

Secondary School Health Team Newsletter

Term 3 February 2021 (3)



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.

Dear all

Just to let you know that we will be sending out our newsletters more frequently during this time where most children are at home. We want to remind you that the school nursing team are still available for advice and support on any health worries you have. Our contact details are at the bottom of the page and we can liaise with you by phone, digital consultation, e mail or face to face wearing PPE.

There are a lot of resources available to support you and your children and we hope to cover a varied range of topics, that may be creating some challenges during these difficult times.

Keep going and stay safe – Secondary SHN Team

Oral Health Top Tips: For teens working and learning from home

Community
Dental
Services

- ▶ Keep brushing just like you would have when going to school! Brush your teeth 2 x every day, last thing at night and one other time during the day, for two minutes. Clean between your teeth once a day with interdental brushes or floss.
- ▶ Avoid the dreaded 'mask mouth' and the increased risk of tooth decay by drinking lots of WATER!
- ▶ Use a toothpaste with 1350ppm+ of fluoride, just a pea sized amount. Spit out the excess toothpaste, do not rinse after with water or mouthwash!
- ▶ Try not to snack on sugary or acidic food and drinks - replace with fresh fruit and veg, toast, crackers, cheese, peanuts etc
- ▶ If you have tooth pain or you're concerned about your mouth get in touch with your dentist ASAP.
When you get back to school you will be glad you kept a healthy
SMILE!!

Family Time with Teenagers



Sharing our knowledge and experience with our young people can be part of getting them ready for independent living. Cooking together as a family can be rewarding and inspiring for young people. Trying out different styles of cooking, flavours and recipes, together with sharing out the chores of chopping, mixing and weighing out ingredients, can be informative and fun. It can help with maths and reading, and it can inspire them all to try new flavours or revisit old favourites. It can make some mealtimes more interesting if not messier, by learning to eat with chopsticks or seeing which of you can wind spaghetti using the fork/spoon method, and then eating without spilling it down yourselves! Meal times are an important part of family life, and even you can't manage to eat together every night of the week, finding some time to sit down together over food, is a great way to connect!





Lockdown lunch ideas

Struggling for meal inspiration with the kids at home at the moment? We've got you covered with our simple lunch ideas. Complete with its own shopping list, each set of recipes contains 5 easy, tasty lunches for around £15. Check out 3 weeks' worth of recipes now, plus ideas and inspiration for ways to keep lunchtimes fresh until they can go back to school.

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas/>

Children's Integrated Therapies Services in Oxfordshire include [occupational therapy](#), [physiotherapy](#), and [speech & language therapy](#).

We aim to support children and young people and their families by working with our partners in health, education, social care and voluntary and independent agencies

For queries please contact: Single Point of Access (SPA)

Telephone: **01865 904435** Or visit

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

Find a Food Bank - The Trussell Trust

<https://www.trusselltrust.org/get-help/find-a-foodbank>

We know it's a challenging time for everyone at the moment as the coronavirus pandemic unfolds. **Food banks** are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life. If you are in financial crisis and live in England or Wales, please call our confidential free helpline on 0808 208 2138 (open Monday to Friday, 9am–5pm). <https://oxfordfoodbank.org/>

<https://witney.foodbank.org.uk>

<https://abingdon.foodbank.org.uk>

<https://banbury.foodbank.org.uk>

<https://bicester.foodbank.org.uk>

<https://www.wantageandgrovefoodbank.org.uk/>

Oxfordshire Domestic Abuse Service (ODAS) Helpline
- 0800 731 0055 Open Monday – Friday 9.30am – 6pm,
Saturday 10am – 4pm. A freephone number that will not show on your telephone bill but may appear on an itemised mobile phone bill.

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**

You can also visit <https://youngminds.org.uk/>

which has a helpline

YOUNGMINDS



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

Your school health nurse is: Nikki Bagshaw



If you would like to speak to your school health nurse, please call: **07810 588826**

We will call you back if you leave a message. Or email nikki.bagshaw@oxfordhealth.nhs.uk

HOLD – for parents and carers that may be feeling stressed or isolated and need to speak to someone with concerns about their child. Our HOLD service allows parents to send brief details so that a school nurse can call them back. To access this service simply email SHN.oxfordshire@oxfordhealth.nhs.uk with details of the child's name, date of birth, school, contact number and a brief outline of health need.

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

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>

