

Primary School Health Team Newsletter

Term 2 November 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.



Dear all,

We continue to live in very unsettled and uncertain times, the schools are open with COVID restrictions in place and procedures for children who may be experiencing symptoms or have COVID 19. This will continue even when we lockdown again later this week. We are assured by the government that our service will not be redeployed during the second wave, so School Health Nurses continue to be available for children and families, if you have a concern regarding your child, please use the contact details at the bottom of this newsletter to contact us. Our colleagues in children's mental health services (CAMHS) and the therapy services, are also working hard to support children and have shared their contact details. Oxford Health Website has many resources and links to verified websites with useful information and suggestions to cope in these unprecedented times.

Take care and stay safe – Primary School Health Nurses Team

YOUNG MINDS



Is your child experiencing anxiety, are you a parent looking for support?

Read our guide for parents on what you can do if your child has anxiety.

[Advice for Parents](#)

Black History on the BBC

Children's education series discussing the influence of black people on the world aimed at a primary school audience. Clips from the Black Britons programme give an introduction to the history of black people in Britain, from the Romans, through the slave trade to the end of the Second World War. www.bbc.co.uk/programmes/b006vd1m/episodes/guide



Flu Vaccine – nasal spray – quick & easy!

All children in primary school from reception to year 6 are eligible for the Flu vaccine

**HELP US
HELP YOU**
PROTECT AGAINST FLU

The program is being delivered in all schools between the 12th October and the 16th December, this is before the peak flu season arrives in January and February, as directed by NHS England.

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

Any queries email flu.schoolnurses@oxfordhealth.nhs.uk or phone 07920 254 400

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

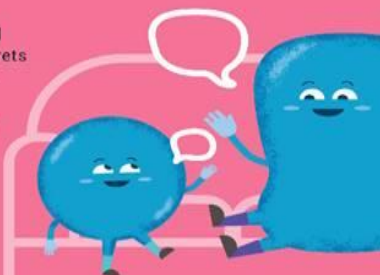
It is important to enter your child's NHS number on the form – this can be found in your red book or from your GP

COVID-19 PARENTING

Talking about COVID-19

Be willing to talk.

They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.



Activity Guidelines for 5 to 18-year-olds

At least 60 mins of physical activity every day- this should range from moderate activity, such as cycling and playground activities to vigorous activity such as running and football.

3 days a week it should involve exercises for strong muscles and bones, such as sports, gymnastics or ball games.

[Find out ways to get healthy as a family](#)

[Find out ways to get active with your kids](#)

16 Days of Action Against Domestic Violence-

Public Health England, this campaign runs from 25th November to the 10th December

Oxfordshire Domestic Abuse Service (ODAS)

If you, your children, or someone you know is being abused in their home in Oxfordshire or West Berkshire, speak to us. Whether you want to leave your home or just need advice, ODAs are here to help you.

Telephone

Domestic Abuse Helpline: 0800 731 0055 (10am - 6pm, Monday to Friday and 10am - 4pm on Saturdays) For 24 hour advice, call the National Helpline: 0800 2000 247

Website <https://www.a2dominion.co.uk/Domestic-abuse-services>

NHSE Armed Forces Families engagement questionnaire

NHSE Armed Forces have launched an Armed Forces families engagement questionnaire live between now and the 30th of November for all serving, reservists and veterans families (the whole Armed Forces Community) so they can feed back into the system.

<https://www.engage.england.nhs.uk/survey/health-and-wellbeing-support-armed-forces-families/>

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/>



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/

Your school health nurse is:



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

We will call you back if you leave a message.



You can also email your school health nurse on:

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

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