Primary School Health Team Newsletter

Term 3 January 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.

School Nurses Care for Kids

ChatHealth

NHS Oxford Health NHS Foundation Trust

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

Coming to Oxfordshire from February 14

Text School Health Nurses for advice on issues such as:

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

We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm, Monday-Friday excluding Bank Holidays. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules.

We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). We might inform other relevant professionals if we were concerned about your safety, but we would usually speak to you first. To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

ParentLine – number to be released 14th Feb

Children's Mental Health week is 7th-13th of February

Children's Mental Health Week is an opportunity to shine a spotlight on the importance of children and young people's mental health, taking place in February each year. Schools, community groups, businesses and individuals come together to raise important awareness and vital funds to help more children and young people get the emotional support they need.

For more information call 0207 923 5506 or email **events@place2be.org.uk** with any questions.

Covid – the UK has returned to Plan A – more information https://www.gov.uk/coronavirus

Bedtime Routine Tips!
Avoid naps after 2pm, switch screens off 1 hour before bed, if snack required toast, cereal, or a milky drink.
Consistent bedtime – carry out steps in the same order each night, eg bath, brush teeth, story, lights out. Give lots of praise in the morning!

February 6th is World Time to Talk day

This day draws attention to mental health and the importance of reaching out to others. The day aims to help people open up and be honest about mental health, without the fear and stigma often attached to the topic. It can be daunting to express personal struggles and because of this, many people keep everything bottled up. By opening up, the likelihood of the person suffering seeking help increases, which can be crucial to the healing process. On Time to Talk Day, take the opportunity to ask your children and young people how they are feeling, and allow for an open conversation. As we all know, a problem shared is a problem halved.

Safer Internet Day 8th February 2022
Home - Safer Internet Day

Some things are out of our control, but we can create a better internet by always being respectful and kind in our online interactions.

Educate yourself about any app, social media platform or game your child may use, by learning about how it works, what it's for and if it's safe. Search for it on www.net-aware.org.uk   for a full guide.

Use this easy step by step guide from **Internet Matters** to set up parental controls on different internet providers using the Parental Controls & Privacy Settings Guide.

Talk to your child about what they may see on the internet and how to make safe choices. *Teaching Your Child about Internet & Online Safety | NSPCC*

Make your own playdough
1 cup of flour
½ cup of salt
2 teaspoons cream of tartar
1 tablespoon of vegetable oil
1 cup of water
Food colouring

Playdough benefits social and fine motor development. It can help with imaginary play and is a calming sensory activity, easy to make and lots of fun!

1st-7th March is Eating Disorder Awareness week

Like many mental health conditions, eating disorders can thrive off shame, secrecy, and personal stigma. So, it's time to speak up. An Eating Disorder is a mental health condition where you use the control of food to cope with feelings and other situations. Unhealthy eating behaviours may include eating too much, or too little or worrying about your weight or body shape. Some examples of eating disorders include avoidant/restrictive food intake disorder, bulimia, binge eating disorder, and anorexia. There is no single cause and people might not have all symptoms for anyone eating disorder. It's also possible for someone's symptoms, and therefore their diagnosis, to change over time. If you are worried about your child's their eating habits, speak to the School Health Nurse, **or ParentLine. Numbers to be released on 14th Feb**

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/

Children's Integrated Therapies Services in Oxfordshire include occupational therapy, physiotherapy, and speech & language therapy.

We aim to support children and young people and their families by working with our partners in health, education, social care and voluntary and independent agencies

For queries please contact: Single Point of Access (SPA)

Telephone: **01865 904435 Or visit**

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

Your school health nurse is: Joanna Hailey

    If you would like to speak to your school health nurse, please call: 07557 204180

We will call you back if you leave a message. Or email joanna.hailey@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/