



Term 6 Primary School Health Nurse Team Newsletter 2024

Term 6 June 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**
- **What is going on this term**
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- **ChatHealth - Parentline**
- **'I want great care' - Feedback opportunity**

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?

Bicycle Safety Week

Monday 10th - Sunday 16th June 2024

Good habits for bike safety starts young, so teach your young people the essential bike safety tips. For more information look at [Bicycle Safety Tips for Kids and Teens | SafeWise.com](#)

See below for UK government information on the skill and safety of cycling for children and families!

Cycle training for children - about cycle training (2024) Bikeability. Available at:
<https://www.bikeability.org.uk/get-cycling/cycle-training-for-children/> (Accessed: 29 May 2024).



1 - Credit: Bikeability (2021) Cycle more and have fun!, Bikeability. Available at: https://youtu.be/E8naImxHz_s (Accessed: 29 May 2024).

Sun Safety



Sunscreen and Sun Safety: A Summary (NHS Choices, 2024)

Why sun safety matters

- Sunburn harms your skin and raises your skin cancer risk.
- Tanning is not safe or healthy. It does not protect you from the sun's harm.
- You need some sun for vitamin D, but not too much. Balance sun protection and vitamin D [Vitamin D - NHS \(www.nhs.uk\)](https://www.nhs.uk)

When and how to protect yourself

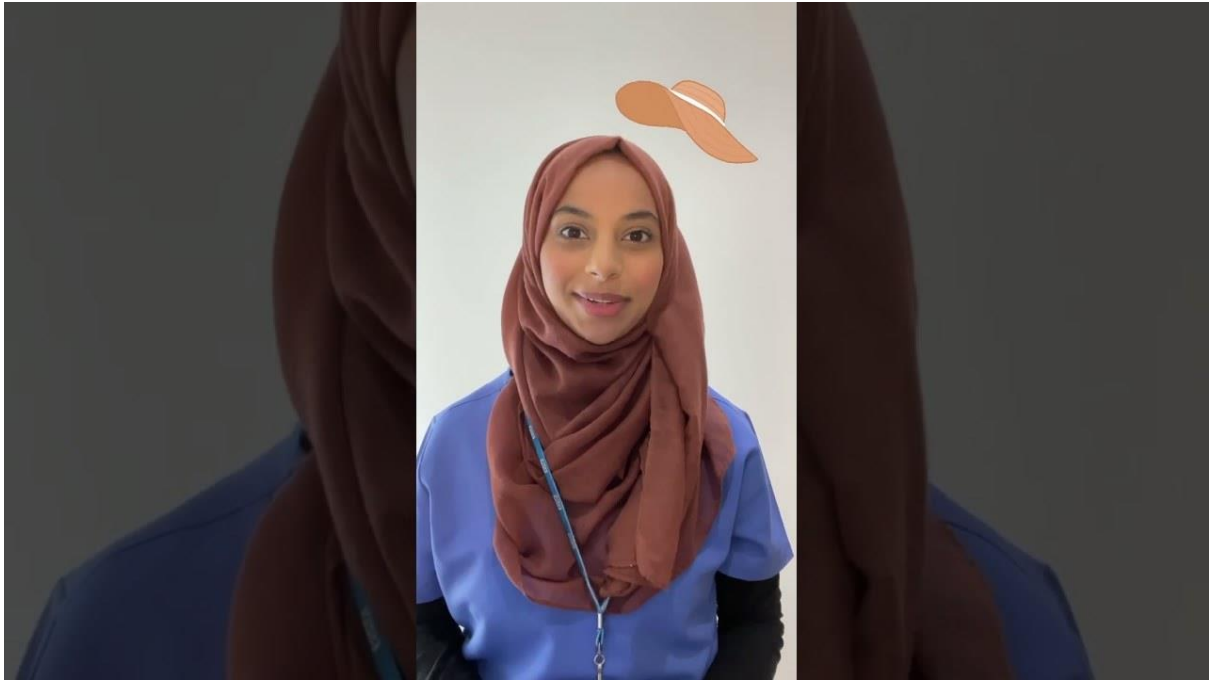
- The sun is strongest from 11am to 3pm in the UK (March to October). Stay out of the sun during this time.
- Wear clothing like a hat, a long-sleeved shirt, and sunglasses. Pick light and loose fabrics.
- Use sunscreen with at least SPF 30 and 4-star UVA. Apply it well and often, especially after swimming or sweating.
- Be extra careful with children. Their skin is more sensitive. Keep babies and young children out of the sun.

