



Oxford Health
NHS Foundation Trust



Term 2: Primary School Health Nursing Newsletter

Term 2: 4 November - 20 December 2024

*Welcome to our **School Health Nursing Newsletter***

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!

What's included in this newsletter?

See what's included in this newsletter below.

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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: cyp019@oxfordhealth.nhs.uk**
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ChatHealth Text Messaging Service



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 of children aged 5-11 and 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.

Text number: 07312263227.

[Start a chat today.](#)

Is my child too ill for school?



Deciding whether your child is too ill for school can be challenging. The NHS website has a page dedicated to helping parents make the right decision - [Is my child too ill for school? - NHS \(www.nhs.uk\)](#)

By following these guidelines, you can help ensure your child attends school when they are well enough and stays home when they need to recover.

When to Keep Your Child at Home

- **High Temperature:** If your child has a high temperature (38°C or above), keep them at home until it returns to normal.
- **Vomiting or Diarrhoea:** Keep your child at home for at least 48 hours after the last episode.
- **Chickenpox:** Keep your child at home until all the spots have crusted over, usually about 5 days after they first appear.
- **COVID-19:** If your child has a high temperature or does not feel well enough to attend school, they should stay at home. If they test positive, they should avoid contact with others for 3 days after the test.

When It's Okay to Send Your Child to School

- **Mild Coughs and Colds:** If your child has a minor cough or cold but feels well enough, they can go to school.
- **Cold Sores:** No need to keep your child at home, but encourage them not to touch the sore or share items like cups and towels.
- **Conjunctivitis:** Your child can go to school if they feel well enough. Encourage regular hand washing and avoid touching the eyes.

Additional Considerations

- **Anxiety:** If your child feels anxious about school, it's important to address their concerns. Avoiding school can make anxiety worse. Work with the school to find solutions and consider speaking to a GP or school nurse if needed.
- **Ear Infections:** If your child has an ear infection with a high temperature or severe earache, keep them at home until they feel better.

Immunisations



Immunisations are delivered by the [**Oxfordshire School Aged Immunisation Service \(SAIS\)**](#) for children aged 5-16 in schools and community venues in Oxfordshire.

- **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
- Website: www.oxfordhealth.nhs.uk/imms or scan the QR Code.



Anti-Bullying Week 11th-15th November 2024

Anti-Bullying Week is an annual UK event which aims to raise awareness of bullying of children and young people, in schools and elsewhere, and to highlight ways of preventing and responding to it.

Anti-Bullying Week is coordinated by the Anti-Bullying Alliance (ABA) in England and Wales. Since the start in 2002, 80% of schools in the UK take part with a reach of over 7.5 million children and young people.

The Anti-Bullying Alliance vision is to: stop bullying and create safer environments in which children and young people can live, grow, play and learn.

To read more click [here](#).



2 - Credit: https://youtu.be/J_RvmeI07e4 (Accessed: 14/08/2024)

Money Saving Advice for Families this Winter.



Winter can be a challenging time for families, especially with rising energy bills and the costs of keeping everyone warm and fed. Here are some practical tips and resources from [Keeping warm | Oxfordshire County Council](#), [Money Saving Expert](#) and [Citizens Advice](#) to help you save money during the colder months:

1. Energy Efficiency

- **Lower the Thermostat:** Reducing the temperature by just 1°C can significantly cut your heating bills [Energy App](#)
- **Wear Extra Layers:** Encourage your family to wear warm clothing indoors.
- **Use Public Warm Spaces:** Spend time in public places like libraries or community centres to reduce heating costs at home. Check the [Warm Spaces map](#) for locations near you.
- **Insulate Your Home:** Ensure your home is well-insulated. Grants may be available for home insulation improvements [Better Housing Better Health](#)
- **Smart Heating:** If affordable, invest in a smart thermostat to control heating more efficiently.

2. Food and Essentials

Plan Meals: Create a shopping list to avoid impulse buys and reduce food waste.

Use Foodbanks: If needed, foodbanks can provide essential items. Find your nearest one through the [Trussell Trust foodbank finder](#).

Bulk Cooking: Cook in bulk and use energy-efficient appliances like slow cookers or air fryers.

3. Warm Clothing

Second-hand Options: Look for warm clothes in charity shops or online selling groups.

School Resources: Check if your child's school offers uncollected lost property or can direct you to charities that provide clothing.

Out of Season Sales: Buy winter clothes during spring sales for the next year.

4. Financial Support

Check Entitlements: Ensure you're receiving all the benefits you're entitled to, such as cold weather payments or [energy efficiency grants](#)

Citizens Advice: Visit [Citizens Advice](#) for guidance on making your home more energy efficient and other financial advice

Christmas can be hard ..

Learn how Christmas might affect your mental health. Find tips on how to cope and ways to support someone else. [Christmas and mental health - Mind](#)



Mental Health Services

Child and Adolescent Mental Health Services (CAMHS)

CAMHS
**Child and Adolescent
Mental Health Service**

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](#).



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.
- **Resources**: Access to a range of products and tools to help manage continence issues.

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.

Additional Services and Resources

Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

5 - 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.**

We welcome your feedback!

Newsletter

If you wish to feedback or comment on this newsletter, or suggest topics for future newsletters, please email SHN.Oxfordshire@oxfordhealth.nhs.uk