



Term 4 Primary School Health Nurse Team Newsletter 2024

Term 4 March 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.

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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/

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

What is going on this term:

World Sleep Day, 15th March 2024





Sleep is essential for our health, a good nights sleep can boost our mood, reduce stress and help with anxiety.

The recommended times for your children, according to [Great Ormond Street Hospital NHS Foundation Trust \(2020\)](#), are below:

Your child's age Recommended sleep time in 24 hours

Infants 4 to 12 months 12 to 16 hours including naps

Children 1 to 2 years 11 to 14 hours including naps

Children 3 to 5 years 10 to 13 hours including naps

Children 6 to 12 years 9 to 12 hours

Teenagers 13 to 18 years 8 to 10 hours (if you have teenagers in the house check out the [Teen Sleep Hub](#))

Nutrition and hydration week, 11-15th March



The [The Eatwell Guide](#) shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

Water, drinks and hydration



Find out which drinks are healthier choices, and how to get enough fluids every day to stay hydrated.

Water is a healthy and cheap choice to keep you hydrated, but other drinks can also count towards your fluid intake. We also get some fluids from the foods we eat. Please see this link on the importance of [Hydration](#).

International day of Happiness, 20th March 2024

The mission of Action for Happiness is to help people create a happier world, with a culture that prioritises happiness and kindness.

This campaign is a global celebration to mark the United Nations International Day of Happiness. It is coordinated by *Action for Happiness*, a non-profit movement of people from 160 countries. Visit their website to learn more about how to be happy, learn about the [Ten Keys to Happier Living](#) and how you can put them into practice today.

Your actions matter and make a difference.



World Oral Health Day, 20th March 2024



World Oral Health Day

- Help your child to look after their teeth by supervising tooth brushing, and reminding them to:

- Brush for two minutes at night before bed, and at one other time of day.
- Use a pea-sized amount of fluoride toothpaste (containing between 1350-1500ppm of fluoride)
- Spit after brushing, but do not rinse.

More information can be found at:

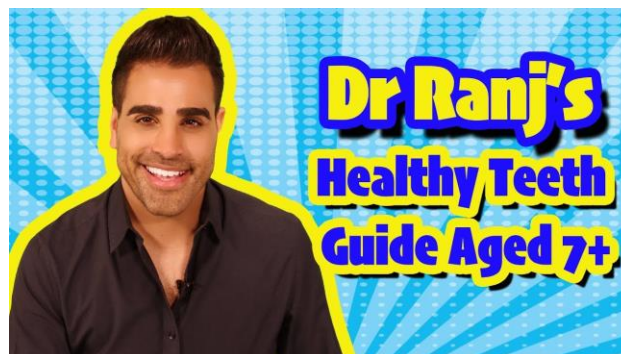
[Children's Teeth—NHS](#)

[Children's teeth - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Brush DJ](#) (app for all)



Some useful videos from the British Paediatric Dentistry:



Autism Acceptance Day, 2nd April 2024



For more information visit [Autism - NHS](#) (

[Autism Family Support Oxfordshire](#) are a charity supporting children and families.

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 **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**



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 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](#) and select the correct school or areas.