How to choose and use sunscreen

- Look for sunscreen labels with SPF 30 or more, 4-star or more UVA, and "UVA" in a circle.
- Check your sunscreen's expiry date and keep it cool.
- Sunscreen is not enough to protect you from the sun. Wear clothing and stay in the shade.
- Do not use sunscreen to stay longer in the sun. It does not stop all skin damage.

Protecting your children from the sun

- Babies and children have more sensitive skin than adults and need extra protection from the sun.
- Parents and caregivers are advised that children under 6 months should avoid direct strong sunlight, especially from March to October in the UK.
- Parents and caregivers are advised to cover up their children with suitable clothing, stay in the shade, and wear *at least* SPF30 sunscreen on exposed areas.
- Children under 5 should take vitamin D supplements to prevent deficiency.



2 - Credit: [Staying safe in the sun | Dr Sayyada Mawji, NHS #shorts - YouTube](#)

Water Safety

Water Safety Tips from [South Oxfordshire District Council \(2023\)](#):

A brief guide to stay safe while swimming in rivers and other wild swimming areas:

- **Swim smart:** choose a safe spot, follow the signs, assess the risks, swim with others, avoid hazards, plan your exit, and dispose of your rubbish properly.
- **Swim safe:** wade in slowly, watch your children, know your limits, be visible to boats, avoid drugs and alcohol, and respect others.
- **Don't be a hero:** if someone is in trouble, call 999 or 112, throw them a flotation device, shout instructions, and do not attempt a rescue unless you are trained and equipped.

Otherwise, be safe and have fun!

South Oxfordshire District Council (2023) *Water safety*. Available at:

<https://www.southoxon.gov.uk/south-oxfordshire-district-council/community-help-and-safety/water-safety/> (Accessed: 29 May 2024).



3 - Image credit: [Water Safety Advice \(rlss.org.uk\)](https://www.rlss.org.uk)

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

Transitioning to Secondary School



The summer holidays are a great time to prepare your child for secondary school. Here are some things you can do to make the transition easier and more enjoyable for both of you:

- **Have a chat with your child about how they feel about going to secondary school.** Listen to their expectations, hopes, and worries, and share your own experiences and advice. Help them set realistic and achievable goals, and encourage them to be positive and confident.
- **Help your child to get to know their secondary school before the term starts.** Explore the layout, facilities, rules, and routines of the school together. Most schools will hold a taster day in the Summer term, so your child can meet some of the friendly teachers, staff, and students who will be there.
- **Help your child develop good study habits and organizational skills.** Try and provide them with a quiet and comfortable space to study, and a planner or calendar to keep track of their assignments and deadlines.
- **Encourage your child to participate in extracurricular activities, such as clubs, sports, arts, or volunteer work.** This can help them develop their interests, talents, and social skills, as well as make new friends and have fun.
- **Support your child's physical, mental, and emotional health.** Make sure they get enough sleep, exercise, and healthy food. Be encouraged that, as parents and caregivers, you are best placed to talk to your child about any stress, anxiety, or peer pressure that they may face, and help them cope with their emotions and challenges. Please also know that

professional help via school, the school health nursing team, CAMHS and more are available (see details at the bottom of this SWAY), if your child needs it.

An excellent resource is BBC Bitesize guide on '[Starting secondary school](#)', which has sections of advice for both parents and children. Just log in with your BBC account to view the resource.

The OxfordOWL also has a great website with tips, tricks and checklists to help you and your child feel prepared for their secondary school venture! [Starting secondary school | Oxford Owl](#).

