



**Oxford Health**  
NHS Foundation Trust



## Term 3: Primary School Health Nursing Newsletter January 2025

Term 3: 6 January - 14 February 2025

---

*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!*

---

What's included in this newsletter?

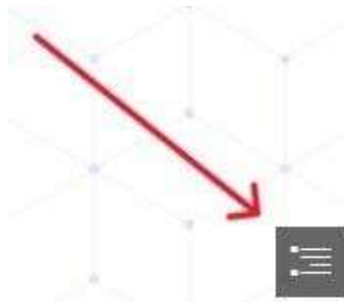


---

*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.*

---



- **How to contact the 0-19 Children and Young People Service:**
  - Single Point of Access (SPA)
  - ChatHealth
- **Oxford Health Care Records**
- **Schoolscreener NCMP & Vision screening**
- **Beezee Families**
- **Online safety**
  - Swiped; The school that banned smartphones
  - Online Safety Act 2023
  - Safer Internet Day - 11th February 2025
- **Mental Health**
  - Children's Mental Health Week - 3rd-9th February 2025
  - What to do if you are worried about someone.
- **Additional Services and Resources**
- **The School-aged Immunisation Service (SAIS)**
  - Integrated Children's Therapies
  - Mental Health Services
  - Young Minds
  - Family Lives
  - ERIC
- **Feedback**

## How to contact us



---

*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 the full name, date of birth and school that your child is attending:*

---

- **Single Point of Access (SPA): 01865903800**
  - **Email: [cyp019@oxfordhealth.nhs.uk](mailto:cyp019@oxfordhealth.nhs.uk)**<sup>1</sup>
- 

---

<sup>1</sup><mailto:cyp019@oxfordhealth.nhs.uk>

## ChatHealth Text Messaging Service



**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.<sup>2</sup>

## Oxford Health Care Records

*As part of our new 0-19 service model, with school health nurses and health visitors working as one team, we want to make you aware that we may occasionally need to access parent/carers' health records. This is to ensure we provide the best care and support for your child. We will only access these records for safeguarding concerns and follow established practices.*

*We are committed to protecting your privacy and will only access health records when absolutely necessary.*

---

<sup>2</sup><https://chathealth.nhs.uk/start-a-chat/h/OxfordSchoolHealthNurses>

*Thank you for your understanding and cooperation.*

Oxford Health Privacy Policy<sup>3</sup>

Easy read patient privacy notice<sup>4</sup>

## SchoolScreener for NCMP and Vision screening- Reception & Year 6

Oxford Health is excited to introduce the SchoolScreener Parent Portal, a secure and user-friendly online system designed for parents to access their child's health information. This system supports the National Child Measuring Programme (NCMP) for children in year 6 and reception, and now includes vision screening for children in reception class.

With the Parent Portal, parent/carers can easily view and download their child's health data, ensuring both safety and GDPR compliance. The platform also streamlines communication between parent/carers and the school screening team. Parent/carers will receive information from their child's school, including a link to sign up and manage records for children in both reception and year 6.

The screening programmes are starting this month, so look out for emails from your child's school.



## Healthy Lifestyles



---

<sup>3</sup><https://www.oxfordhealth.nhs.uk/privacy/>

<sup>4</sup><https://protect-eu.mimecast.com/s/VeYACBr4Js7YVNWtzoYW4?domain=oxfordhealth.nhs.uk>

Beezee families click here<sup>5</sup>

**Beezee Families is our free, award-winning healthy lifestyle programme for the whole family.**

- Get expert support and practical tips from our nutritionists
- Discover delicious and nutritious meals
- Find fun ways to get more active
- Join our 12-week groups sessions in-person or online
- Or learn at your own pace with our Beezee Families Academy.

### **Eligibility Criteria**

To be eligible, families must:

- Live in Oxfordshire
- Have a child aged 4 to 12 years old who's above their ideal weight based on the NHS BMI centile chart (on or above the 91st centile). Calculate body mass index (BMI) for children and teenagers<sup>6</sup>

## Online Safety

Swiped: The School That Banned Smartphones<sup>7</sup>

This documentary aired on Channel 4 and features Emma and Matt Willis challenging a group of Year 8 pupils at The Stanway School in Colchester to give up their smartphones completely for 21 days. The programme explores the impact of this smartphone ban on the pupils' wellbeing, sleep, and social interactions. It explored the deaths of two young people where social media had contributed to their deaths, and highlighted the dangers of smartphones for young children.

