



Oxford Health

NHS Foundation Trust



Term 1: Primary School Health Nursing Newsletter September 2025

Term 1 - 1st September - 24th October 2025

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/>

How to contact us



If you wish to contact a school health nurse regarding the health of your child, please contact us using the details below:

- **Single Point of Access (SPA): 01865903800**
- **Email: cyp0-19@oxfordhealth.nhs.uk** stating name, date of birth and school your child attends.

ParentLine 5-11 years

School Health Nursing messaging service for parents and carers of children 5-11 years attending state schools or home educated in Oxfordshire



Text **07312 263227**

to message a school health nurse

1 - Image credit: Oxford Health NHS Foundation Trust (2024) ChatHealth Parentline 5-11 poster, ChatHealth. Available at: <https://www.oxfordhealth.nhs.uk/chathealth/> (Accessed: 29 May 2024).

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.](#)




Reception and 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?](#)

Starting School



Starting at primary school is a big change for 4-year-olds and their parents.

BBC Bitesize have some great tips to help that transition run more smoothly:

[Starting primary school - BBC Parents' Toolkit - BBC Bitesize](#)

As do Family Lives

[Starting primary school | Family Lives](#)

Is your child well enough for school?



Please see NHS advice [Is my child too ill for school? - NHS](#)

Toileting and School Readiness



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](#)

Emergency Medications

If your child has a **severe allergy** or **medical diagnosis** which requires **emergency medications** (e.g. Epilepsy), it is essential that you ensure they have enough in-date medication to share with their school. This medication is required to be taken in to school on the first day of the new school year.

We also want to remind you that it is important that you inform your child's school of any changes or updates to their health care plan. *Please see the [UK Government's guidance](#) for more information.*

For any advice, concerns or questions regarding your child's care plan, please contact our service, as below:

- **Single Point of Access (SPA): 01865903800**
- **Email: cyp019@oxfordhealth.nhs.uk**

Ensuring your child is in school



The Oxfordshire County Attendance Team understands the challenges families face regarding school attendance. Whether it's dealing with illness, anxiety, or other personal issues, ensuring regular attendance can be tough. The team is there to support you and your child through these difficulties.

[Please see the latest advice and guidance on their website.](#)

Information and Support Services:

- **Advice and Guidance:** The team offers expert advice on managing attendance issues, including dealing with lateness, sickness, and unauthorized absences. They provide practical tips and strategies tailored to your family's needs.
- **Early Intervention:** By working closely with schools, the team identifies attendance issues early and collaborates with parents to address them before they escalate.
- **Parenting Contracts:** These contracts help clarify expectations and responsibilities, providing a structured approach to improving attendance.
- **Penalty Notices and Legal Action:** While the focus is on support, the team can issue penalty notices and take legal action if necessary, ensuring compliance with the Education Act 1996 and the Anti-Social Behaviour Act 2003.
- **Workshops and Resources:** The team offers workshops and resources to help parents understand the importance of regular attendance and how to support their child's education.

For more information or to seek support, you can contact the County Attendance Team:

- **Telephone:** 01865 323513 or

Email: attendance@oxfordshire.gov.uk

Beezee Families - healthy living

♥ Support for Healthy Living

Families in Oxfordshire can access free lifestyle support through **Maximus Oxfordshire:**

🔗 [BeeZee Families – Maximus Oxfordshire](#)

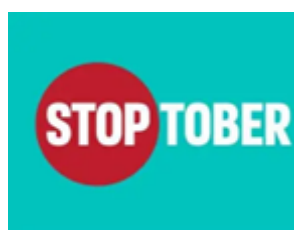
Healthy Lunch boxes



[Healthier Lunchbox Recipes](#)

Coming up with ideas for healthy lunchboxes can be time consuming, check out the NHS Better Health website for loads of ideas and recipes.

STOPTOBER



- Stoptober encourages thousands of smokers to quit the habit this October
- Smoking remains the single biggest cause of preventable illness and death in England

- Passive smoking is especially harmful for children as they have less well-developed airways, lungs and immune systems.
- Children who live in a household where at least 1 person smokes are more likely to develop:
- Asthma, chest infections – like pneumonia and bronchitis, [meningitis](#), [ear infections](#), and coughs and colds.
- Children are particularly vulnerable in the family car where second-hand smoke can reach hazardous levels even with the windows open. To protect children, smoking in cars and other vehicles carrying children was banned in 2015. It is against the law to smoke in a private vehicle if there's a young person under 18 present.
- People are 5 times more likely to quit for good if they can make it to at least 28 days smoke free
- Smokers are more likely to quit with support.
- If you are a parent who would like support to quit smoking, please see [Smokefree Oxon – A Stop Smoking Service](#)

School Aged Immunisation Service



Hello from the Oxfordshire School Aged Immunisation Service (SAIS)! We hope you had a great summer and are ready for the new school term. It's also the time of year when flu is about, and we want to help keep you and your family healthy.

Soon, you'll get some information from us about the flu vaccine that will be offered at your child's school. There will be a Consent Form for you to fill out so you can let us know if you want your child to have the flu vaccine at school or not.

Flu isn't nice and can make you feel really poorly. It can cause a high temperature, make you feel very tired, have achy muscles and joints, a blocked nose, a dry cough, and a sore throat.

Most children get the flu vaccine as a quick spray up the nose. If your child can't have the spray for any reason, they can have the vaccine as an injection instead. The injection does not contain porcine gelatine. You can pick which vaccine is best for your child on the Consent Form.

Find more information about flu and the flu vaccine here:

https://assets.publishing.service.gov.uk/media/68230602c66deec8488f7f93/Protecting_your_child_against_flu_leaflet_primary_school_WEB_FINAL.pdf

If you have any questions or queries, call us on 07920 254 400 or email immunisationteam@oxfordhealth.nhs.uk

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

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

Let's fight the Flu virus. One vaccine at a time!

How to contact the School-Aged Immunisation Service:

- Telephone number: 07920254400
- Email address: immunisationteam@oxfordhealth.nhs.uk
- Website: www.oxfordhealth.nhs.uk/imms or scan the QR Code.



Additional Services and Resources

Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

2 - Credit: Oxford Health NHS Foundation Trust (2024) Children's Integrated Therapies – Oxfordshire. Available at: https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/ (Accessed: 29 May 2024).

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: 01865904435**
- **Visit their website - [Children's Integrated Therapy Services](#)**
- **Contact your GP.**

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.

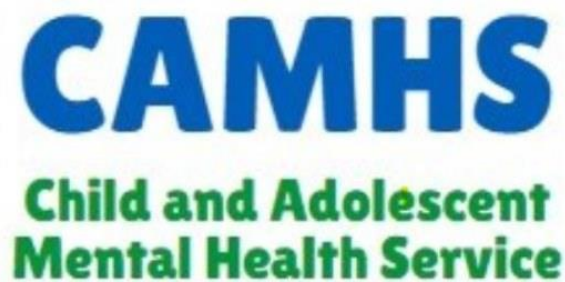
Mental Health Services

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)



3 - 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



4 - 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](#)

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](#)
- Visit their [online forum community](#).



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