

Secondary School Health Team Newsletter

Term 1 September 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.

Welcome back to school

school health nurses are available to support children, young people and families to stay healthy, especially during these very stressful times.

Our nurses are now available in secondary schools and can also use digital means to attend meetings virtually and to keep in contact with young people and families. If you have a concern regarding your child, please use the contact details at the bottom of this newsletter to call or email or visit our website which has lots of resources and information on COVID 19. We are working closely with our colleagues in Education and are looking forward to supporting all young people in the return to secondary education.

Talking to a child worried about coronavirus (COVID-19)



The NSPCC have advice to help you support your child and keep them safe. There's a lot of uncertainty in the world now. And there won't always be answers to the questions your children are asking. But they can help you have these conversations in a safe and open way. <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Tips for parent/carers to help with settling into school

Take an interest in homework. It will help them get used to it and keep on track. Try to help your child get a good balance now between having some fun after school and homework. Keep things at home routine and safe. It's best that they don't have to deal with too many changes at once.

Be prepared! Avoid last-minute panics searching for a lost P.E. kit or school ties by helping your child get ready for school the night before – this will help keep stress levels down in the morning and avoid any struggles about getting your child to school. Rest and recuperate! A good night's sleep can make a big difference. Ensuring your child is sleeping enough is great for clearing the mind, improving memory and concentration.

School based Immunisation Sessions

All immunisations which are part of the School based programme e.g. **Year 8 (HPV) and Year 9 (HPV, Td/IPV, Men ACWY and MMR if required)** that were postponed due to Covid will resume delivery in schools between **4th September and 9th October.**

All scheduled vaccinations should go ahead as normal, unless a child has symptoms or is self-isolating because of someone in the household displaying symptoms of Covid.

Any child who misses their session in school, will have a second opportunity to receive their vaccinations, when the immunisation team return to school later in the academic year.

If you wish to speak to someone regarding your child's immunisations, please call 07920254400 or email the immunisation team administrator at ImmunisationTeam@oxfordhealth.nhs.uk

TRANSITION TO SECONDARY SCHOOL

Moving up to secondary school is an exciting time but your child may be worrying about making friends and how to cope with changes. The following leaflet provides some tips on being organised, making friends, what makes a good friend? staying safe and dealing with any potential bullying.

https://www.kidscape.org.uk/media/1040/moving_up_to_secondary_school.pdf

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.

View the Chief Medical Officer's Updated Guidelines on Physical Activity

<https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>

Find out: <https://www.nhs.uk/live-well/exercise/why-sitting-too-much-is-bad-for-us/>



Flu Vaccine

All children in Year 7 are eligible for the Flu vaccine for the first time this year.

The program is being delivered in all schools between the 12th October and the 15th December.

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

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



To contact your School Health Nurse

Nikki Bagshaw

Mobile: 07810 588826

Email: nikki.bagshaw@oxfordhealth.nhs.uk

Visit our website

for advice and support around Coronavirus

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**

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

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



NSCPP – Supporting Mental Health

<https://learning.nspcc.org.uk/news/2020/april/sup>

Useful Contacts

<http://OXME.Info/cms/> – Excellent site for young people in Oxfordshire

SEND (Special Educational Needs/Disabilities) Local Offer Information:

<https://www.oxfordshire.gov.uk/residents/children-education-and-families/education-and-learning/special-educational-needs-and-disability-local-offer>

Dentist: Helpline: 08000 113 824 or 01865 337 267. For general enquiries

email: dental@oxfordhealth.nhs.uk

Oxfordshire Domestic abuse support number on 0800 7310055 or call Thames Valley victim support on 0300 1234148

NHS 111 can help if you have a medical problem, or call 999 if there is a life-threatening emergency