

Secondary School Health Nurses

Term 5 May 2023 Newsletter

School Health Nurses are based in secondary schools in Oxfordshire and the contact details for your school nurse are at the end of this newsletter. If you have any health concerns regarding your child please contact us.

Preparing for exams can be stressful, here are some tips for you to share with your young person that Salford NHS have compiled,. You could also point them in the direction of their school nurse.

If you would like some parent specific advice, this [video](#) is excellent, or take a look at the guide for parents on the [Young Minds](#) website.



#NATIONALWALKINGMONTH



Walking is the easiest, cheapest, and most accessible form of physical activity and that's why we think it's so important to encourage children to do more of it. A brisk walk of just 20 minutes can have fantastic mental and physical health benefits.



Being by water is a great place for teenagers to spend time with friends, but it's important they know how to keep themselves, and their friends, safe. There were 277 accidental drownings in the UK in 2021. 62% happened at inland waters & 83% of these were male.

Have a conversation with your young person about the dangers of jumping off bridges, into locks or over canals. How deep is the water, what is in the water (e.g. shopping trolley/weeds/sewage)? Cold water causes shock even in strong swimmers—discuss how floating could save their life. Alcohol and water do not mix, advise them to stick with friends and make sure they get home safely.

For more information visit the [Canal & River Trust](https://www.canalrivertrust.org.uk/) or if you want to check out your local swimming pool visit the [Oxfordshire County Council family information directory](https://www.oxfordshire.gov.uk/family-information-directory/).

School Aged Immunisation Service

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.



WORRIED ABOUT CYBER BULLYING?

- Talk to your child about who they're talking to online
- Try to understand and guide your child's online behaviour - negotiate and establish boundaries, discuss sensitively the issues around the concept of 'friends'
- Familiarise yourself with the social networking sites and chat programmes your child uses. Find out more about its build-in safety functions
- Ask your child if they know how to block someone who they don't want to talk to anymore. If they don't, help them learn how to use the blocking feature
- Use widely available parental control software and consider using filtering options, monitoring and setting time limits for access to chat.
- If someone has acted inappropriately towards your child, (such as sexual chat, or asking them to meet up) contact the [Child Exploitation and Online Protection Centre \(CEOP\)](https://www.ceop.gov.uk/)



NSPCC and O2 have a free online safety helpline for parents and carers - 0808 800 5000 . Find more information for parents and carers on [Internet Matters](https://www.internetmatters.org/)

Child and Adolescent Mental Health Services (CAMHS)

[Oxfordshire CAMHS](https://www.oxfordhealth.nhs.uk/camhs/) offers a single point of access for parents/carers, who have concerns around mental health.

Single Point of Access (SPA):
01865 902515

You can also visit

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

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

YOUNGMINDS
fighting for young people's mental health

Your School Health Nurse is: Wendy Bull



If you would like to speak to your school health nurse, please call: 07796 927093

Or email wendy.bull@oxfordhealth.nhs.uk

School Health Nurse website:

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

For young people 11-19yrs to text school nurses *during school holidays*

ChatHealth 11-19 years

New School Health Nursing messaging service for young people aged between 11-19 years attending state schools in Oxfordshire

Text 07312 263084
to message a school health nurse

Or scan QR code here to start a chat

We do not usually share your details with other professionals. However, if you contact the ChatHealth messaging service for advice on issues such as: relationships, mental health and wellbeing, self-harm, diet & exercise, smoking, drugs & alcohol, healthy lifestyles, and safety and personal health, we may need to share your details with other professionals to ensure you get the best possible care. We will only share your details with other professionals if you agree to this. You can opt out of this at any time. For more information, please visit www.oxfordhealth.nhs.uk/privacy-policy/