support direction.

**Text number: 07312263227.**

[Start a chat today.](#)

## Welcome Back/ New Starters



Welcome back to new school year! We are excited to see your children return, ready for another year of learning and development. As they embark on this journey, celebrate the fresh start and the opportunities it brings. Your support and encouragement are invaluable in helping your child thrive. Here's to a fantastic year ahead!

### Starting Primary School

Starting Primary is indeed a big step for both you and your child! Here are some ways you can support your child during this exciting time:

- **Establish a Routine:** Encouraging consistent bedtimes and morning routines helps children and young people feel secure and ready for the school day.
- **Encourage Independence:** For primary-age children, teach them simple tasks like dressing themselves, packing their school bag, and organising their belongings.
- **Stay Positive:** Talk about school in a positive light. Share your own happy school memories and express excitement about their new adventure.

- **Communicate with Teachers:** Build a relationship with your child's teachers. Regular communication can help you stay informed about their progress and any areas where they might need extra support.
- **Create a Homework Space:** Set up a quiet, dedicated area for homework and reading. This helps establish good study habits early on.
- **Listen and Reassure:** Be available to listen to your child's experiences and feelings about school. Offer reassurance and support if they feel anxious or overwhelmed.

For more detailed information and resources, the [Oxford Owl](#) website is a fantastic place to explore. They offer videos on resilience, checklists, guides, and much more to support you and your child during this transition.



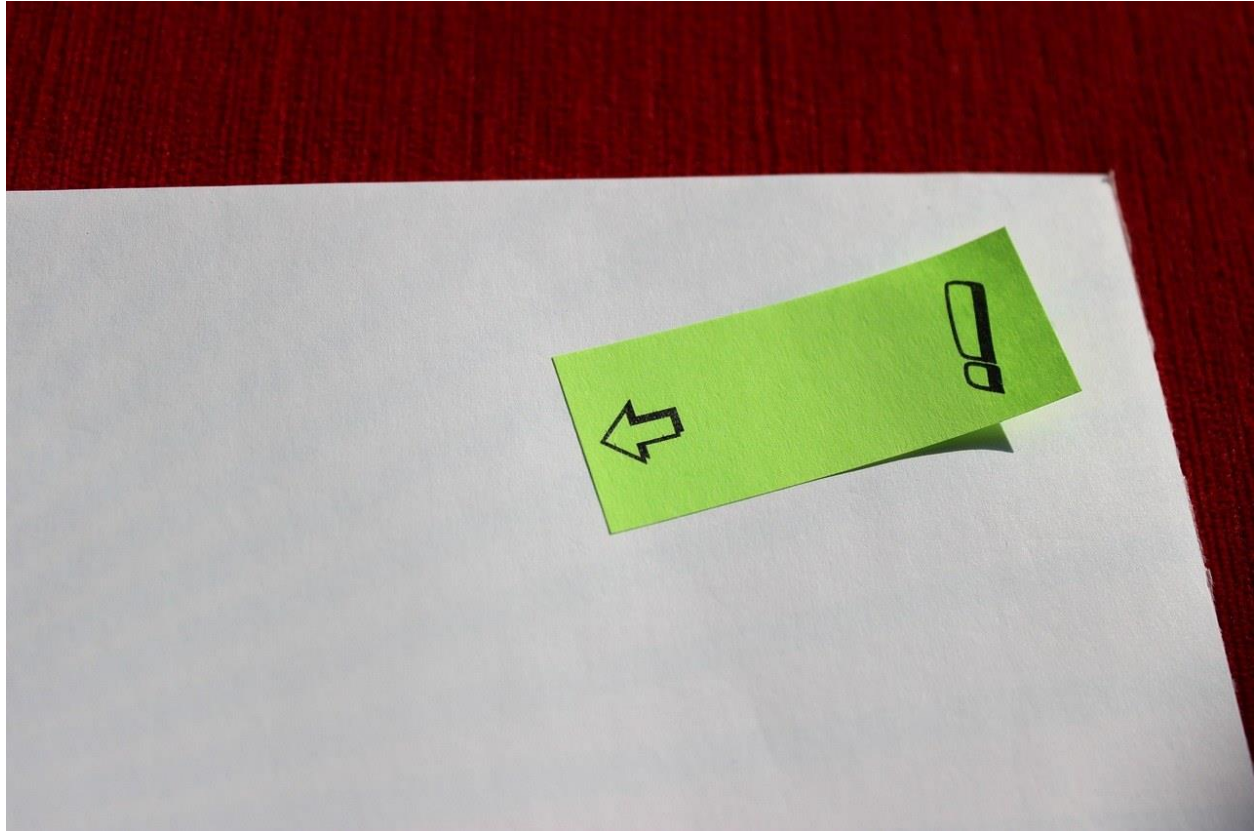
- **Advice and Guidance:** The team offers expert advice on managing attendance issues, including dealing with lateness, sickness, and unauthorized absences. They provide practical tips and strategies tailored to your family's needs.
- **Early Intervention:** By working closely with schools, the team 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:** 01865323513 or
- **Email:** [attendance@oxfordshire.gov.uk](mailto:attendance@oxfordshire.gov.uk)

