Oxford Health
NHS Foundation Trust



# Autumn Term (2): Primary SHN Newsletter November 2026

***Term 2: 2nd November - 18th December 2026***

Welcome to our **School Health Nursing (SHN) 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 use the details below.

### ParentLine 5-11 (ChatHealth)

**ParentLine 5-11** is a confidential and secure text messaging service that allows parents and carers to contact the Oxfordshire School Health Nursing Team for support. You can receive advice, guidance, resources, and information about a range of health and public health issues affecting your child. Messages are typically answered within one working day, Monday to Friday, excluding bank holidays.

**Text 07312263227, or** click here to 'Start a Chat'**, and speak to a school health nurse today.**

ChatHealth

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# Parentline 5-11 years

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

We provide **School Nursing** advice on issues such as:

**Diet & Healthy Lifestyles**
**Toileting**
**Sleep**
**Bullying**
**Support with behaviours**
**General & Emotional Health**




Message **Oxfordshire School Health Nurses** for confidential support and advice.




## CYP 0-19 SPA

You can also contact us via our CYP 0-19 Single Point of Access (SPA):

- **Telephone: 01865 903 800**
- **Email: cyp0-19@oxfordhealth.nhs.uk**

## Is your child too ill for school?



**Regular handwashing with soap and water** is a simple way to reduce the spread of common illnesses.

Help your child build the habit of washing their hands regularly, especially before eating and after using the toilet, coughing, sneezing or blowing their nose.

Not sure whether your child is well enough for school? NHS and UKHSA guidance explains when children can attend and when they should stay at home.

- **UKHSA: A guide to keeping kids healthy this school year for parents and carers**
- **NHS: Is my child too ill for school?**

The NHS produced a fun song to help children remember the best way to wash hands. Please see the YouTube clip below.




## Has your child had their Flu vaccine?



### A message from the School-Aged Immunisation Service (SAIS)

If your child missed their Flu vaccine in school, follow the steps below to book a clinic appointment:

1. Visit our website - **https://www.oxfordhealth.nhs.uk/imms/parents/**
2. Complete a consent form - **Flu Vaccination Consent Form**.

3. Make a note of the **Booking Reference** which will be emailed to you (it may go to your junk folder).
4. Book a Clinic appointment - **Vaccination Clinic**.

You will need your child's **School Code** which you will find on our website *and* on the letter about the Flu vaccine you received from the *SAIS*:

- https://www.oxfordhealth.nhs.uk/imms/parents/

Please remember that your child can have the injection, which doesn't contain Porcine Gelatine, if they are unable to have the Nasal Spray.

