

Secondary School Health Team Newsletter

Term 2 November 2021

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.



National Stress Awareness day

November 3rd is National Stress Awareness day. Observed on the first Wednesday of November during International Stress Awareness Week, this day highlights the importance of managing stress in our daily lives. National Stress Awareness Day provides people with an opportunity to think about our wellbeing and find advice or support on managing stress. To maintain our wellbeing, we need to be able to recognise what's making us stressed to help us learn how to deal with it. For our children and young people, stress may be related to school workload, friendships, and other relationships as well as performance in clubs, teams, or other groups. Talking with your child can help them to identify any causes of stress they are experiencing.

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/#:~:text=3%20November%202021,and%20strategies%20to%20address%20it>



Trans Awareness week is 13-19 November, this is a week that trans people and their allies can raise awareness of the community, in a positive way by educating the public about trans history, transphobia, sharing experiences and stories and advocating for the rights of the trans community. Check out the charities that support trans students-

<https://mermaidsuk.org.uk>

Has your child missed their Flu Vaccination?

Young people in Reception to Year11 who have **missed their flu vaccination** in school can book an appointment online at one of our community clinics by clicking on the following link.

<https://www.oxfordhealthimms.co.uk/ClinicBooking/Booking> You will need the booking reference to complete the form found on the confirmation email you will have received when you submitted the consent form.

If you haven't previously submitted a consent form, please follow this link [Vaccination Consent \(www.oxfordhealthimms.co.uk\)](https://www.oxfordhealthimms.co.uk) to complete the consent form. You will require the unique school code which you will find on your flu letter or by asking at your child's school office.

Young people aged 12-15 who have **missed their covid vaccination** can now receive their vaccination at a community venue either by booking an appointment through the [National Booking Service](#) or by attending one of the mass vaccination sites in person without an appointment (walk-in) at our mass vaccination sites as below.

- The Guttman centre in Aylesbury between 9am – 7pm Sunday to Thursday, and 3pm -7pm on Friday/Saturday
- The Mall in Reading between 9.30am - 7pm Monday to Sunday.
- The Kassam Stadium in Oxford between 9.30-7pm., this will be closed all day for Oxford Home football matches at the weekend and from 3pm for weekday matches

Anti-bullying week (15th-19th November 2021)

The theme for this year is 'One kind word' Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. 'Ask if someone is OK, say you're sorry, or just say hey!'. IT all starts with One Kind Word and it starts today.

NHS APPs Library

<https://www.nhs.uk/apps-library/>

Learn Learning a new skill has been shown to improve our wellbeing by boosting our self-confidence and self-esteem. It builds a sense of purpose and can help you connect. You could **learn to do some X-mas baking, sewing, make some Christmas cards**

Give Some people may be less fortunate at this time of year. Doing good for others and giving is a big contributor to wellbeing & community no matter how big or small.

Salvation Army Christmas appeal: collecting donated new Christmas gifts – e.g., dolls, puzzles, books, gloves, scarves.
<https://www.salvationarmy.org.uk/christmas-present-appeal>

Help check out what your local communities are up to support families over Christmas. Food banks and Community fridges are there to support you if you need them. Remember you are not alone this Christmas.



National Disability month

UK Disability History Month occurs from mid-November to mid-December. In the past, individuals with disabilities have not always been shown the same level of respect and rights as others around them. Thankfully this is changing. It's important to remember that we all come in different shapes and sizes and with different abilities. These are the things that make us who we are and are to be celebrated and embraced. It's also important to remember that not all disabilities can be seen, and that we all have our own unique characteristics that make us special.



[Family Lives Newsletter November 2021 \(mailchi.mp\)](#)

Alcohol Awareness Week

This year's alcohol awareness week held from 15th-21st November, is focusing on the theme of 'Alcohol and Relationships'. If our own or someone we care abouts alcohol use negatively affects the relationship, or causes us to drink in a way that's not good for us It can have a huge impact. Some people started to drink, or to drink more to deal with loneliness or worry during the pandemic. Some people drank less during lockdown and were happy about that and now socialising is starting more again they feel under pressure to start drinking again, particularly with the holiday season coming soon.

[About Alcohol Awareness Week | Alcohol Change UK](#)

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/

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



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: **07879 636916**

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

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

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