Remember, you are not alone in this journey, and the team is here to help you every step of the way.

## Emergency Medications in School



### Severe Allergy and Epilepsy Medications

If your child has a **severe allergy** or **medical diagnosis** which requires **emergency medications** (e.g. Epilepsy), it is essential that you ensure they have enough in-date medication to share with their school. This medication is required to be taken in to school on the first day of the new school year.

We also want to remind you that it is important that you inform your child's school of any changes or updates to their health care plan. *Please see the [UK Government's guidance](#) for more information.*

For any advice, concerns or questions regarding your child's care plan, please contact us, as below:

- **Single Point of Access (SPA): 01865903800**
- **Email: [cyp019@oxfordhealth.nhs.uk](mailto:cyp019@oxfordhealth.nhs.uk)**

### Asthma Inhalers - please check!

We have received notification from the *National Child Mortality Database Programme*, that there have been a number of child deaths possibly linked to asthma inhalers.

If your child has asthma, please ensure their inhalers are working correctly, are in-date and have plenty of doses left on the dose counter. This will help ensure their health and safety at home, at school and when out in the community.

If you suspect your child's medical device is faulty, please report your concern to the **MHRA** via the [Yellow Card](#) system. Instructions for parents and carers are included in the video below:

 **Yellow Card**

## How to report a suspected problem with a medical device

A guide for patients, parents and carers

 **MHRA**

### Children's Bladders and Bowels



We understand that continence issues in childhood, such as bedwetting, daytime wetting, and constipation, can be challenging for both children and parents. It's important to know that these issues are common and manageable with the right support.

When to Seek Help:

- **Persistent Bedwetting:** If your child is over five years old and still wetting the bed regularly, it may be time to seek professional advice.
- **Daytime Wetting:** If your child experiences frequent daytime wetting, it could indicate an underlying issue that needs attention.
- **Constipation:** If your child has infrequent bowel movements, hard stools, or experiences pain during bowel movements, it's important to consult a healthcare professional.

[ERIC- Bladder and Bowel support](#)

[ERIC \(Education and Resources for Improving Childhood Continence\):](#) ERIC is a UK-based charity dedicated to supporting children with continence issues and their families. They provide a wealth of resources, including:

- [Information and Advice:](#) Comprehensive guides on managing bedwetting, daytime wetting, and constipation.
- [Helpline:](#) To speak to an advisor please call 08088010343. Open Monday - Thursday, 10am to 2pm and is free to call from landline and mobile numbers.
- [Workshops and Training:](#) Educational workshops for parents and professionals.
- **Resources:** Access to a range of products and tools to help manage continence issues.

For more information and support, visit the [ERIC website](#). Remember, you are not alone, and there are resources available to help you and your child navigate these challenges. Or contact the school health nursing team, details above.

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*[ERIC's FREE webinar for parents and carers! Click below:](#)*

[Talking about wee and poo - 19th September 2024 • 19.00 - 20.30 • via Zoom](#)

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## Immunisation Team Update



**Immunisations** are delivered by the [Oxfordshire School Aged Immunisation Service \(SAIS\)](#) for children aged 5-16 in schools and community venues in Oxfordshire.

- **Email:** [immunisationteam@oxfordhealth.nhs.uk](mailto:immunisationteam@oxfordhealth.nhs.uk)
- **Immunisation schedule:** <https://www.oxfordhealth.nhs.uk/imms/about/schedule/>

Please see their update, below.

### School Flu Vaccinations - Don't delay, sign up your child!

#### **Why is this vaccine important?**

- Flu can be a very serious illness in children, which can have serious complications such as acute bronchitis, painful ear infections and pneumonia with some children needing to go to hospital.
- It helps keep children well and able to continue with learning and enables parents to avoid time away from work.
- It helps reduce the spread of Flu to those more vulnerable.

