



# Oxford Health

## NHS Foundation Trust



# Term 6: Primary School Health Nursing Newsletter June 2025

Term 6: 2 June- 22 July 2025

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*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!*

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What's included in this newsletter?



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*See what's included in this newsletter below.*

*If you wish to jump to a section which interests you, please click the **navigation icon** in the bottom right-hand corner of your screen.*

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- **Introducing the Children & Young People's 0-19 Service**
- **How to contact us:**
  - Single Point of Access (SPA)
  - ChatHealth
- NCMP and Vision screening results for reception and year 6 children
- Sun Awareness
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- **The School-aged Immunisation Service (SAIS) How to contact SAIS**
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## How to contact us



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

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- ***Single Point of Access (SPA): 01865903800***
  - ***Email: [cyp0-19@oxfordhealth.nhs.uk](mailto:cyp0-19@oxfordhealth.nhs.uk)***
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## 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.](#)

## School Screener Portal for results of Vision Screening in Reception, and for NCMP in Reception and Year 6



Oxford Health has introduced the SchoolScreener Parent Portal, a secure and user-friendly online system designed for parents to access their child's health information. This system supports the National Child Measuring Programme (NCMP) for children in year 6 and reception, and now includes vision screening for children in reception class.

**The Parent Portal is now the only way to see the results of the screening programmes carried out in schools.**

### **What is the Parent Portal?**

The SchoolScreener Parent Portal is an online system that streamlines communication between the Oxford Health screening team and parents by bringing all health-related information into one secure location. This innovative platform eliminates the need for paper forms, making the process safer, faster, and more convenient.

**24/7 Access:** View and download your child's health information at any time.

**Enhanced Safety:** Reduces the risk of data loss and virus transmission while ensuring GDPR compliance.

### **How to Register**

To get started, simply click on the link below and follow the steps to create your Parent Portal account:

[School Screener Oxford Health](#)



Once registered, you will receive an email once the screening has taken place and the feedback letters are available to be reviewed. You can register more than one child to your account, as long as they are in Reception or Year 6 cohorts.

We are excited to offer this new service and are confident it will make accessing your child's health information more convenient and secure.

If you have any questions or encounter any issues during the registration process, please do not hesitate to contact us at [ncmp.enquiries@oxfordhealth.nhs.uk](mailto:ncmp.enquiries@oxfordhealth.nhs.uk)

Kind regards

Oxford Health School Screening Team

## Healthy Lifestyles



### [Beezee Families](#)

**Beezee Families is a free, award-winning healthy lifestyle programme for the whole family.**

- Get expert support and practical tips from our nutritionists
- Discover delicious and nutritious meals
- Find fun ways to get more active
- Join our 12-week groups sessions in-person or online
- Or learn at your own pace with our Beezee Families Academy.

### **Eligibility Criteria**

To be eligible, families must:

- Live in Oxfordshire
- Have a child aged 4 to 12 years old who's above their ideal weight based on the NHS BMI centile chart (on or above the 91st centile). [Calculate body mass index \(BMI\) for children and teenagers](#)

## Sun Awareness

### Top sun safety tips

Staying safe in the sun doesn't have to mean avoiding it completely.

British Association of Dermatologists recommend **three** simple steps to keep safe in the sun at home or overseas. These help to keep you safe from sunburn and reduce your risk of skin cancer in the future.



### Important point on Vitamin D!

Sunlight is the main source of vitamin D, necessary for healthy bones and muscles.

Skin cancer is a risk for people with white skin and so must carefully balance the benefits and risks of sun exposure.

The risk of skin cancer is much lower for people with black or brown skin, however the risk of vitamin D deficiency is much higher. This means people with these skin tones are more likely to benefit from sun exposure.

## Water Safety

### Prevention

**As the weather warms up, many of us are drawn to bodies of water, rivers, waterfalls, lakes, the sea.**

These stats from the National Water safety forum remind us of the dangers of water:

49% of UK accidental drownings occur between May and August.\* We also see a heightened risk of drowning when air temperatures are higher.

When UK air temperatures reach 25°C or higher...