***School Aged Immunisation Service – PROTECTING FUTURES – ONE VACCINE AT A TIME***

### How to contact the SAIS

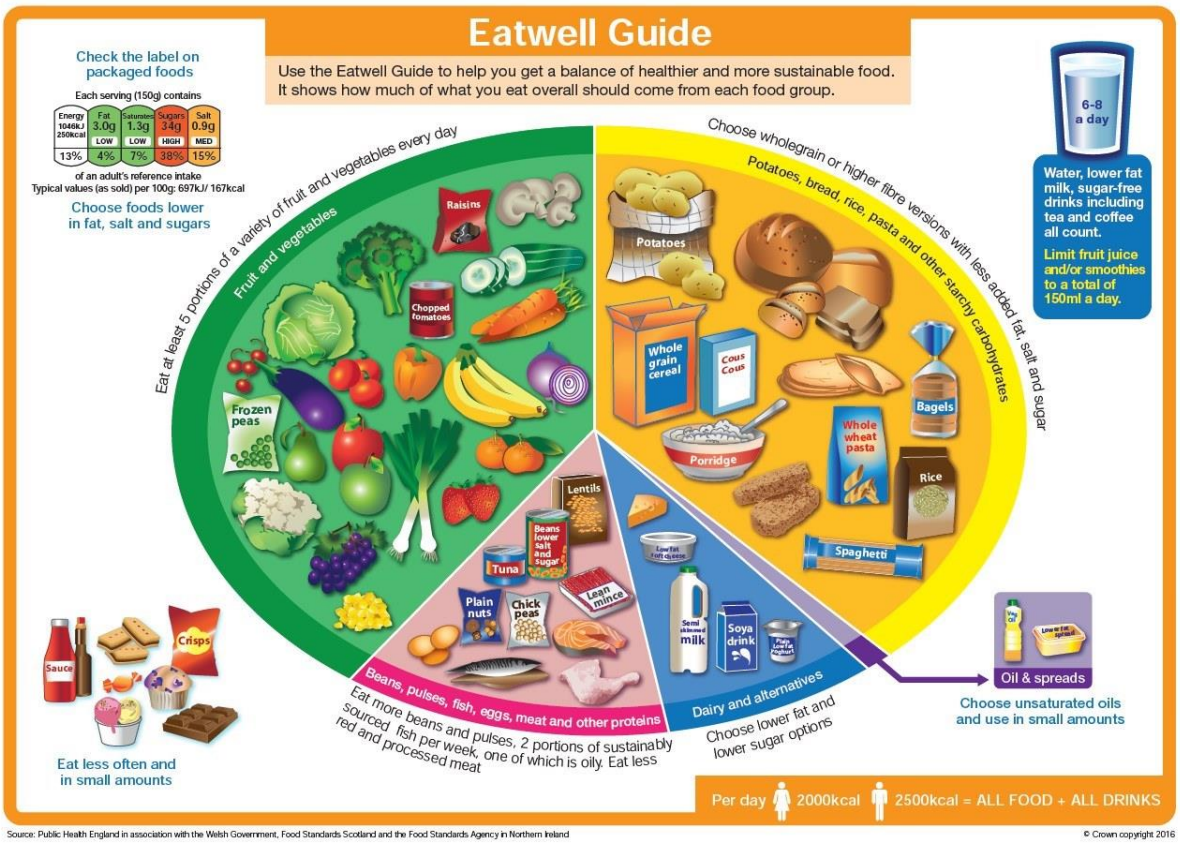
- **Telephone: 07920254400**
- **Email: immunisationteam@oxfordhealth.nhs.uk**
- **Website: www.oxfordhealth.nhs.uk/imms**

## Healthy Eating and Exercise

During these colder, darker and wetter months, it's important for children and their families to continue to eat well and remain physically active.

### The Eatwell Guide

The Government's Eatwell Guide is a simple visual tool to help children and families enjoy a healthy, balanced diet.