#### **How will the Flu vaccine be delivered?**

The Flu Vaccination programme will be delivered in your child/child in your care's school by a team of experienced vaccinators from Oxford Health NHS Foundation Trust School Aged Immunisation Service.

Most children will receive the nasal flu spray, not an injection, but if this is not suitable, an injection can be given instead. If your child misses the school session Community Clinics will also be available.

Information about the flu vaccine is also available in other languages please click one of the following links [Albanian](#), [Arabic](#), [Bengali](#), [Bulgarian](#), [Chinese \(simplified\)](#), [Chinese \(traditional, Cantonese\)](#), [Estonian](#), [Farsi](#), [French](#), [Greek](#), [Gujarati](#), [Hindi](#), [Latvian](#), [Lithuanian](#), [Panjabi](#), [Pashto](#), [Polish](#), [Portuguese](#), [Romanian](#), [Romany](#), [Russian](#), [Somali](#), [Spanish](#), [Tagalog](#), [Turkish](#), [Twi](#), [Ukrainian](#), [Urdu](#) and [Yiddish](#).

### **When?**

During September and October, we will send information to the school of your child or child in your care. The school will then email this information to you to action.

### **What do I need to do?**

When you receive your email from us, please complete the online consent form as soon as possible (at least two school days before we visit the school) to ensure your child is vaccinated in the school session.

*If you do not wish your child to receive their flu vaccination, please complete the Consent Form REFUSING the vaccination and we will not contact you again this school year.*

### **Having difficulty completing the consent form?**

Please contact us and we will answer your questions and help you to complete the Consent Form if required.

### **How to contact us:**

- Telephone number: 07920254400
- Email address: [immunisationteam@oxfordhealth.nhs.uk](mailto:immunisationteam@oxfordhealth.nhs.uk)
- Website: [www.oxfordhealth.nhs.uk/imms](http://www.oxfordhealth.nhs.uk/imms) or scan the QR Code.



## Vision Update



Vision Screening for 4-5-Year-Olds in Oxfordshire: *Ensuring Your Child's Vision is on Track*

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*Priti Kashyap, Orthoptist and Vision Screening Lead, CYP 0-19 Service.*

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Early vision screening is essential for promoting the healthy growth and development of children. As a child begins their school journey, having clear vision becomes critical for their educational and social development.

This Autumn Term, the Oxfordshire school health nursing team is set to provide vision screening for 4-5-year-old children (Reception), who attend state primary schools in Oxfordshire. This initiative aims to identify potential vision problems at an early stage. Priti Kashyap, our resident Orthoptist and Vision Screening Lead at Oxford Health NHS Foundation Trust, who specialises in childhood vision screening, will oversee the programme.

Our screening programme will help identify vision problems stemming from usual conditions like amblyopia (lazy eye), strabismus (squint), and refractive issues (such as myopia or hyperopia). Early detection typically leads to successful treatment.

Your school health nursing team will conduct the vision screening in your child's school setting to enable a convenient and stress-free experience for children and parents, alike. Furthermore, the screening is

rapid, non-intrusive and consists of straightforward activities, such as reading or matching letters on a chart.

Importantly, if we identify a potential issue with your child’s vision, your child will be referred to an eye specialist – an Optician, or an Orthoptist at the eye hospital – for a more detailed assessment. It is important to attend these referrals, as untreated vision issues can impact your child’s ability to learn and participate in school and social activities.

As parents and carers, there is nothing you need to do to prepare your child for the screening; however, explaining the process in a positive way can help ease any worries they might have.

