



Primary School Health Team Term 6 June 2023 Newsletter

This newsletter aims to provide families and young people with some useful tips for keeping healthy...

Primary School Health Nurses are based in localities, and work closely with parents and carers to meet the health needs of children. If you have any health concerns regarding your child please contact the school health nursing team details at end of this newsletter.

Energy drinks—a few facts you should know

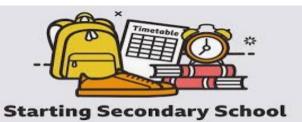


Caffeine is an addictive substance. NHS information

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states that because of the high levels of caffeine, sugar and acidity in energy drinks, they are 'unnecessary' and 'unsuitable' for children under 16.

Please see leaflet below for more information. https://www.york.gov.uk/EnergyDrinks#harm



Going to secondary school can be an amazingly exciting but also daunting prospect. Talk to your child about their worries and the things they are looking forward to. Reassure them their conflicting emotions are very normal.

Starting secondary school - BBC Bitesize School Resources to Help With Transitions | Mental Health | YoungMinds 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

> Take advantage of summer's fruit and veggie bounty.

Water is a natural, healthy and sugar-free way to stay hydrated.

Move More

Kids need at least 60 minutes of physical activity per day and adults need at least 30 minutes to stay healthy.

Be Food Safe

Wate

Regularly wash hands with soap and water; separate cooking surfaces to keep raw seafood, meat and poultry away from fresh produce.

ther you're going for

Whether you're going for a short walk or spending a day at the beach, be smart and lather up with SPF 30 or higher.

Protect

the Sun

HEALTHIER

There are plenty of summer activities suitable for all ages.

Some free to do with your children.



GO Active Outdoors | GO Active (getoxfordshireactive.org)

For children in receipt of free school meals, check out the HAF (holiday activities and food programme) Family Information

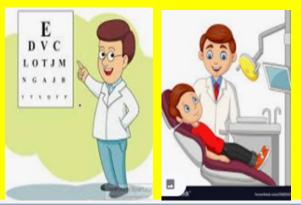


What's On In The Summer Holidays -Oxfordshire - Free Time with the Kids

Out of school clubs and holiday playschemes | Oxfordshire County Council

Family Information Service | Listings in Holiday schemes (oxfordshire.gov.uk)

School holidays are an ideal time to book those routine medical appointments. Don't forget the 6 monthly dental check-ups and yearly optician appointments.



Child and Adolescent **Mental Health Services**

e CAMHS offers a single

point of access for parents/carers, who

School Aged Immunisation Service vaccinations please email us at

For advice on booking an appointment for outstanding immunisationteam@oxfordhealth.nhs.uk stating your child's name, school, date of birth, your contact phone number and state which vaccination(s) are missing.

(CAMHS)

Spend time safely with dogs, remember the #DogSafety Code.

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

Read more: https://cfsg.org.uk/dog-safety/



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

Facebook page https:// www.facebook.com/ oxschoolnurses/

Parentline—ChatHealth

To contact the primary school health nurse team please use our texting service, you can text 24/7 and messages will be responded to the next working day.

Text ParentLine Click on the arrow and start your

chat or text 07312 263227