You can read more about the [Eatwell Guide here.](#) And find out more about getting [your 5-a-day here.](#)

## Let's Move!




The government's **Let's Move! Campaign** is inviting families to join the **New Moves Club** and make physical activity part of everyday family life.

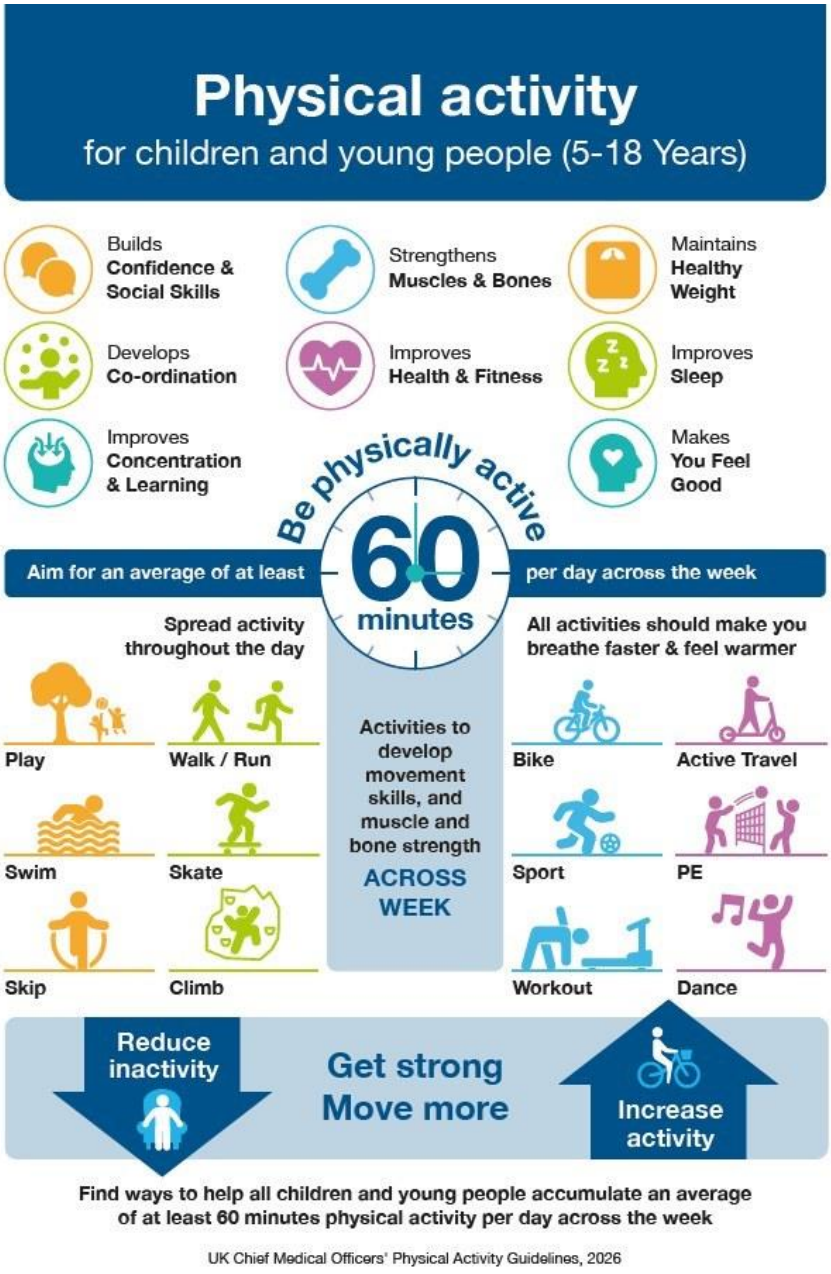
From park walks and bike riding to 10-minute home workouts, it's all about trying something new and having fun together. There's no need to get it perfect. When parents take part, children are more likely to feel confident, engaged and motivated to stay active.

