

School Health Nurse Newsletter

September 2021



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.

School Health Nurses

Are qualified nurses who work in state schools across Oxfordshire. We provide advice on health choices, such as healthy eating, sexual health and substance misuse. We offer health reviews, assist in the delivery of the school aged Immunisation programme and support families with complex needs.

Safeguarding children and young people is at the heart of all we do, and we work with parents and carers, as well as partner agencies, such as social and health care.

These services are also available to home schooled children:

- Health reviews – if you have any concerns about your child's health
- Support to access health services
- Immunisations in line with the UK school aged schedule
- Safeguarding, including an offer of annual health review, for children with a child in need, or a child protection plan

This is a confidential service, available to all children and young people aged 5-19 yrs. Information will only be shared if it is felt the young person, or anyone else is unsafe or at risk of harm.



Family Information Service

We can give free information, advice and assistance on:

Finding and paying for childcare
Play and leisure activities for children, young people and families
Working parents' (maternity and paternity) rights and options
Family and parenting support
Local Offer – help for children and young people with special educational needs or disabilities (SEND)

<https://www.oxfordshire.gov.uk/residents/children-education-and->

**HELP US
HELP YOU**
PROTECT AGAINST FLU

Flu Vaccine 2021/2022

For all children who would be in Reception up to and including Year 11.

Please watch out for a letter from Oxford Health NHS Trust providing you with details regarding this important vaccination and inviting you to book an appointment at a clinic. The letter will provide a link to the online Consent Form and a further link for you to be able to book the clinic appointment. The clinics will be held between October and the end of January across the county.

Further information about the vaccination is available on the School Health Nurses website.

<https://www.oxfordhealth.nhs.uk/school-health-nurses/immunisations/flu-immunisations/>

**If you wish to speak to someone regarding your child's immunisations, please call 07920 254 400
or email the immunisation team at ImmunisationTeam@oxfordhealth.nhs.uk**



National Fitness Day 2021 will take place on **Wednesday 22nd September** and is a chance to highlight the role physical activity plays across the UK, helping us raise awareness of its importance in helping us lead healthier lifestyles through being physical active.

<https://www.nationalfitnessday.com>



WORLD HEART DAY
29 SEP

World Heart Day is a global campaign during which individuals, families & communities around the world participate in activities to take charge of their heart health.

Remember: A good diet and active lifestyle helps keep your heart healthy



INTERNATIONAL DAY OF SIGN LANGUAGES

World Federation of the Deaf 23rd September

International day of sign languages and this year's topic is 'We Sign for Human Rights'.

International Week of the Deaf People is celebrated annually by deaf communities all over the world organised by The World Federation of the Deaf, an organisation working to ensure equal rights for 70 million people around the globe. This year's theme is Celebrating Thriving Deaf Communities

SEND (Special Educational Needs/Disabilities)

Local Offer Information:

<https://www.oxfordshire.gov.uk/residents/children-education-and-families/education-and-learning/special-educational-needs-and-disability-local-offer>

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/

October 10th – World Mental Health Day 2021 Tea &Talk!

We all need to look after our mental health as much as our physical health. Conversations around mental health can be difficult, but if you start them now with your children and have them often you will be preparing them well for having the same conversations in adulthood.

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

OXME An excellent site for young people in Oxfordshire; <http://OXME.Info/cms/>

School Nurse Base Contact Details:

North Oxfordshire: 01865 904234

Central Oxfordshire: 01865 904225

South Oxfordshire: 01865 904890

Mobile: 07769 235 149

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/>

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**

<https://youngminds.org.uk/>

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



NSCPP – Supporting Mental Health

<https://learning.nspcc.org.uk/news/2020/april/supporing-children-young-people-mental-health>