

# Secondary School Newsletter

## School Health Nurse Team - Term 2 November 2022

*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 future quality of life and enable them to reach their full potential in education and beyond.*

**School Health Nurses** are based in schools in Oxfordshire, and the contact details for your child's school health nurse are at the end of this newsletter



### Remember, remember (be safe on...) the 5th of November!

Fireworks are great fun to watch, but every year lots of children and young people get hurt in firework accidents. Reminding your child about firework safety can help keep them safe:

- Only adults should handle and light fireworks.
- Fireworks are explosives and can cause serious injury.
- When watching fireworks, stand well back.
- Never go near a firework that has been lit. Even if it hasn't gone off, it could still explode.

If your child is given sparklers, remind them to...

- Hold them one at a time.
- Always wear gloves.
- Hold them at arm's length.
- put sparklers hot end down in a bucket of water when they go out as they can still cause burns.

Otherwise, have fun!!

**FIREWORKS  
BE SAFE  
NOT SORRY**

### Disability Awareness

People with disabilities often face more barriers in accessing support for health and wellbeing than those without disabilities. Not accessing support can impact upon all aspects of health and wellbeing (and upon those who have caring responsibilities) and can be detrimental to health long term.

**Mencap** is a charity for people with a learning disability and they provide support for families and carers. They have put together [a list of the services and support available](#), such as financial and respite, for people with disabilities and their families.

### World Diabetes Day 14th November

Do you know the symptoms of **Type 1 diabetes?**



4 T's—The symptoms of type 1 diabetes tend to come on within a matter of days or weeks and you should get urgent medical help if you notice any of these symptoms.

[Symptoms of diabetes in children | Diabetes UK](#)

Christmas can be a time of excitement and celebration but for some families it can be a difficult time of year. Childline has some great advice to help children to cope, find ways to feel better and to feel OK about not celebrating Christmas:

Children also thrive on routine but Christmas is one of the most disruptive times of year, with bedtimes and mealtimes out of sync with usual routines. Easy access to sugary foods and lack of sleep can result in tempers, tantrums and stress. Trying to retain some structure can be really helpful for everyone,

**childline**

ONLINE, ON THE PHONE, ANYTIME

try keeping to a bedtime routine and limiting sugary foods where possible.

If worries about money and access to food is affecting you then visit the [citizens advice website](#) to find out about how food banks work and for practical support in accessing help

**citizens  
advice**



## Anti-Bullying Week

14-Nov-22 — 18-Nov-22

The Anti-Bullying Alliance's theme this year is **Reach Out**.

"Whether it's in school, at home, in the community or online, let's reach out and show each other the support we need. Reach out to someone you trust if you need to talk. Reach out to someone you know is being bullied. Reach out and consider a new approach."

Some helpful resources for parents:

- [Sexual bullying](#)
- [Online bullying](#)



## Child and Adolescent Mental Health Services (CAMHS)

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

Single Point of Access (SPA):

**01865 902515**

**YOUNGMINDS**  
fighting for young people's mental health

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

has a helpline

Or visit

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



Stress is a normal body reaction to feeling threatened or under pressure, it very common and can help us achieve things in our daily lives, however too much stress can affect our mood, our body and relationships, Visit Every Mind

Matters for information and tips on how to handle stress

<https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/>

## 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](mailto:nikki.bagshaw@oxfordhealth.nhs.uk)

School Health Nurse website:

[www.oxfordhealth.nhs.uk/school-health-nurses/](http://www.oxfordhealth.nhs.uk/school-health-nurses/)

Facebook page

<https://www.facebook.com/oxNHSschoolnurses/>