Find more of Joe Wicks' Top Tips and simple, 10-minute ideas to get moving together at **NHS.uk/LetsMove**

And visit NHS Better Health – Healthier Families for free tips, recipes, snack swaps, and activity ideas **www.nhs.uk/healthier-families**

## Physical Activity Guidelines

Children and young people should aim for an average of at least 60 minutes of physical activity each day to support their physical and mental wellbeing, as detailed in the guideline graphic below.




*1 - Please click to see full image.*

*Source: [Physical activity guidelines: children and young people (5 to 18 years) - GOV.UK]*

For more information on physical activity and eating healthily, visit the NHS's [Better Health suite of resources here.]

## Beezee Families

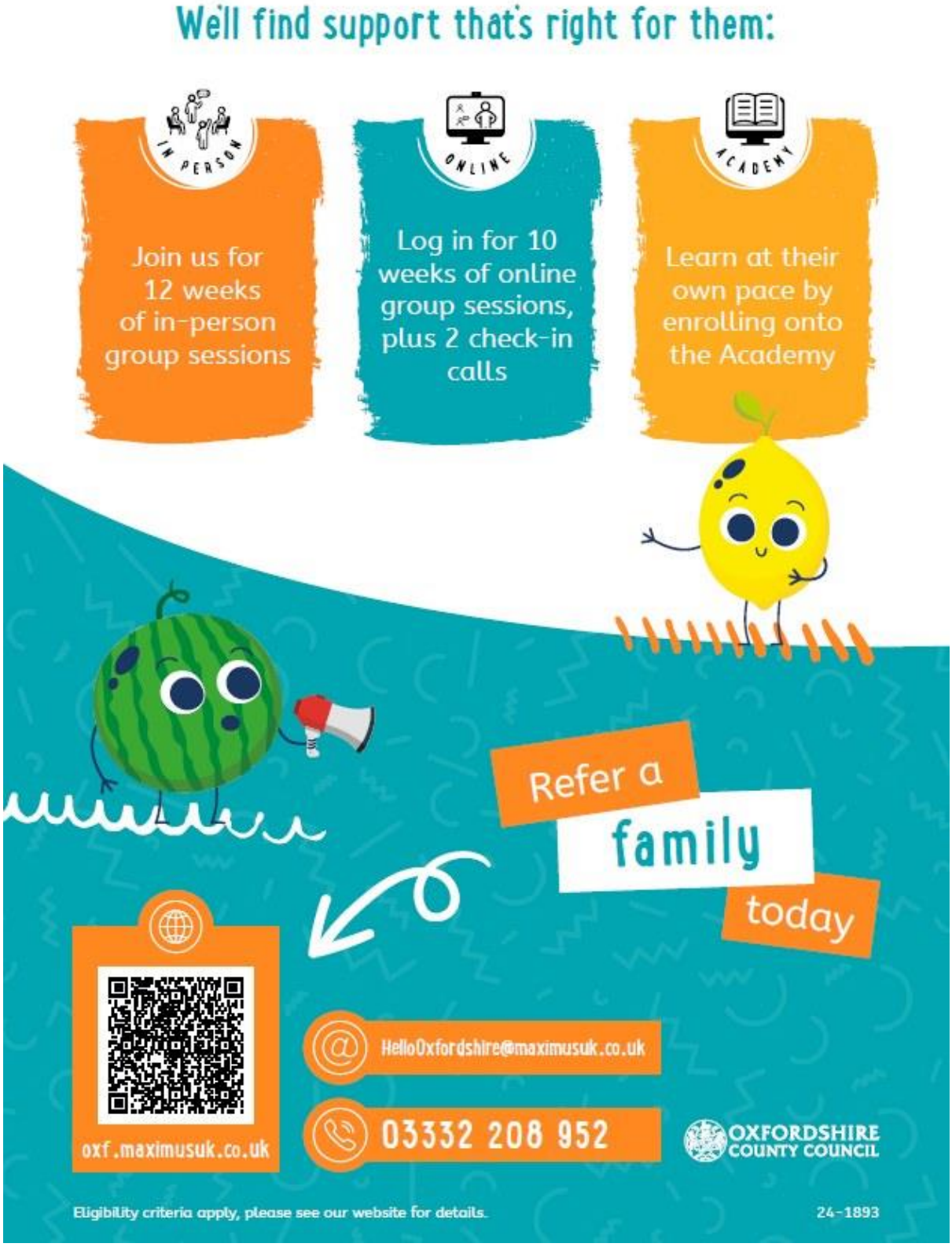
Beezee Families is a free, award-winning healthy lifestyle programme delivered by Maximus UK on behalf of Oxfordshire County Council. The programme offers expert coaching, nutritionist support, motivation, and small-group encouragement to help families build sustainable healthier routines.

Beezee FAMILIES



# Want to help families feel healthier and happier?

Refer a family to Beezee Families today. It's an award-winning, FREE, healthy lifestyle programme, designed to help families make healthy habits that last for life.




Self-referrals and/or professional referrals are welcome:

- **Email:** HelloOxfordshire@maximusuk.co.uk

- **Telephone**: 0333 220 8952
- **Text: T**ext **BZF** to **60777**

## Screening Programmes

**Reception** children are offered an **eyesight check and height and weight check (NCMP)**, while **Year 6** children are offered a **height and weight check**. We'll send you a letter beforehand with more information and details of how to opt out if you don't want your child to take part. Children in other year groups can have a **free NHS eye test at an optician**, or contact their GP for a height and weight check.

Click **HERE** to see Term 1's SHN newsletter which contains more details about our screening programmes.

***School Screener*** - Accessing Your Child's Results via the Parent Portal

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***Vision* and *Measurement results will be available within* two days** *via our secure* **School Screener** *Parent Portal*.

****Click HERE to access the School Screener Portal****

***PLEASE NOTE:*** *You must* create an account *and* verify your email address *before completing a form for each child in your family being screened this academic year.*

**This is the recommended and quickest way to receive your child's results.**

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## Anti-Bullying Awareness



The 16th to 20th of November is Anti-Bullying Week, which starts with Odd Socks Day on the 16th, when children and adults are encouraged to wear odd socks to celebrate uniqueness.

Led by the Anti-Bullying Alliance, this year's theme is Break the Silence, which encourages children, young people and adults across the UK to start conversations about bullying and take action together.

If you or your child is looking for guidance and advice around bullying, you can find some helpful resources and starting points for support on Childline's page on bullying.

## Money Week November 2026



Money worries can affect our mental wellbeing, and our mental wellbeing can affect how we manage our money. The two are often connected. As cost-of-living pressures continue, and with Christmas not far off, knowing where to find support is crucial.

Talk Money Week in November encourages getting a conversation started about money, and is lead by the government's Moneyhelper website, a suite of tools with advice and support on everything from fuel savings, pension, money troubles and more. You can get some great advice and help on finances by visiting this link.

Local support is also available here at the Oxfordshire Advice Navigator.

