

The Warriner School**School Health Nurse: Wendy Bull****Email Contact: wendy.bull@oxfordhealth.nhs.uk****Mobile contact: 07796 927093**

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Information for parents and carers of year 7 students

Dear Parent or Carer,

As your son or daughter is now entering a new school, we would like to take this opportunity to introduce the school & college health nursing service in secondary schools and colleges in Oxfordshire. The service is commissioned by Public Health, Oxfordshire County Council and provided by Oxford Health NHS Foundation Trust. School Health Nurses are based in secondary schools and colleges, and work in partnership with teaching and pastoral school staff to provide support and guidance to students, to help them make healthy lifestyle choices.

School Health Nurses

School Health Nurses are qualified nurses who have undertaken specialist training to care for young people in a school setting and deliver the best evidence-based practice, to help young people make healthy choices and help keep them safe. School health nurses have full access to support services and adhere to the professional standards outlined in the Nursing, Midwifery Council (NMC) Code of Conduct; further information is available at www.nmc.org.uk

Health review and access to the school health nurse

During the Autumn Term there will be an opportunity for the school health nurse to offer your child a health review. If you have concerns regarding your child's health, please contact the school health nurse (contact details above) to arrange a review. Parents/carers are not routinely asked to attend for the health review; however, you may of course attend if you wish. If in the future, you identify a health concern please contact the school health nurse.

The school staff or school health nurse will also contact you if they are concerned after completing the health review.

School health nurses offer an accessible, visible, and confidential service to young people. Many will have an open-door policy so students who have any health worries or concerns can knock on their office door and be seen immediately, or be given an appointment to return. Weekly 'drop in' sessions held over lunchtime, are another opportunity for young people to access the service. We would advise parents and carers to review the school health nurse page on the school website as this details the health offer in your child's school.

Throughout their school life, there may be times when young people need health advice or support from the school health nurse, this may be accessed by the young person themselves, or they may be referred to the school nurse by school staff.

Confidentiality, safeguarding, and record keeping

The service provided by the school health nurse is independent from the school, and school health nurses can offer a confidential service to students. If there are concerns that the child/young person or other young people are at risk of harm, this information will be shared to ensure their safety. School health nurses maintain confidential health records on all children and young people using the services

of Oxford Health NHS Foundation Trust. These health records will be held securely in accordance with Caldicott Guidance and in line with the General Data Protection Regulations 2018.

<https://www.oxfordhealth.nhs.uk/wp-content/uploads/2018/07/Oxford-Health-Easy-Read-Patient-Privacy-Notice.pdf>

Medical Conditions

It is important that schools are aware of any medical conditions your child may have prior to starting school, this includes conditions that may be under control and managed purely at home. You will have received a form prior to your child starting school. Please remember to update school staff if there are any changes to your child's health.

Medicines in schools

If your child needs medication to be available in school, for example, adrenaline auto-injectors for a severe allergy, or they need to take medication during the school day (e.g. an inhaler for asthma) you will need to discuss this directly with school, the student support officers will be able to help. Be aware that schools have their own procedures for administering medicines. As part of this procedure, you may be asked to complete a consent form giving permission for school staff to administer medicines to your child. It is the parent's responsibility to ensure any medication given to school is in date, and that it is replaced before it has expired.

School Aged Immunisation Service (SAIS)

Vaccinations for school aged children are now delivered in schools by the SAIS. This new service is also provided by Oxford Health Foundation NHS Trust, SAIS link closely with the school health service, to ensure all children and young people receive their vaccinations in accordance with the UK schedule www.nhs.uk/vaccinations. Parent/carers will receive information (usually via email) from school when vaccinations are due, with details of how to complete an Electronic-consent form.

Vaccinations currently administered in secondary school:

Year 8

Human Papilloma Virus (HPV Dose 1) – now offered to both girls and boys, offering protection against a variety of cancers and genital warts

Year 9

- **Human Papilloma Virus (HPV)** – Dose 2, further consent is not required as consent given in Year 8 provides consent for both dose 1 and dose 2.
- **Tetanus, diphtheria, and inactivated polio (Td/IP)** - this vaccination completes the course of 5 vaccinations which started in infancy and gives lifelong protection
- **Meningitis ACWY (MenACWY)** - this vaccination is given at the same time as Td/IP and offers protection against 4 strains of Meningitis
- **Measles, Mumps and Rubella (MMR) catch up** - by the time your child reaches secondary school they should have already received 2 MMR vaccinations which gives lifetime protection. In year 9 students are given another opportunity to receive this vaccination if they have one or more doses outstanding.

Are your child's vaccinations up to date?

This is a good time to check if your child has received all their vaccinations, or if you have followed the schedule in another country to ensure none have been missed. To check which vaccinations your child should have received please go to www.nhs.uk/vaccinations

If you are unsure whether your child has received the vaccinations, please check your child's Red Book or contact your practice nurse/GP to book any that are outstanding.

For all vaccination queries, including issues relating to completing the electronic consent process please email immunisationTeam@oxfordhealth.nhs.uk or phone 07920 254 400

Useful health information

Free Eye Tests

Eye tests for children are essential health checks and are free for every child under 16 and every young person under 19 if they are in full-time education. They are easy to arrange by phoning your local optician to book an appointment.

NHS Dentists

For help with finding an NHS dentist www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist

If after contacting several dental surgeries, you cannot find a dentist accepting NHS patients please call the NSH England's Customer Centre 0300 311 2233.

For general enquiries regarding Oxfordshire dental practices email: dental@oxfordhealth.nhs.uk

Healthy Lifestyle

Join Change 4 Life for free easy tips on maintaining a healthy lifestyle for all the family

<https://registration.change4life.co.uk/>

NHS Choices

This is the recommended website for all health queries, as this is maintained by the NHS and will be up to date and evidence-based: <http://www.nhs.uk/pages/home.aspx>

Is my child too ill for school?

<http://www.nhs.uk/livewell/yourchildatschool/Pages/Yourchildatschoolhome.aspx>

School Health Nurses Website & Facebook

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

Facebook: <https://www.facebook.com/oxNHSschoolnurses/>

Parents/carers and young people

www.familylives.org.uk is a national charity providing information and support, including a phone line for parent/carers on a range of issues.

Oxfordshire County Council Website for more information and guidance for parents and young people: [Information from Oxfordshire County Council for parents](#)

Youth website with information for young people on all aspects of emotional and physical health <http://oxme.info/cms/health>

Young minds -Committed to improving children's wellbeing and mental health.

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

Child and Adolescent Mental Health Services (CAMHS)

<https://www.oxfordhealth.nhs.uk/camhs/carers/>

NSCPP – Supporting Mental Health

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