



Oxford Health

NHS Foundation Trust



Term 3: Primary School Health Nursing Newsletter January 2026

Term 3 - 5th January - 13th February 2026

Welcome to our **School Health Nursing Newsletter** for parents and carers of children and young people in Oxfordshire.

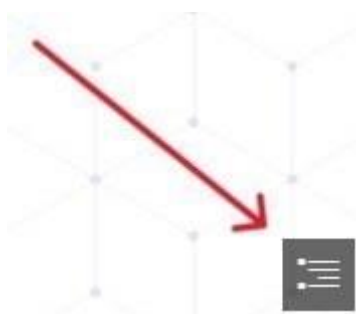
As your school health nurses, we are here to support you and your family every step of the way. Stay tuned for more updates, tips, and resources in our upcoming newsletters.

Together, we can nurture a bright and healthy future for our children!

<https://www.oxfordhealth.nhs.uk/cyp-0-19/>



See what's included in this newsletter, and 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 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: cyp0-19@oxfordhealth.nhs.uk**

ChatHealth Text Messaging Service



ParentLine 5-11 years

New School Health Nursing messaging service for parents and carers of children 5-11 years attending a state school in Oxfordshire

Text 07312 263227
to message a school health nurse



ParentLine 5-11 is designed for parents and carers of children aged 5-11yrs, who 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. Messages are usually answered within one working day Monday-Friday, excluding Bank holidays.

Text number: 07312263227.

[Start a chat today.](#)

Toileting concerns



Children starting in reception is an exciting but also potentially anxious time for parents. If your child isn't quite clean and dry, or they have a medical condition such as [constipation](#) it can be an additional source of worry.

The ERIC website has useful tips and information to help take the worry out of starting school [Toilets and school readiness - ERIC](#)

If you have any concerns please do contact the children's and young people service using the details above or send a text via ChatHealth as we are here to support you.

Online Safety Tips for Families



The internet is a great place to learn, play, and connect — but it's important to help children and young people stay safe online.

Top tips:

- Talk regularly with your child about what they do online and who they talk to
- Set boundaries and agree rules about screen time, websites, apps, and social media
- Use parental controls on devices and broadband to block inappropriate content

- Teach children to keep personal information private and to be cautious about what they share
- Encourage them to speak up if anything online makes them feel uncomfortable
- Be aware of online risks like cyberbullying, inappropriate content, scams, and online grooming

Where to get help and advice in the UK:

- [UK Safer Internet Centre](#) – Guidance on online safety, parental controls, and reporting harmful content. www.saferinternet.org.uk/guide-and-resource/parents-and-carers
- NSPCC Online Safety – Practical tips to keep children safe on social media, games, and messaging apps. [Keeping children safe online | NSPCC](#)
- Childline – Free, confidential support for children and young people. Call 0800 1111 or visit [Childline | Free counselling service for kids and young people | Childline](#)

Children's Mental Health Week & Time to Talk Day 2026



Children’s Mental Health Week takes place from 9–15 February 2026, with the theme “This is My Place”, which aims to support the groups and systems surrounding our children to help them feel like they belong. Time to Talk Day falls on Thursday 5 February, and is all about starting a conversation around mental health.

How Families Can Join In:

- Ask questions like “How was your day?” or “What made you smile today?”
- Use drawing, play, or story time to talk about feelings
- Try a daily check-in
- Talk openly about your own emotions to help children learn by example

Where to Find Help:

- Place2Be – children’s mental health resources: [Place2Be's Children's Mental Health Week - Official site](#)
- Time to Talk Day – [Time To Talk Day - Time To Talk Day](#)
- Childline – for children who want to talk to someone: [Childline | Free counselling service for kids and young people | Childline](#) or **0800 1111**
- Speak to your school nurse, GP or health visitor for advice and support

CAMHS: Supportive Steps - for families currently waiting



Parents and carers of children waiting for mental health support in Oxfordshire can now access **Supportive Steps**, a new service from CAMHS.