And if you are looking for support around money worries and mental wellbeing, a great starting point is the NHS's Every Mind Matters website here.

## Oxfordshire Community Dental Service

As always, the Oxfordshire Community Dental Service are celebrating the season in their usual healthy fashion. Below you can take a look at this year's festive oral health-themed puzzles and games to bring in the New Year with a smile.

Click the stack below to zoom in and browse!

# Picture Quiz

1. Can you find Santa Tooth hidden in this picture?
2. How many toothbrushes are there?
3. How many characters are wearing red santa hats?
4. How many elves are there?
5. How many smiling teeth are there?
6. What colour is the dental floss?
7. How many yellow presents are there?
8. How many reindeer are there?



# Smilosaur's Christmas Toothbrushing Advent Calendar

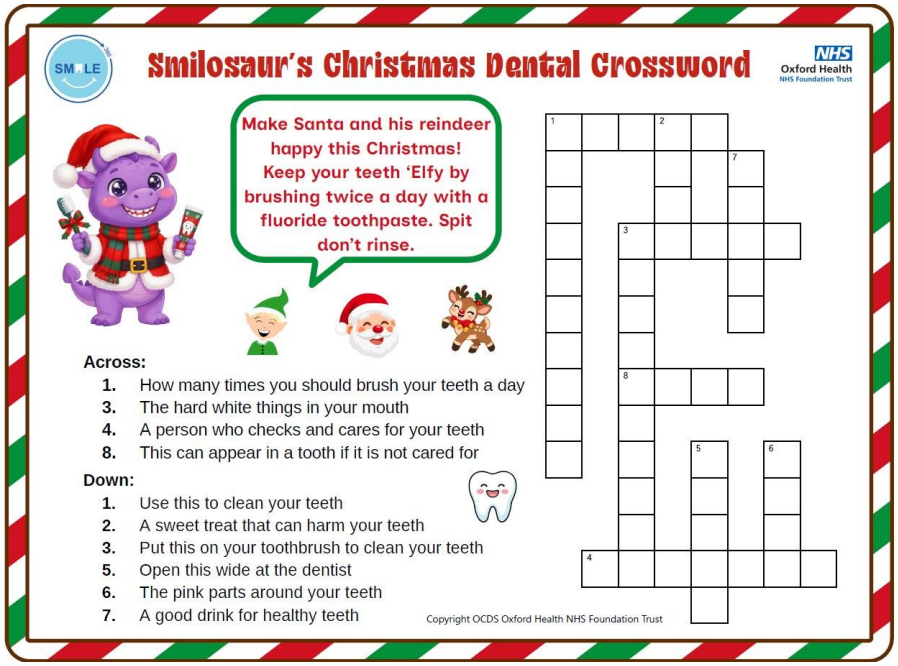


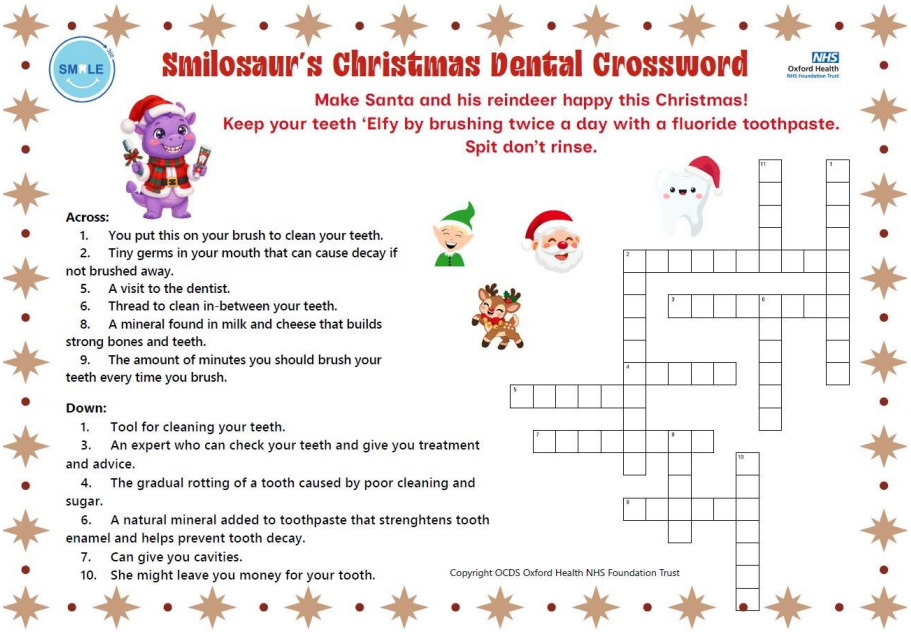

| | | | | |
|---|---|---|---|---|
| 1 ○ AM ○ PM | 2 ○ AM ○ PM | 3 ○ AM ○ PM | 4 ○ AM ○ PM | 5 ○ AM ○ PM |
| 6 ○ AM ○ PM | 7 ○ AM ○ PM | 8 ○ AM ○ PM | 9 ○ AM ○ PM | 10 ○ AM ○ PM |
| 11 ○ AM ○ PM | 12 ○ AM ○ PM | 13 ○ AM ○ PM | 14 ○ AM ○ PM | 15 ○ AM ○ PM |
| 16 ○ AM ○ PM | 17 ○ AM ○ PM | 18 ○ AM ○ PM | 19 ○ AM ○ PM | 20 ○ AM ○ PM |
| 21 ○ AM ○ PM | 22 ○ AM ○ PM | 23 ○ AM ○ PM | 24 ○ AM ○ PM | 25 ○ AM ○ PM |

AM and PM on 25th December

Happy teeth = Happy Smile!



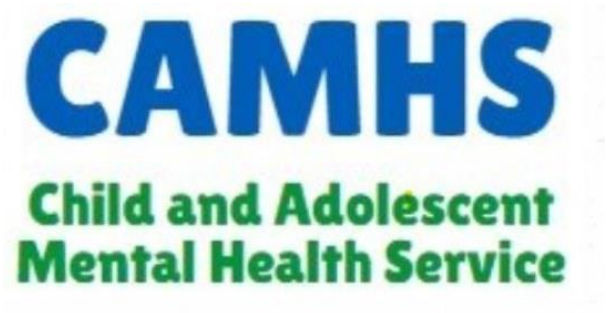



Find out more about the Community Dental Team and their work at their official website here: [Oxfordshire CDS - Oxfordshire Community Dental Service]

# Mental Health Support

## Local Services




*2 - Credit: Oxfordshire | Oxford Health CAMHSOxford Health CAMHS*

As well as ***ParentLine 5-11*** (see above), you can also access the Child and Adolescent Mental Health Service (CAMHS)**. CAMHS** provides support for children and young people experiencing emotional, behavioural, or mental health difficulties, working closely with families to offer care such as therapy, counselling, and crisis support.

