

Secondary School Health Team Newsletter

Term 1 September 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**.*

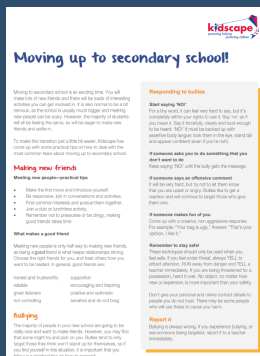
Establishing these habits early on will help to improve your child's future quality of life and enable them to reach their full potential in education and beyond.

School Health Nurses are based in Oxfordshire secondary schools and the contact details for the nurse, for your child's school is at the end of this newsletter. If you have any health concerns regarding your child please contact your school health nurse. Please see our [website](#)

Transitioning to Secondary School

While moving to Secondary School is an exciting time, your child may be worrying about how to cope with the changes and how to make new friends.

Kidscape, a UK charitable organisation has produced the leaflet below, sharing tips on staying organised, making friends, keeping safe and dealing with potential bullying.



[Click on the link](#)

School Health Nurses offer a health review to Year 7 students. If you have health concerns for your child, please contact your School Nurse.



Emergency Medication Reminder

If your young person is prescribed an **asthma inhaler**, **adrenaline pen** for allergies, or other **emergency medication**, please remember to make



sure they have enough in-date medication to share with school and any they carry. It is a requirement that this is in school and should be taken in on the first day. If there have been any changes to your young person's care plan, please share this with school. School Nurses deliver training to school staff for these medical conditions.



If you have any concerns or need help with the care plan, please contact your School Health Nurse. [Asthma Action Plan](#) (print out and take to your GP or Practice Nurse to complete).

- [The Mix \(for under 25s\)](#)

Or maybe they would like to try something from the comfort of their bedrooms:

- [NHS Fitness Studio](#)



deserves an active start in life, but currently only half of our children and young people are active, and just 19% are meeting the guidelines of 60 active minutes a day. For more information [visit their website](#)

Want to encourage your young person to be more active? Why not try some of the ideas listed here to boost activity levels:

- [Activities in Oxfordshire Directory](#)

National Eye Health Week

19th-25th September 2022

Did you know that all children under 16 and for young people under 19 in full time education are eligible for free eye tests?

Find an optician near you: <https://www.nhs.uk/nhs-services/services-near-you/>



NATIONAL EYE HEALTH WEEK

MONDAY 19 – SUNDAY 25 SEPTEMBER 2022

YOUR VISION MATTERS

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.

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.

World Mental Health Day

Monday 10th October 2022

— This year's theme is *Making Mental Health & Wellbeing for All a Global Priority*.

Our mental health and wellbeing should be as much of a priority as our physical health.

The **British Red Cross** has produced some activities for children and young people, reminding them to be kinder to themselves and how to build connections with others. [Click on the link](#)

YouTube - [How to provide emotional support to your child | Advice from our Parents Helpline experts - YouTube](#)



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



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



Your School Health Nurse is: Nyesha Lowe



If you would like to speak to your school health nurse, please call: **07786735788**

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

School Health Nurse website:

www.oxfordhealth.nhs.uk/school-health-nurses/

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

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