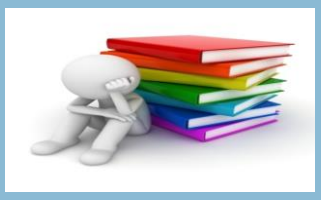
Secondary School Health Team Newsletter

Term 5 May 2022

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.

Sun Awareness Week 9th-15th May

TOO MUCH SUN:
Can cause burns, headaches and sunstroke
Damage eyes
Lead to dehydration and heat exhaustion
STAY SAFE:
Wear protective clothing and Use sun cream
Limit your time in the sun between 10 and 4 pm
Wear sunglasses
Sit in the shade at regular intervals



EXAM STRESS

Visit BBC bitesize https://www.bbc.co.uk/bitesize

for information and top tips

on helping your young person through

this stressful time.

Family Lives has a parental helpline 08008002222

https://www.familylives.org.uk/ has many helpful and practical resources

School Aged Immunisation Programme

The School Aged Immunisation Service (SAIS) routinely administer the following vaccination programmes in school

· **HPV 1 - Given to young people in Year 8 usually in terms 3 or 4**
· **HPV 2 - Given to young people in Year 9 usually in terms 3 or 4**
· **Tdp 5th dose (3 in 1 booster) and Men ACWY - Given to young people in Year 9 usually terms 5 or 6**

If any of these vaccinations have been missed they can still be given up to Year 11 in school or a community catch up clinic.

If your child has not had two doses of the MMR vaccine (usually given before a child starts school) these can also be given.

Please email immunisationteam@oxfordhealth.nhs.uk providing your Child's name, age, the school they attend and which vaccination(s) have been missed.

If your child has missed their Covid vaccination please go to Coronavirus(COVID-19) vaccine for children aged 12 to 15 webpage to arrange an appointment.

To find out more information on what immunisations your child is due visit:
https://www.nhs.uk/conditions/vaccinations/

For all immunisation queries please email ImmunisationTeam@oxfordhealth.nhs.uk

Free Swimming lessons; We offer many free swimming sessions for all children and young people aged 16 and under, and who live in Oxford. These sessions vary throughout the week and to find out when they run, please refer to your local pool's swimming timetable:

- Barton Leisure Centre, Waynflete Road, Barton, Oxford, OX3 8GA
- Ferry Leisure Centre, Diamond Place, Summertown, Oxford, OX2 7DP
- Hinksey Outdoor Pool, Lake Street, Oxford, OX1 4PZ (April until September)
- Leys Pools and Leisure Centre, Blackbird Leys Road, Blackbird Leys, Oxford, OX4 6JL

Learning Disability week 20th - 26th June

Learning Disability Week is a great way to raise the awareness of learning disability across the UK. A learning disability is a reduced intellectual ability and difficulty with everyday activities – for example household tasks, socialising or managing money – which affects someone for their whole life. People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people.

www.mencap.org.uk

Empowering young people to independently access their GP
Seeing the GP: Advice and tips for young people - Overview (healthtalk.org)

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/

Your school health nurse is: Nikki Bagshaw

If you would like to speak to your school health nurse, please call: 07810 588826

We will call you back if you leave a message. Or email nikki.bagshaw@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/