- There is a fivefold increase in accidental drowning risk\*\*
- Over half of those who drowned were swimming – reflecting more people actively entering the water\*\*\*

- Teenagers (aged 13-17 years) and young adults were relatively more likely to drown\*\*\*

\*Source: WAID (2018-2022) [UK Drowning prevention Strategy 2016-2026](#)

[Water Safety Code Cartoon](#)

## Cold Water Shock



*2 - Enjoy water safely*

### **Cold water shock:**

Cold Water shock can effect the body when entering water 15 degrees Celsius or less and is often linked to drowning.

Average UK and Ireland sea temperatures are around 12 degrees Celsius. Rivers, such as the Thames are colder than this, even in the summer.

**Cold water shock causes blood vessels in the skin to close causing increased heart rate and blood pressure, which can result in heart attacks even in young people.**

**The sudden cooling of the skin causes an involuntary gasp for breath, increasing breathing rate and can cause a feeling of panic and can result in inhaling water directly into the lungs.**

### **Action to take if you fall in unexpectedly**

- **Take a minute:** the initial effects pass in less than a minute
- **Relax and Float:** <https://youtu.be/odWm3DeRFIA>
- **Keep Calm, then call for help or swim to safety if you are able**

### **Action to take if you're planning on enjoying the water:**

**Check conditions:** including water temperature - before heading to the coast.

Visit [metoffice.gov.uk](http://metoffice.gov.uk) for full surf reports in the UK and Ireland.

**Wear a Wetsuit:** of appropriate thickness for the amount of time you plan to spend in the water and the type of activity you're doing, if entering.

**Wear a flotation device:** It greatly increases your chances of making it through the initial shock. See our [guidance on lifejackets and buoyancy aids \(PDF 3.3MB\)](#)

## Transition: Moving up to Secondary School



The move up to “big school” can be a time that is mixed with excitement and uncertainty.

Anna Freud have created a short guide to support parents/carers in guiding their child through this transition. In it, it discusses why transition can be tricky for some children and gives some practical advice on how to smooth the move to secondary school.

[Supporting children's transition to secondary school: guidance for parents and carers | Anna Freud](#)

## School Aged Immunisation Service



Immunisations are delivered by the [Oxfordshire School Aged Immunisation Service \(SAIS\)](#) for children aged 5-16 in schools and community venues in Oxfordshire. If you are unclear if your child has missed any immunisations please check the link and contact the SAIS team.

- Immunisation schedule: <https://www.oxfordhealth.nhs.uk/imms/about/schedule/>

How to contact the *School-Aged Immunisation Service*:

- Telephone number: 07920254400
- Email address: [immunisationteam@oxfordhealth.nhs.uk](mailto:immunisationteam@oxfordhealth.nhs.uk)
- Website: [www.oxfordhealth.nhs.uk/imms](http://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.

3 - Credit: Oxford Health NHS Foundation Trust (2024) Children's Integrated Therapies – Oxfordshire. Available at: [https://www.oxfordhealth.nhs.uk/service\\_description/oxfordshire-childrens-therapy/](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 2pm 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

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

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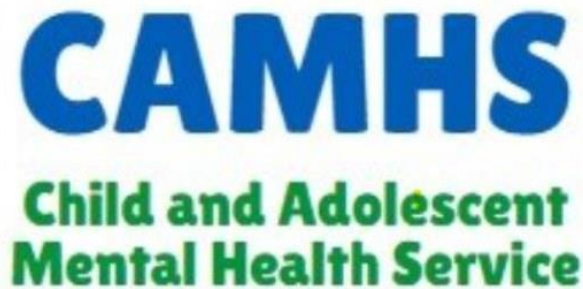
- [NHS 111](#): For urgent mental health support, you can call 111 and select the mental health option.
  - [Samaritans](#): Available 24/7 at 116 123 for confidential support.
  - [Shout Crisis Text Line](#): Text "SHOUT" to 85258 for 24/7 support via text.
- [Mind Support Line](#): Call 0300 102 1234 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.
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*In an emergency, always call 999 or go to your nearest A&E.*

*Child and Adolescent Mental Health Services (CAMHS)*

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4 - 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**

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*Young Minds*

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5 - 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](mailto: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](mailto:cyp0-19@oxfordhealth.nhs.uk)