



# Term 5 Primary School Health Nurse Team Newsletter 2024

**Term 5 May 2024**

*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 Nurse Service**
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## School Health Nurses



**School Health Nurses** are here to support children/ young people in Oxfordshire with any health concerns. The Primary School Health Nurse Team is based in 8 localities across Oxfordshire. Please use our text messaging service, ChatHealth to contact us or find your local team on our website **School Health Nurse website:** [www.oxfordhealth.nhs.uk/school-health-nurses/](http://www.oxfordhealth.nhs.uk/school-health-nurses/)

[Visit our website for more details via the link here.](#)

## What is going on this term:

### Sun awareness week



1 - Image credit: [https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fwww.nhs.uk%2Flive-well%2Fseasonal-health%2Fsunscreen-and-sun-safety%2F&psig=AOvVaw3c3MhhKYDjgE42HEuoPtKc&ust=1715246381618000&source=images&cd=vfe&opi=89978449&ved=0CBQQjhxqFwoTCPDF4PXc\\_YUDFQAAAAAdAAAAABAE](https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fwww.nhs.uk%2Flive-well%2Fseasonal-health%2Fsunscreen-and-sun-safety%2F&psig=AOvVaw3c3MhhKYDjgE42HEuoPtKc&ust=1715246381618000&source=images&cd=vfe&opi=89978449&ved=0CBQQjhxqFwoTCPDF4PXc_YUDFQAAAAAdAAAAABAE)

### Sun awareness week

**Monday 6th -Sunday 12th May 2024**

For more information on how to practice sun safety, please click here- [Sunscreen and sun safety NHS tips](#)

## Mental Health Awareness Week



2 - Image credit from: <https://www.mind.org.uk/get-involved/mental-health-awareness-week>

Mental Health Awareness Week runs from **13 to 19 May 2024**.

For general information and support that is offered from Mind around mental health for **adults**, please visit - [Here](#)

For general information and support that is offered from Mind around mental health for parents supporting **Young people** - [Here](#)

## May is National walking month



3 - Image credit: [National Walking Month \(livingstreets.org.uk\)](http://livingstreets.org.uk)

Please visit [#Try20 tips](#) for more information about helping you fit 20 minutes of walking into your day.

A brisk walk of just 20 minutes can have fantastic health benefits, both physically and mentally.

For information on walks in your local area, look at [Oxford County Council](#)

## Water safety advice



4 - Image credit: [Water Safety Advice \(rsls.org.uk\)](http://rsls.org.uk)

The Royal Life Saving Society UK has useful booklet about water safety for families - you can download the booklet - [Here](#)

## School Aged Immunisation Service



*Are your child's vaccinations up to date?*

Please check the [UK Immunisation Schedule](#) to ensure your child is up to date with all their vaccinations. Or visit the [SAIS website](#) for further details.

If you are unsure whether they have had them, please check your Red Book or contact the Child Health Information Service on **0300 561 1851**.

For advice on booking an appointment for outstanding vaccinations please email us at [immunisationteam@oxfordhealth.nhs.uk](mailto:immunisationteam@oxfordhealth.nhs.uk) stating your child's name, school, date of birth, your contact phone number and state which vaccination(s) are missing.

## Useful Information

### Healthier Together

[Healthier Together](#) is a new website and app for parents and carers, providing information from local healthcare professionals about what might be wrong when your child is unwell. Using an easy-to-

follow traffic light system, you'll find clear information on common childhood illnesses, including what signs to look out for, when and where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last.

The website also features a translation tool, a directory of local services to support your family's health and wellbeing, as well advice on whether your child should go to school when they have a virus or infection. Using the self-assessment triage tool, the [Healthier Together App](#) will provide advice on which healthcare provider can help depending on your child's symptoms and give the option to contact them directly from the app.



## Physical Health

The [ERIC website](#) has great information and advice, on all aspects of toileting, wetting and constipation problems, and you can also contact your School Nursing Team for help and support.



### **Children's Integrated Therapies Services.**

Children's Integrated Therapies Services include [Occupational Therapy](#), [Physiotherapy](#) and [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: Single Point of Access (SPA) Telephone: 01865 904435, visit [Children's Integrated Therapy Services](#) or contact your GP.



Speech and Language.



Physiotherapy.



Occupational Therapy.

## Mental Health and Wellbeing

### 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**

# CAMHS

Child and Adolescent  
Mental Health Service

# YOUNGmINDS

fighting for young people's mental health

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

Family Lives, build better family lives together. If you need support or advice, call our helpline on 0808 800 2222, email us at [askus@familylives.org.uk](mailto:askus@familylives.org.uk) or you can chat to us online via our [Live Chat service](#). You can also visit our [online forum community](#) to share dilemmas, experiences and issues with others who understand the ups and downs of family life.

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



## Contact Information

**ParentLine is for parents of children aged 5-11 years** who attend state schools in Oxfordshire can now text Oxford Health NHS Foundation Trust School health Nurses for advice and support. It is a safe and secure text messaging service between healthcare professionals and service users that provides confidential help, advice and signposting support. Text number **07312263227**.



## 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

We would love to hear from you

## iWantGreatCare

Let us know what you think of the School Nursing Service. We would love to hear about the experience you have had and if you have any suggestions on how we can improve your service. Please [click here](#), select **Standard Trust-wide survey** then select the correct school or areas.

**Newsletter**

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