---

<sup>5</sup><https://url.uk.m.mimecastprotect.com/s/KDXRC994wsog6pzHofGSqHrd4?domain=oxf.maximusuk.co.uk/>

<sup>6</sup><https://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/calculate-bmi-for-children-teenagers>

<sup>7</sup><https://www.channel4.com/programmes/swiped-the-school-that-banned-smartphones>

## Update regarding the Online Safety Act 2023



The Online Safety Act (October 2023) was established to regulate online content and ensure a safer online environment for users by addressing harmful content.

Importantly, this legislation is motivated by the need to protect users, particularly children, from the risks associated with social media, gaming sites, and other online platforms and introduces several measures to protect children from online harms. Below is a summary of what this means for you and your family:

- **Platforms are required to detect and remove illegal content.**
  - If your child is using social media, platforms must block harmful and age-inappropriate content, ensuring they are safer online.
- **Expect stricter enforcement of age limits on platforms your child uses.**
  - The Online Safety Act mandates age verification and content moderation to prevent children accidentally accessing violent or explicit content on video-sharing sites.
- **You and your child can report problems directly to platforms.**
  - If your child encounters cyberbullying, there will be easy-to-use reporting mechanisms to address the issue.
- **Ofcom will enforce compliance of tech companies.**
  - Ofcom has powers to impose fines and take criminal action against non-compliant companies.

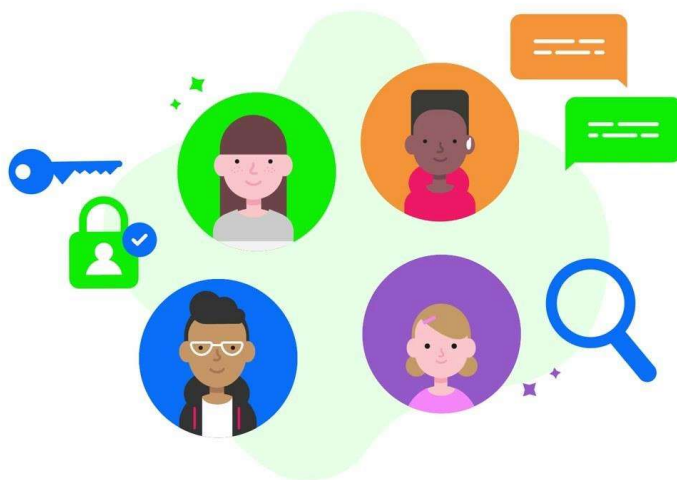
11th February 2025

---

**Safer Internet Day 2025** encourages families to engage in creating a safer online environment. Families can participate by attending local events organised by the UK Safer Internet Centre<sup>8</sup>, which offers workshops and resources tailored for different age groups. Additionally, they can join online discussions, create family internet use agreements, and explore educational materials together. For more information and resources, visit Safer Internet Day<sup>9</sup>.

For more information on how you can help to protect your children online, see the links below:

- Keep Children Safe Online: Information, Advice, Support - Internet Matters<sup>10</sup>
- Homepage - UK Safer Internet Centre<sup>11</sup>
- Keeping children safe online | NSPCC<sup>12</sup>



<https://youtu.be/3biesf2dozA>

1 - Credit: <https://www.youtube.com/watch?v=3biesf2dozA&t=48s> (Accessed: 16th August 2024)

---

<sup>8</sup><https://saferinternet.org.uk/>

<sup>9</sup><https://www.saferinternetday.org/>

<sup>10</sup><https://www.internetmatters.org/>

<sup>11</sup><https://saferinternet.org.uk/>

<sup>12</sup><https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

## Children's Mental Health Week



---

*3rd to 9th February 2025*

---

### ***What is Children's Mental Health Week?***

**Children's Mental Health Week** is an annual event launched by the charity *Place2Be*<sup>13</sup>. It aims to raise awareness about the importance of children's mental health and to provide support and resources for children, parents, and educators.

This year's theme, "Growing Together," highlights the significance of fostering supportive environments where children can flourish emotionally and mentally.

### ***Understanding Children's Mental Health***

Children's mental health includes their emotional, psychological, and social well-being. It influences how they think, feel, and act, impacting their ability to handle stress, relate to others, and make choices. Just like physical health, mental health is crucial at every stage of life, from childhood through adolescence and beyond.

---

<sup>13</sup><https://www.childrensmentalhealthweek.org.uk/>

### ***Why It Matters***

1. **Early Intervention:** Addressing mental health issues early can prevent more severe problems later in life.
2. **Academic Success:** Children with good mental health are more likely to perform well academically. They can focus better, have higher self-esteem, and are more motivated to learn.
3. **Healthy Relationships:** Mental well-being helps children develop healthy relationships with peers and family members.