**Remember: Early intervention is key, as many vision problems can be effectively treated if caught early.**

### National Eye Health Week



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*23rd-29th September 2024*

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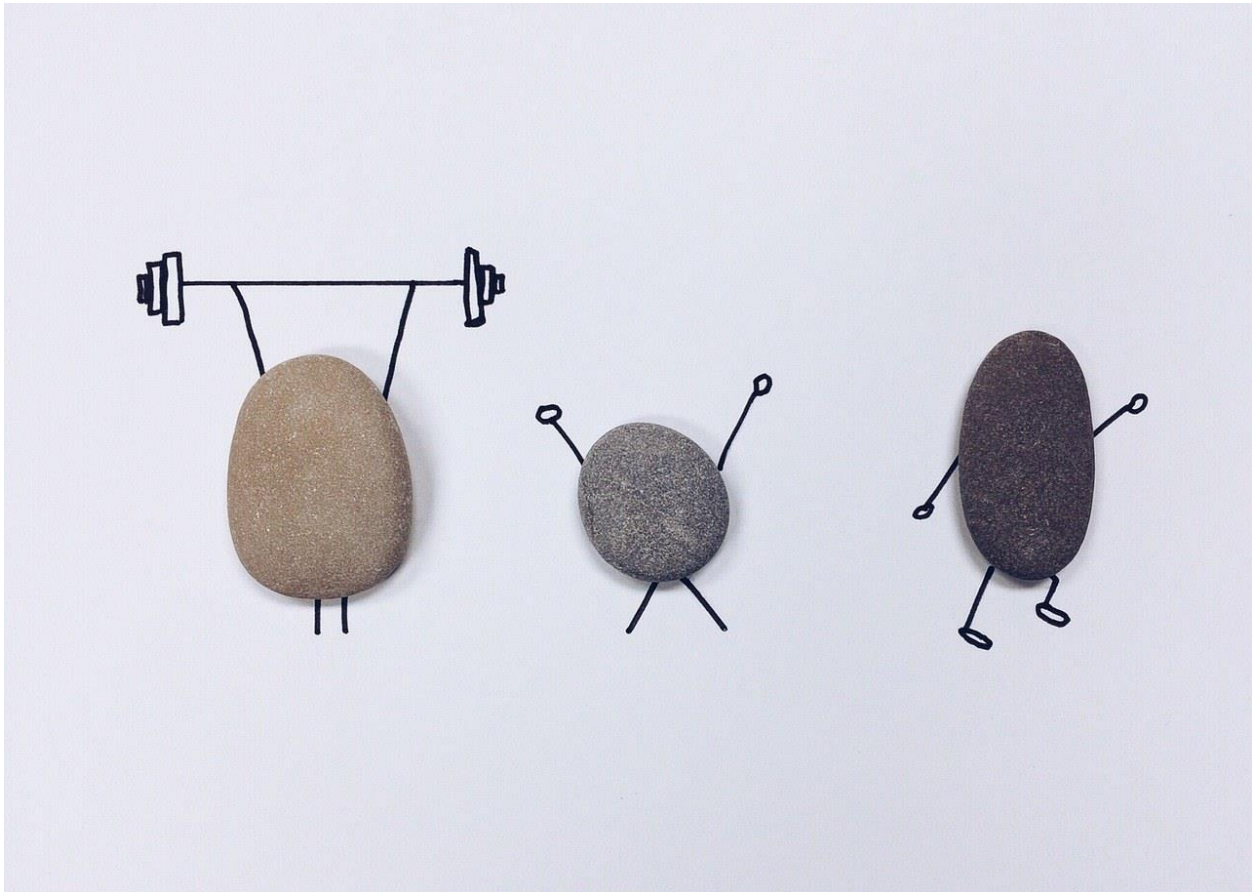
This year's National Eye Health Week (NEHW) will promote the importance of **good eye health** and the need for **regular eye tests** for all.

Your child or young person is entitled to a free NHS sight test if they:

- are under 16
- are 16, 17 or 18 and in full-time education (this includes being taught full-time at a school, college, university or at home).

[Free NHS eye tests and optical vouchers - NHS \(www.nhs.uk\)](https://www.nhs.uk)

## National Fitness Day 2024: *Your Health is for Life*



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*18th September 2024*

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This year, *National Fitness Day*, celebrated on Wednesday, 18th September, embraces the theme "[Your Health is for Life](#)". This theme highlights the importance of physical activity for maintaining both physical and mental health at every stage of life.

Key Points for Parents:

- **Encourage Lifelong Activity:** Emphasise to your children that staying active is crucial for their overall well-being, not just now but throughout their lives.
- **Family Participation:** Engage in activities together as a family. Whether it's a walk in the park, a bike ride, or a fun workout session at home, make fitness a family affair.
- **Mental Health Benefits:** Discuss how regular physical activity can improve mood, reduce anxiety, and boost self-esteem, helping children understand the mental health benefits of staying active.
- **Community Involvement:** Participate in local events and activities organised for National Fitness Day. It's a great way to meet other families and build a supportive community focused on health and fitness.

By embracing this year's theme, you can help instil healthy habits in your children that will benefit them for a lifetime.

### How to get involved

To help you and your family get going, you can start by exploring local events such as family-friendly fitness classes, park runs, or sports days organised by your children's schools. Many gyms and leisure centres are offering free or discounted sessions on this day, so take advantage of these opportunities to try something new together.

