

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

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>



Starting Secondary School

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



Eat Healthy

Take advantage of summer's fruit and veggie bounty.

Drink Water



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

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



Protect from the Sun

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.

There are plenty of summer activities suitable for all ages. Some free to do with your children.



[GO Active Outdoors | GO Active \(getoxfordshireactive.org\)](http://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 & Days Out in Oxfordshire](#)
[What's On In The Summer Holidays - Oxfordshire - Free Time with the Kids](#)

[Out of school clubs and holiday play-schemes | 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.



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.

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://cfs.org.uk/dog-safety/>

Be Alert

Always keep an eye on your children around dogs. Never leave them alone together.

Are you dog safe?
Find out at cfs.org.uk/dog-safety

Be Aware

Dogs use signals to tell us how they feel. What is your dog telling you?

Are you dog safe?
Find out at cfs.org.uk/dog-safety

Be Safe

Any dog can bite. Accidents happen fast.

Are you dog safe?
Find out at cfs.org.uk/dog-safety

Child and Adolescent Mental Health Services (CAMHS)

[Oxfordshire 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/> which has a helpline

Or visit <https://>



www.familylives.org.uk/



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.

Click on the arrow and start your chat or text 07312 263227



Visit our School Health Nurse website:
www.oxfordhealth.nhs.uk/school-health-nurses/
Facebook page <https://www.facebook.com/oxschoolnurses/>



ParentLine 5-11 years

New School Health Nursing messaging service for parents and carers of children 5-11 years attending a state school in Oxfordshire

Text **07312 263227**
to message a school health nurse

Text School Health Nurses for advice on issues such as:

- diet & healthy lifestyles
- toileting
- sleep
- bullying
- support with behaviours
- General and emotional health

Or scan QR code here to start a chat