

Secondary School Health Team Newsletter

Term 6 June 2023

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.

Worried about money over the holidays?

For free activities and meals have a look at

<https://coordinate.cloud/haf-oxfordshire-county-council/>

or for local foodbank provision

[Find a Food Bank - The Trussell Trust](#)



Family information service - huge range of resources, links, activities, and services in Oxfordshire

<https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/>



Vaping - Vaping is becoming increasingly more popular with young people and is not risk free. The National Institute for Health and Care Excellence recommends that vaping should be discouraged in children and young people who have never smoked. Children's doctors are calling for a complete ban on disposable vapes because they may damage young people's lungs and are bad for the environment.



Our online messaging service for young people aged between 11-19yrs will be operating during the summer holidays.

Young people, if they have any health concerns or want some advice, can text any time of the day or night, and receive a response the next working day. We have had very positive feedback from young people, and have offered advice and support on sexual health, emotional and mental health as well as general health concerns. TEXT 07312 263 084

ChatHealth

NHS
Oxford Health
NHS Foundation Trust

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



Vaccinations outstanding?

If your child is in Yr's 7-11 and has missed any of the following vaccinations, it's not too late for them to have them.

- HPV 1(usually given in Yr8) or HPV2 (usually given in Yr9)
- TdP/MEN ACWY (usually given in Yr9)
- MMR (usually given at 13mths and 3yrs 4mths)

If you are unsure if your child has already had the vaccination, please check with your GP in the usual way or call the Child Health Information Service on 0300 561 1851

Watch out for the information sent by school on how to provide consent for vaccination or email us at immunisationteam@oxfordhealth.nhs.uk stating your child's name, school, dob, your contact telephone number and which vaccination is missing.

At times children and families need a bit of extra support. We want families to know that it is ok to ask for help. Your child's School Health Nurse can sit with you and help you identify your family's strengths and needs. [22-0049-A4-Leaflet Early-help-guide-for-families.pdf \(oscb.org.uk\)](#)

“Talking to people can make a real difference. By getting help now you can stop problems getting worse.”



Alcohol Awareness Week 3th-9th July 2023

A chance for the UK to get thinking about drinking.

The high spirits of the end of Yr 11 or 13, or the warm summer days are often associated with consumption of alcohol. Unfortunately there is no safe upper limit of alcohol for under 18s and it does have an impact on the developing body and the brain. You can find a really helpful resource on having those challenging conversations with your child from DrinkAware [here](#).

Children and young people in Oxfordshire can find advice, support and guidance on alcohol from [Here4YOUth](#).



This summer be dog safe:

*Be alert – always keep
an eye on children around dogs*

*Be aware - dogs use signals to tell us how
they feel*

*Be safe – any dog can bite, accidents can
happen fast*

*For practical tips to ensure children and
dogs can live safely together read:*

<https://capt.org.uk/dogs-and-children>



Exams results day

We hope your child will achieve the results they were hoping for, but if they are concerned about their educational future, school staff will be able to help. **ChatHealth** is a good way for young people to contact the SHN service to discuss their concerns or worries, and for parent/carers our details are below if you would like to contact us.

BBC Bitesize information and support for results day 2023
Paste into your browser

<https://www.bbc.co.uk/bitesize/articles/z999r2p>



Festival Safe

Whether you are a first timer or a hardened veteran, there is something on Festival Safe for everyone.

<https://www.festivalsafe.com>

Children's Integrated Therapies Services

Children's Therapies include Speech and Language Therapists, Physiotherapists and Occupational Therapists. We aim to support children and young people and their families, by working with our partners in health, education, social care, and voluntary agencies. For enquires please contact our single point of access 01865 904435 or visit

https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy

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/>

YOUNG MINDS

**family
lives**



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

If you would like to speak a school health nurse in the school holidays, please call: 07769 235149 We will call you back if you leave a message. Or email shn.oxfordshire@oxfordhealth.nhs.uk

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

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