At home, you can create a fun fitness challenge, like a dance-off or a mini obstacle course in the garden. The key is to make fitness enjoyable and a regular part of your family's routine, helping to instil a lifelong love of physical activity in your children.

Visit NHS Better Health for free apps and advice [www.nhs.uk/better-health](http://www.nhs.uk/better-health)

## Stoptober 2024



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*October 2024*

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Join us for **Stoptober 2024** and take a step towards a healthier lifestyle for your family!

Stoptober is a nationwide campaign encouraging people to **quit smoking for 28 days in October**. Research shows that if you can stop smoking for 28 days, you're five times more likely to quit for good.

### **Why Participate?**

- **Health Benefits:** Quitting smoking improves your health and sets a positive example for your children.
- **Support:** You'll have access to a range of resources, including daily support messages and an online community.
- **Family Involvement:** Make it a family challenge! Support each other and celebrate your progress together.

### **How to Get Involved:**

1. **Sign Up:** Visit the [NHS Better Health website](#) to register and receive your free support pack.
2. **Download a Free App:** Track your progress, get daily tips, and stay motivated.
3. **Join the Community:** Connect with others on social media using #Stoptober.

Click on this [NHS link](#) to begin your personal quit plan and stop smoking for good!

## Additional Services and Resources

### Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

2 - Credit: Oxford Health NHS Foundation Trust (2024) Children's Integrated Therapies – Oxfordshire. Available at: [https://www.oxfordhealth.nhs.uk/service\\_description/oxfordshire-childrens-therapy/](https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/) (Accessed: 29 May 2024).

Oxford Health's **Children's Integrated Therapies** include the services named below:

- [Occupational Therapy](#),
- [Physiotherapy](#)
- [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 them using the details below:

- **Single Point of Access (SPA) Telephone: 01865904435**
- **Visit their website - [Children's Integrated Therapy Services](#)**
- **Contact your GP.**

### Mental Health Services

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*Child and Adolescent Mental Health Services (CAMHS)*

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# CAMHS

## Child and Adolescent Mental Health Service

3 - Credit: [Oxfordshire | Oxford Health CAMHS](#)[Oxford Health CAMHS](#)

[Child and Adolescent Mental Health Service \(CAMHS\)](#) provides essential support for children and young people struggling with emotional, behavioural, or mental health issues. *CAMHS* offers a range of services and work closely with families to ensure that children receive the care they need, whether it's through therapy, counselling, or crisis intervention. Their goal is to help young people navigate their challenges and improve their overall well-being.

[Oxfordshire CAMHS](#) offers a single point of access for parents/carers, who have concerns around mental health:

**CAMHS Single Point of Access (SPA): 01865902515**

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*Young Minds*

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# YOUNG MINDS

fighting for young people's mental health

4 - Credit: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

**YoungMinds** in Oxfordshire are dedicated to supporting the mental health and well-being of children and young people. They offer a range of services, including online resources, a Parents' Helpline, and various support programs tailored to different age groups. Whether your child is struggling with anxiety, depression, or any other mental health issue, *YoungMinds* provides expert advice and practical support to help families navigate these challenges.

Visit: <https://youngminds.org.uk/>

**Parents' HelpLine: 08088025544**

**Online Chat Service: [Chat to us Online | Mental Health Help for Your Child | YoungMinds](#)**

## Family Lives - Support for Families

**Family Lives** is a UK charity dedicated to providing non-judgmental support and advice for families facing various challenges. Whether you're dealing with parenting issues, relationship difficulties, or mental health concerns, *Family Lives* offers a confidential helpline, live chat, and email support to guide you through tough times. They also provide resources on topics like bullying, special educational needs, and family dynamics, ensuring you have the tools and support needed to foster a healthy family environment. Please see their website, [here](#).

If you need support or advice:

- Call their helpline on **08088002222**,
- Email them at [askus@familylives.org.uk](mailto:askus@familylives.org.uk)
- Chat to them online via their [Live Chat service](#)
- Visit their [online forum community](#).



We welcome your feedback!

# iWantGreatCare

5 - Credit: iWantGreatCare (2024) iWantGreatCare logo. Available at: <https://www.iwantgreatcare.org/> (Accessed: 16 January 2024).

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 our service. Please [click here](#), select **Standard Trust-wide survey** then select the correct school or areas.

### Newsletter

If you wish to feedback or comment on this newsletter, or suggest topics for future newsletters, please email

[cyp019@oxfordhealth.nhs.uk](mailto:cyp019@oxfordhealth.nhs.uk)