Supportive Steps offers short-term online workshops with practical advice on topics like anxiety, low mood, and early depression. Sessions are held at lunchtime or evenings and give families tools to help while waiting for assessment or treatment.

Feedback from parents has been very positive, with many saying the workshops are reassuring and informative.

Supportive Steps is available to parents of young people referred to Oxfordshire CAMHS' Getting Help or Getting More Help services.

For details and booking, visit the Supportive Steps webpage or call 01865 902 515.

[Website: New Support for Parents Waiting for CAMHS Care](#)

We are with you - mental health support from CAMHS for everyone

 **We are With You – A Supportive Space for Parents and Carers**

We are With You is a welcoming and inclusive offer for parents and carers of children and young people (up to age 25) who are experiencing emotional or mental health difficulties. It

brings together peer support and professional guidance in one space, designed to help you feel informed, connected, and supported. This offer includes:

- Parent-led support groups, where you can meet others with shared experiences, ask questions, and talk openly in a safe and understanding environment.
- Professionally led webinars, offering practical advice and information on commonly seen emotional and mental health concerns.

All sessions are facilitated by Parent Peer Support Workers and/or mental health professionals. You're welcome to join or leave at any time, and there's no pressure to speak—just come as you are. For online sessions, cameras and microphones are kept on to help create a warm, community feel. Some sessions also run in person at various locations across Oxford, offering opportunities to connect face-to-face.

💛 Why “We are With You”?

Because we are. Whether you're seeking connection, guidance, or simply a space to listen and learn, **We are With You** is here to walk alongside you.

This is a safe space for parents and carers to meet, ask questions and share experiences if comfortable to do so, and learn from discussions on topics you would like to hear about.

[WWY Oxfordshire | Oxford Health CAMHS](#)

Get Active with YouMove - Free and Low Cost Activities for Families



YouMove is a fantastic programme across Oxfordshire offering free and low-cost activities for families with children aged 0–17. If your family is eligible—such as receiving Free School Meals, Universal Credit, or Early Help support—you can enjoy fun activities like swimming, football, soft play, and more. It's a great way to stay active and have fun together! [YouMove Families - what's on locally | Active Oxfordshire](#)

Signing up is easy: [YouMove Offer for Under 5s | Active Oxfordshire](#)

1. Fill out a short form online.
2. Receive a welcome letter and membership cards.
3. Connect with your local YouMove Activator for support and advice.
4. Start enjoying activities in your community! [YouMove Offer for Under 5s | Active Oxfordshire](#)

To learn more and check if you're eligible, visit: [Welcome to YouMove | Active Oxfordshire](#)

Quick and Reliable NHS Advice About Your Child's Health



It can be difficult to know when your child needs to see a doctor and when it's safe to care for them at home. The [Healthier Together website](#) and app have been developed by local NHS healthcare professionals to help parents and carers make confident decisions about their child's health.

Using an easy-to-follow **traffic light system**, Healthier Together provides clear advice on what to look out for, when and where to seek help, and how to care for your child's symptoms at home. The guidance can help you decide whether to visit your GP, seek advice from your local pharmacy, or manage your child's illness safely yourself.

You'll also find:

- Advice on **school attendance** for common illnesses and infections
- **A directory of local health and wellbeing services** for families
- **Translation tools** to view information in different languages

The **Healthier Together app**, available on the [Apple App Store](#) and [Google Play Store](#), includes a simple **symptom checker** that can direct you to the right NHS service and help you contact them.



Save the site or [download the app](#) today so you have trusted NHS advice at your fingertips whenever your child is unwell.

Visit: www.healthiertogether.nhs.uk


Reception & Year 6 Health Screenings - What You Need To Know



As part of our School Health Screening Programme this academic year, all **Reception** children will be offered:

-  **Vision Screening**
-  **Height & Weight Measurement** through the **National Child Measurement Programme (NCMP)**

All **Year 6** children will be offered:

-  **Height & Weight Measurement** through the **National Child Measurement Programme (NCMP)**

You'll receive a letter with full details before the session.

