



# 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...

#### 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 <u>website</u>

## 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

Mavina		kidscape maintenant
Moving	up to seco	indary school!
Moving to secondary softward is an exciting time. You will make tota of new Twinds and Twies will be badd of training ambies you can get involves in a tax and normal to be a bit moves, we find the softward to append on the softward moves, and the softward to append on the softward will all to being the same, as will be easier to make new hards and software.		Respectivity to buildes Start supply YOC the is the work, the much interpreted parameters of the parameters of the start of the start of the start parameters and the thereaf the start of the start to be heart. Why it must be baland on white assertue back ingrand to define the start work.
come up with some practical type on how to deal with the most common tease about moving up to secondary actool. Making new finitends		If someone asks you to do something that you don't want to do Keep saving V/C until the bulk cats the message.
Meeting new people-spractical type Make the first move and inhodocor pound. Bit exaposates, pin in conversations and activities. Prid common feetops and pound them tegrity. Join actual or landtime activity. Resember on to pomaunice ar be dings, making		If someone says an offensive comment it will be very hard, but by not to let them know that you are upon or anyye, funded to any get a neutrone and continue so target those whengine them one. If someone matters from of proc
good hierds takes time What makes a good hierd		Come up with a creative, non appressive response. For example: "Your bag is uply." Answer: "That's your opinion. I like 8."
Westing new particle is only half way to making new thierds, as being agood thind is what keeps initiationships shong. Choose the right hierds for you, and test others how you want to be treated. In general, good hands are:		Remember to stary safet These techniques should only be used when you feel safe. If you keel under thread, always YELL to atheat attention, FLM away horn-darger and TELL a teacher immediate. You are being hymerimed for a
honest and tustworthy	supportive	possession, hand it over. No object, no matter how
rolažio	encouraging and inspiring	new or expensive, is more important than your safety
grant lateners not controlling	positive and optimistic sensitive and do not brag	Don't give your personal and online contact datails to people you do not trust. There may be some people whervell use these to cause you harm.
Bullying		
The majority of people in your new actionican going to be redy vice and want to make filends. However, you may find that some might by and pick on you. Bulles tend to only larget threas they think won't stand up for themselves, so if you find the source of the tend of the tend of the		Report It Bulying is always wrong. If you experience bulying, is see someone being targetest, report it to a teacher immediately.

produced the leaflet below, sharing tips on staying organised, making friends, keeping safe and dealing with potential bullying. <u>Click on the link</u>

School Health Nurses offer a health review to Year 7 students. If you

have health concerns for your child, please contact your School Nurse.



Active Oxfordshire Oxfordshire

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 <u>visit</u> <u>their website</u>

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

## 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.



#### **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 wi

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. <u>Asthma Action</u> <u>Plan</u> (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:

<u>NHS Fitness Studio</u>

## 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: <u>https://www.nhs.uk/nhs-services/</u> services-near-you/



### School Aged Immunisation Service

Are your child's vaccinations up to date?

Please check the <u>UK Immunisation Schedule</u> 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 10<sup>th</sup> 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.

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MENTAL HEALTH

DAY

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. <u>Click on the link</u>

YouTube - <u>How to provide emotional support to your child | Advice from</u> <u>our Parents Helpline experts - YouTube</u>

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

family **f** lives

## Your School Health Nurse is: Wendy Bull

If you would like to speak to your school health nurse, please call: 07796 927093 We will call you back if you leave a message. Or email wendy.bull@oxfordhealth.nhs.uk

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

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

