

Primary School Health Team Newsletter

Term 1 September 2020



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 quality of life in the future and enable them to reach their full potential educationally.

Welcome back to school

School health nurses are here to support children and families to stay healthy, especially during these very stressful times. Our nurses are available, and we are also using digital means to attend meetings virtually, and to keep in contact with children and families. If you have a concern regarding your child, please use the contact details at the bottom of this newsletter to call or email. Alternatively visit our website or Facebook page which has lots of resources and information, including how to help your child through COVID 19. We are working closely with our colleagues in Education and are looking forward to supporting all children as they return to school.



YOUNGMINDS

Parenting can be hard work. It won't always be easy. Watching your children grow is rewarding but there will be challenges and if you're reading this now, you might be facing a tough time. If you are worried about your child and think they are unhappy, you might be hard on yourself and think you aren't doing a good job. There are some great tips for any parent or carer who is worried about their child, or their own parenting skills, on the <https://youngminds.org.uk/> website.



Hear, Respond
Support Hub

Believe in
children
Barnardo's

<https://www.barnardos.org.uk>

Flu Vaccine – nasal spray – quick & easy!



All children in primary school are eligible for the Flu vaccine

The program is being delivered in all schools between the 12th October and the 15th December

Please watch out for an email from school which will provide
further details and the link to the Online Consent Form

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine>

For your child to be immunised in school don't forget to submit your consent form before the closing date

It is important to enter your child's NHS number on the form – this can be found in your red book or from your GP

Is my child too ill for school? - NHS

<https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school>

It can be tricky deciding whether to keep your child off school, nursery or playgroup when they're unwell. But there are government guidelines for schools and nurseries that say when children should be kept off school and when they shouldn't.



It is important to ensure routines are in place after an extended break from school. An organised environment helps children feel safe and secure as well as teaching them healthy habits

<https://www.familylives.org.uk/advice/primary/learning-school/establishing-a-school-routine/>

Children's Integrated Therapies Services in Oxfordshire include [occupational therapy](#), [physiotherapy](#), and [speech & language therapy](#).

We aim to support children and young people and their families by working with our partners in health, education, social care and voluntary and independent agencies

For queries please contact: Single Point of Access (SPA)

Telephone: **01865 904435** Or visit

https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/



New campaign to prevent the spread of coronavirus this winter

HM Government has launched a new campaign HANDS FACE SPACE that urges us all to continue to wash our hands, cover our face and make space, to control infection rates and avoid a second peak. The spread of coronavirus, particularly in enclosed spaces is shown in new film (click on link) produced with experts in the field, which highlights the risk in simple, everyday interactions and how we can all reduce the spread of the virus.

https://www.youtube.com/watch?v=Y_N1rTPhv04

Child and Adolescent Mental Health Services (CAMHS)

Oxfordshire CAMHS offers a single point of access for students and parents/carers, who have concerns around mental health. Single Point of Access (SPA): **01865 902515**

You can also visit <https://youngminds.org.uk/>

which has a helpline

YOUNGMINDS

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



If you would like to speak to your school nurse, please call Kate Dobie on 07917 217617

Please leave a message and I will call you back

You  can also email your school nurse on kate.dobie@oxfordhealth.nhs.uk

During school holidays please call 07769 235149

or Email SHN.Oxfordshire@oxfordhealth.nhs.uk

School Health Nurse website <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

School Nurse Facebook page <https://www.facebook.com/oxschoolnurses/>