### ***Signs to Watch For***

As parents, it's essential to be aware of the signs that your child might be struggling with their mental health. These can include:

- Changes in mood or behaviour
- Withdrawal from friends, family and activities
- Decline in academic performance
- Changes in eating or sleeping habits
- Excessive worry or anxiety

### ***How You Can Help***

1. **Open Communication:** Encourage your child to talk about their feelings. Create a safe space where they feel heard and understood.
2. **Routine and Structure:** Maintain a consistent routine to provide a sense of stability and security.
3. **Healthy Lifestyle:** Promote a balanced diet, regular exercise, and adequate sleep.
4. **Professional Support:** Don't hesitate to seek help from mental health professionals if needed. See details for CAMHS in this newsletter

### ***Activities for Children's Mental Health Week***

- **Mindfulness Exercises:** Practice mindfulness and relaxation techniques as a family.
- **Creative Expression:** Encourage your child to express their feelings through art, music, or writing.
- **Outdoor Activities:** Spend time in nature, which can have a calming effect on the mind.

## Time to Talk Day



---

*6th February 2025*

---

Time to Talk Day<sup>14</sup> is an annual event dedicated to encouraging conversations about mental health. It is a campaign run by Mind <sup>15</sup>and *Rethink Mental Illness*<sup>16</sup>, aimed at ending mental health stigma and discrimination. The day is designed to bring friends, families, communities, and workplaces together to talk, listen, and support each other.

The next *Time to Talk Day* is scheduled for **February 6, 2025**. It's a great opportunity to start a conversation about mental health, whether it's through hosting events, putting up posters, or simply texting a friend to check in.

*If you suspect your child or loved one is struggling with suicidal thoughts*

- **Have an Open Conversation:** Express your concern and willingness to listen without judgment.
- **Seek Professional Help:** Contact a mental health professional using the services below.
- **Remove Harmful Means:** Ensure their environment is safe.
- **Offer Continuous Support:** Remind them that their feelings are valid and help is available.

---

<sup>14</sup><https://timetotalkday.co.uk/>

<sup>15</sup><https://www.mind.org.uk/>

<sup>16</sup><https://www.rethink.org/>

---

*If you or someone you know is experiencing a mental health crisis, here are some important numbers you can call:*

---

- *NHS 111<sup>17</sup>: For urgent mental health support, you can call 111 and select the mental health option.*
    - *Samaritans<sup>18</sup>: Available 24/7 at 116 123 for confidential support.*
    - *Shout Crisis Text Line<sup>19</sup>: Text “SHOUT” to 85258 for 24/7 support via text.*
  - *Mind Support Line<sup>20</sup>: Call 0300 102 1234 for advice and support (9am to 6pm, Monday to Friday).*
  - *Papyrus HOPELINEUK<sup>21</sup>: For those under 35, call 0800 068 4141 or text 07786 209 697 for support.*
- 

*In an emergency<sup>22</sup>, always call 999 or go to your nearest A&E.*

---

## **Additional Services and Resources**

### **School Aged Immunisation Service (SAIS)**

**Immunisations** are delivered by the Oxfordshire School Aged Immunisation Service (SAIS)<sup>23</sup> for **children aged 5-16** in schools and community venues in Oxfordshire.

---

<sup>17</sup><https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

<sup>18</sup><https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

<sup>19</sup><https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

<sup>20</sup><https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

<sup>21</sup><https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

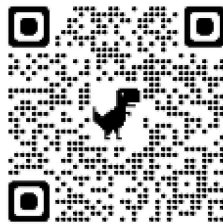
<sup>22</sup><https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

<sup>23</sup><https://www.oxfordhealth.nhs.uk/imms/>

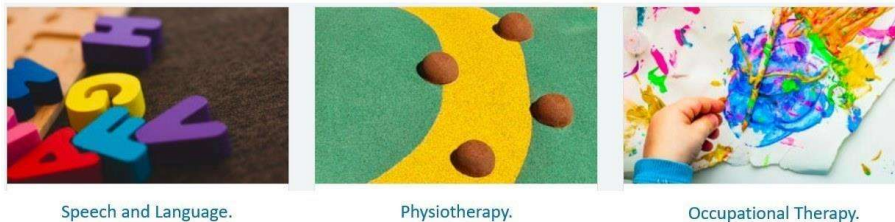
- **Immunisation schedule:** <https://www.oxfordhealth.nhs.uk/imms/about/schedule/>

**How to contact the *School-Aged Immunisation Service*:**

- **Telephone number:** 07920254400
- **Email address:** immunisationteam@oxfordhealth.nhs.uk<sup>24</sup>
- **Website:** [www.oxfordhealth.nhs.uk/imms](http://www.oxfordhealth.nhs.uk/imms)<sup>25</sup> or scan the QR Code.