Summer Holidays- Holiday Activities and Food Programme (HAF)



- If your child is in Reception-Year 11 and gets free school meals, they may be eligible for the [HAF programme](#). They can have fun and healthy activities for four hours a day, four days in spring and winter and sixteen days in summer. They will also get a nutritious meal each day.
- The HAF programme is only in the long holidays, not in the half term holidays. It is also only in ten areas of Oxfordshire where children and young people need more support. If you live in one of these areas, you will get more information soon.
- To book a HAF session, you need a code from your school. Closer to the holidays you will be able to take a look at the providers running activities and [book a HAF activity session](#).
- If you want to know more about the HAF programme or free school meals, contact your school or call 01865 328460 or email activitiesoxfordshire@oxfordshire.gov.uk.

(Oxfordshire County Council (2024a) *Family Information Service : holiday activities and Food Programme (HAF): Information for families, Family Information Service* | . Available at:

<https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/advice.page?id=AVpSfBoWFFU> (Accessed: 30 May 2024).)

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 stating your child's name, school, date of birth, your contact phone number and state which vaccination(s) are missing.

Useful Information

Healthier Together



4 - Image credit: NHS Choices (2024) Oxfordshire - Healthier Together. Available at: <https://www.oxfordshire-healthiertgether.nhs.uk/> (Accessed: 29 May 2024).

Healthier Together (NHS Choices, 2024) 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.

Live Well Oxfordshire



[Live Well Oxfordshire](#) has a newly re-furbished website with up-to-date information on available family support services in Oxfordshire. From food banks to finances, childcare provision to community groups, *Live Well Oxfordshire* has information on it all!

Oxfordshire County Council (2024) *Live Well Oxfordshire, Home | Oxfordshire MarketPlace*. Available at: <https://livewell.oxfordshire.gov.uk/> (Accessed: 29 May 2024).

Physical Health



5 - Credit: ERIC (2024) Bedwetting – reasons and how to stop it, ERIC. Available at: <https://eric.org.uk/childrens-bladders/bedwetting/> (Accessed: 29 May 2024).

The [ERIC website](#) (ERIC, 2024) 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.



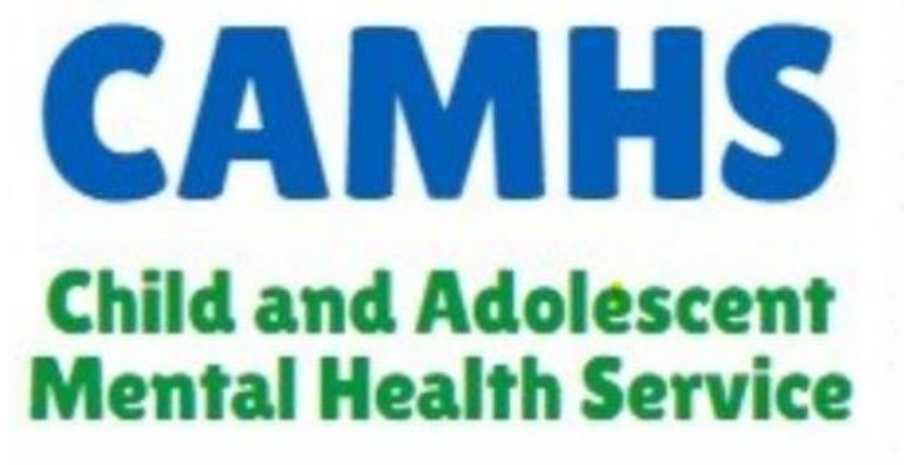
Physiotherapy.



Occupational Therapy.

6 - 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).

Mental Health and Wellbeing



7 - Credit: [Oxfordshire | Oxford Health CAMHS](#)[Oxford Health CAMHS](#)

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



8 - Credit: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

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 their helpline on 08088002222, email them at askus@familylives.org.uk or you can chat to them online via their [Live Chat service](#). You can also visit their [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 5-11 is for parents of children who are aged between 5-11 and live in Oxfordshire. This service means that parents 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 offers 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

9 - 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).

We would love to hear from you



10 - Credit: iWantGreatCare (2024) iWantGreatCare logo. Available at: <https://www.iwantgreatcare.org/> (Accessed: 16 January 2024).

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 our 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