

Secondary School Health Team Newsletter

Term 3 February 2022

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.



Starting on 14th February, there will be a text messaging service available for young people aged 11-19yrs, to contact school health nurses during school holidays!

Young people can anonymously send a text message, any time of the day, for advice and support around any health topic and receive a response within 24 hrs (Monday -Friday).

The number will be shared with school health nurses on 14th February ready for the February half term.

ChatHealth is used by over 60% of school nurse teams across the country and was established by Leicestershire NHS Trust over 8 years ago.

For more information use link below:

<https://www.oxfordhealth.nhs.uk/news/parents-and-young-people-invited-to-chat-health/>



Safer Internet Day 8th February 2022

Some things are out of our control, but we can create a better internet by always being respectful and kind in our online interactions.

Educate yourself about any app, social media platform or game your child may be using, by learning about how it works, what it's for and if it's safe.

Search for it on www.net-aware.org.uk for a full guide.

School Aged Immunisation Programme

To find out more information on what immunisations your child is due visit:

<https://www.nhs.uk/conditions/vaccinations/>

For all immunisation queries please email
ImmunisationTeam@oxfordhealth.nhs.uk

Free mental health webinars for young people and parent/carers

Charlie Waller Trust are delivering a series of free webinars on young people and mental health over the next 6 months. Topics include The Teenage Brain and Sleep.

https://charliewaller.org/what-we-do/free-online-webinars?_cldee=aGVhbHRocHJvbW90aW9u cmVzb3VyY2VAAb3hmb3JkaGVhbHRoLm50cy5 1aw%3d%3d&recipientid=contact-9b3e76bd0e76eb11a812002248414177-c76a9e684f2f4fd08da5eb0aed86cb01&esid=9801cc93-3780-ec11-8d21-6045bd0e6f2b

Research study on the impact of social media on mood in young people

The study is sponsored by Oxford Health NHS Foundation Trust and will explore the impact of social media on mood in young people. Adolescents who volunteer to take part will complete an anonymous online survey. Parent/carer consent is required for young people under the age of 16yrs – more information in the fliers below :



16-18 Social Media Study Advert.pdf



11-15 Social Media Study Advert.pdf

Children's Mental Health week

7th-13th of February is Children's Mental Health week. Children's Mental Health Week is an opportunity to shine a spotlight on the importance of children and young people's mental health, taking place in February each year. Schools, community groups, businesses and individuals come together to raise important awareness and vital funds to help more children and young people get the emotional support they need. For more information call 0207 923 5506 or email events@place2be.org.uk with any questions.

1st-7th March is Eating Disorder Awareness week

Like many mental health conditions, Eating Disorders can thrive off shame, secrecy, and personal stigma. So, it's time to speak up. An Eating Disorder is a mental health condition where you use the control of food to cope with feelings and other situations. Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape. Some examples of eating disorders include avoidant/restrictive food intake disorder, bulimia, binge eating disorder, and anorexia. There is no single cause and people might not have all symptoms for any one eating disorder. It's also possible for someone's symptoms, and therefore their diagnosis, to change over time. If you or your child are worried about their eating habits, speak to the School Health Nurse. <https://www.beateatingdisorders.org.uk/support-our-work/eating-disorders-awareness-week/>



Quit smoking -Stopping smoking is one of the best things you will ever do for your health. When you stop, you give your lungs the chance to repair, and you will be able to breathe easier. There are lots of other benefits too – and they start almost immediately. It's never too late to quit. Download the free NHS Quit Smoking app.

<https://digitalcampaignsstorage.blob.core.windows.net/campaign-s-cms-prod/images/icon-app-stoptober.width-320.png>

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/

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/>



Your school health nurse is: Tikki Harrold



If you would like to speak to your school health nurse, please call: **07785 303941**

We will call you back if you leave a message. Or email tikki.harrold@oxfordhealth.nhs.uk

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

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>