Opting Out

If you do **not** wish your child to take part in one or both screenings, please follow the opt-out instructions in the letter.

Children will be automatically included unless you opt out.

Accessing Your Child's Results

Results will be available within **two weeks after the screening** via our secure School Screener Parent Portal: [Create an account](#)

 **This is the only way to receive your child's results.**

Did You Know?

- You can add multiple children to one School Screener parent account.
- If you have already created a School Screener account, you can log in with your previous details and add a child to your account [How do I add another child?](#)

School Aged Immunisation Service (SAIS)



Happy New Year from the Oxfordshire School Aged Immunisation Service (SAIS)! 🎉

As a New Year's resolution, let's make sure your child is protected by checking if their vaccinations are up to date.

Check:

- The full UK vaccination schedule at <https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>.
- Your child's Red Book to make sure they've had all the vaccines that are due.

If you're not sure:

- Ring your GP Practice and ask if your child's vaccinations are up to date.

If you have any questions or need help:

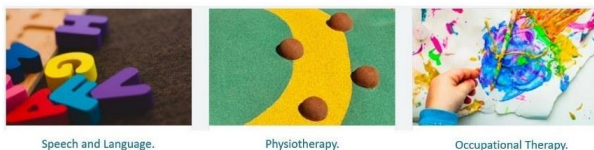
Give us a call on 07920 254 400 or email us at Immunisationteam@oxfordhealth.nhs.uk

You can also visit at our website for news and information:

<https://www.oxfordhealth.nhs.uk/imms/parents/>

Oxfordshire School Aged Immunisation Service Protecting futures, one vaccine at a time!

Children's' Integrated Therapies Services



Oxford Health's **Children's Integrated Therapies** include the services named below:

- [Occupational Therapy](#),
- [Physiotherapy](#)
- [Speech & Language Therapy](#)

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.

For queries, please contact them using the details below:

- **Single Point of Access (SPA) Telephone: 01865 904435**
- **Visit their website - [Children's Integrated Therapy Services](#)**
- **Contact your GP**

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](#).

If you need support or advice:

- Call their helpline on **08088002222**,
- Email them at askus@familylives.org.uk
- Chat to them online via their [Live Chat service](#)



ERIC - Bladder and Bowel support



[ERIC \(Education and Resources for Improving Childhood Continence\)](#): 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](#): Comprehensive guides on managing bedwetting, daytime wetting, and constipation.
- [Helpline](#): To speak to an advisor please call 08088010343. Open Monday - Thursday, 10am to 1pm and is free to call from landline and mobile numbers.
- [Workshops and Training](#): Educational workshops for parents and professionals.

For more information and support, visit the [ERIC website](#). Remember, you are not alone, and there are resources available to help you and your child navigate these challenges.

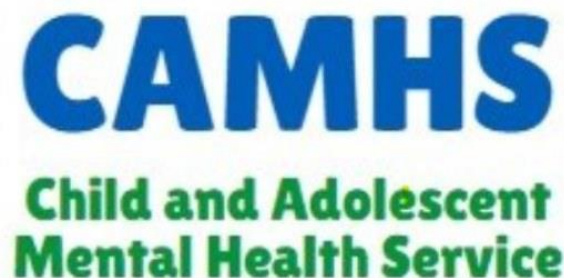
Mental Health Services

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

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

[In an emergency](#), always call 999 or go to your nearest A&E.

Child and Adolescent Mental Health Services (CAMHS)



1 - Credit: [Oxfordshire | Oxford Health CAMHS](#)[Oxford Health CAMHS](#)

[Child and Adolescent Mental Health Service \(CAMHS\)](#) 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](#) offers a single point of access for parents/carers, who have concerns around mental health:

CAMHS Single Point of Access (SPA): 01865902515

Young Minds



2 - Credit: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

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](#)

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