Parents and carers can contact CAMHS via their Single Point of Access (CAMHS SPA) - please see their website for details:

- https://www.oxfordhealth.nhs.uk/camhs/

## National Services

If you or your child require mental health support, the following are always available:

- **NHS 111** – use **111 online** or call **111** if you require mental health help right now.
- **Childline** – call **0800 1111**, free, confidential support for under 19s.
- **Samaritans** – call **116 123** any time, day or night.
- **SHOUT** – text **85258** for free, confidential support via text.

**In an emergency, always call 999 or go straight to A&E.**

# Additional Services and Resources

## Children's Integrated Therapies (CIT) Services

Oxford Health NHS Foundation Trust's **Children's Integrated Therapies (CIT)** include:

- **Occupational Therapy,**
- **Physiotherapy** and
- **Speech & Language Therapy.**

For more information, including referrals, please visit their website:

- **Children's Integrated Therapy Services**

### ERIC - Bladder and Bowel support

**ERIC** (*Education and Resources for Improving Childhood Continence*) is a UK-based charity dedicated to supporting children and their families with bladder and/or bowel continence issues.

- **Home - ERIC**

### Healthier Together

**NHS Healthier Together** provides health advice and resources which is personalised to your location.  To access this, simply enter your GP surgery and post code to access this information.

- **Healthier Together**

### Coram Family Lives

**Coram Family Lives** is a UK charity dedicated to providing non-judgmental support and advice for families facing various challenges, such as parenting issues, relationship difficulties or mental health concerns.

See their website which has vast amounts of information and resources for caregivers:

- **Coram Family Lives - Parenting and Family Support**

## We welcome your feedback!



Thank you for taking the time to read this newsletter.

If you would like to provide feedback or suggest topics for future editions, please email cyp0-19@oxfordhealth.nhs.uk.