**Children’s Integrated Therapies Services**



*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,<sup>26</sup>
- Physiotherapy<sup>27</sup>
- Speech & Language Therapy.<sup>28</sup>

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.

<sup>24</sup><mailto:immunisationteam@oxfordhealth.nhs.uk>

<sup>25</sup><http://www.oxfordhealth.nhs.uk/imms>

<sup>26</sup><https://www.oxfordhealth.nhs.uk/cit/occupational-therapy/>

<sup>27</sup><https://www.oxfordhealth.nhs.uk/cit/physiotherapy/>

<sup>28</sup><https://www.oxfordhealth.nhs.uk/cit/speech-language-therapy/>

For queries, please contact them using the details below:

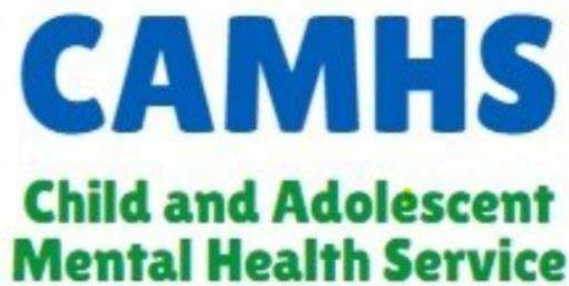
- **Single Point of Access (SPA) Telephone: 01865904435**
- **Visit their website** - Children's Integrated Therapy Services<sup>29</sup>
- **Contact your GP.**

## Mental Health Services

---

### *Child and Adolescent Mental Health Services (CAMHS)*

---



3 - Credit: Oxfordshire | Oxford Health CAMHS Oxford Health CAMHS<sup>30</sup>

**Child and Adolescent Mental Health Service (CAMHS)**<sup>31</sup> 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<sup>32</sup> offers a single point of access for parents/carers, who have concerns around mental health:

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

---

### *Young Minds*

---

---

<sup>29</sup>[https://www.oxfordhealth.nhs.uk/service\\_description/oxfordshire-childrens-therapy/](https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/)

<sup>30</sup><https://www.oxfordhealth.nhs.uk/camhs/oxon/>

<sup>31</sup><https://www.oxfordhealth.nhs.uk/camhs/>

<sup>32</sup><https://www.oxfordhealth.nhs.uk/camhs/oxon/>



4 - Credit: YoungMinds | Mental Health Charity For Children And Young People | YoungMinds<sup>33</sup>

**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<sup>34</sup>

### 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.<sup>35</sup>

If you need support or advice:

- Call their helpline on **08088002222**,
- Email them at [askus@familylives.org.uk](mailto:askus@familylives.org.uk)<sup>36</sup>
- Chat to them online via their Live Chat service<sup>37</sup>
- Visit their online forum community<sup>38</sup>.

---

<sup>33</sup><https://www.youngminds.org.uk/>

<sup>34</sup><https://www.youngminds.org.uk/parent/parents-helpline/#Chattousonline>

<sup>35</sup><https://www.familylives.org.uk/>

<sup>36</sup><mailto:askus@familylives.org.uk>

<sup>37</sup><https://www.familylives.org.uk/how-we-can-help/online-chat/>

<sup>38</sup><https://www.familylives.org.uk/how-we-can-help/forum-community/>



## ERIC- Bladder and Bowel support

**ERIC (Education and Resources for Improving Childhood Continence):**<sup>39</sup> 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: <sup>40</sup>Comprehensive guides on managing bedwetting, daytime wetting, and constipation.
- Helpline: <sup>41</sup>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: <sup>42</sup> 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<sup>43</sup>. Remember, you are not alone, and there are resources available to help you and your child navigate these challenges.

## We welcome your feedback!

### Newsletter

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

CYP0-19@oxfordhealth.nhs.uk<sup>44</sup>

---

<sup>39</sup><https://eric.org.uk/>

<sup>40</sup><https://eric.org.uk/information/>

<sup>41</sup><https://eric.org.uk/helpline/>

<sup>42</sup><https://eric.org.uk/events/>

<sup>43</sup><https://eric.org.uk/>

<sup>44</sup><mailto:CYP0-19@oxfordhealth.nhs.uk>