

Secondary School Health Nurse Newsletter

Term 3 January 2020

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 quality of life in the future and enable them to reach their full potential educationally.



Year 7 Health Review Offer

As the Year 7 students have now been in school for four months, during January we are going to ask them to complete a short survey on how they feel they have settled into their new school and to check if all young people are aware of the School Health Nurse and how to find us in school.

We use every opportunity with students in Year 7 to review their general health, to ensure if they have any health conditions or concerns, that these are being attended to and parents/carers are fully informed and measures are in place in school to address these needs as required. For example, the school health nurse (SHN) will meet with young people with emergency medication in school to check they are carrying their medication and will offer training to school staff.

If you as a parent/carer, have concerns regarding your child and would like the SHN to review your child's health, please contact the SHN for your school, contact details are at the bottom of this email.



11th February sees the return of the Safer Internet Day, run by InSafe-INHOPE. The aim of the day is to raise awareness of the need for digital and media literacy. Topics that fall under this banner range from cyber bullying to good social media conduct.

Key Messages – Be kind and respectful to others on line

Parents and carers play a crucial role in empowering and supporting children to use technology responsibly, respectively, critically and creatively.

www.saferinternetday.org

Cervical Cancer Prevention week

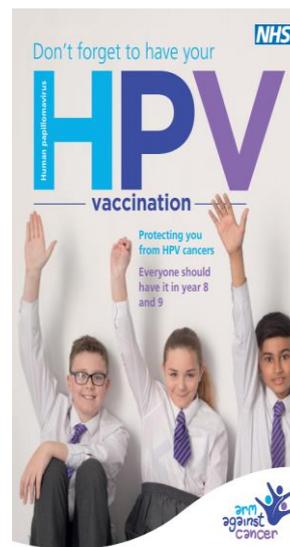
20-26th January

Lead by Jo's Trust

<https://jostrust.org.uk>

– the theme of the campaign is challenging myths and misconceptions.

This is very timely, as this term the School Immunisation Team are completing **Year 9 girls'** HPV second dose and starting the **Year 8 HPV** programme with boys now included! So do make sure you've completed the online e consent form as soon as it arrives from your child's school.



If you have any questions about your child's immunisations or queries regarding the new electronic on-line consent process – please email ImmunisationTeam@oxfordhealth.nhs.uk

Practical tips to keep children hydrated



(British Nutrition Foundation)

- Ensure children have a drink before school i.e. with breakfast, and during breaks.
- Parents, teachers and guardians should offer drinks regularly, especially in hot weather.
- Remember that many foods have a high-water content and can also contribute to fluid intake. i.e. fruit, vegetables, soup, yogurt.
- Always pack a water bottle in a school bag or lunchbox for children heading off to school/outings/other activities.
- **Aim to drink 6-8 glasses (250-300mls per serving) per day**

Safer Health advice on line – NHS Apps Library

Many of us today look to the internet for health and wellbeing advice, but how can we be sure that the information we are looking at is reliable and from a trusted source? There is robust evidence that handled in the right way there are many digital applications that can produce real benefits for our physical and mental wellbeing.

To find the best Apps, NHS Digital have developed an NHS Apps Library with information on each approved app and how to access it. All the apps must meet strict data security and clinical safety standards. They cover a wide range of health-related topics – check it out!

<https://Digital.nhs.uk/services/nhs-apps-library>

#Take20 — YoungMinds

<https://youngminds.org.uk/take20>



The #Take20 Parents' Hub

Talking to your child about how they're feeling can be hard. By taking 20 minutes with them to do an activity you'll both enjoy, you'll create a relaxed space to start that conversation. There are lots of fun activity ideas, conversation starters and handy tips, advice and resources to make talking easier.

Child and Adolescent Mental Health Services (CAMHS)

Oxfordshire CAMHS offers a single point of access for students and parents/carers, who have concerns around mental health.
Single Point of Access (SPA): **01865 902515**



Top tips to keep Dry January going! - from <https://www.nhs.uk/live-well/alcohol-support/dry-january-joannas-story/>



To contact your School Health Nurse Nikki Bagshaw
Mobile: 07810 588826 or Email: nikki.bagshaw@gmail.com

The School Health Nurse website <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

School Nurse Facebook page <https://www.facebook.com/oxschoolnurses/>

SEND (Special Educational Needs/Disabilities) Local Offer Information:

<https://www.oxfordshire.gov.uk/residents/children-education-and-families/education-and-learning/special-educational-needs-and-disability-local-offer>

School Attendance guidance on illness

<https://www.oxfordshire.gov.uk/residents/schools/school/attendance#paragraph>

Dentist -For help with finding an NHS dentist please phone the Oxford Health Dental Helpline on: **08000 113 824 or 01865 337 267**. For general enquiries email: dental@oxfordhealth.nhs.uk