

# Primary School Health Team Newsletter

## Term 6 June 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.*



### School Health Nurse support during COVID 19

*During the COVID 19 pandemic school health nurses are still available to support children, young people and families stay healthy, especially during these very stressful times.*

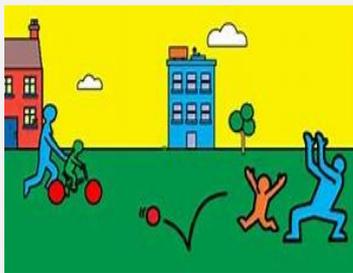
*If you have a concern regarding your child, please use the contact details at the bottom of this newsletter to call, email or visit our website which has lots of resources and information on COVID 19 and other health related topics.*

*Please watch our school nurse video <https://youtu.be/H3W8oPctHdM>*

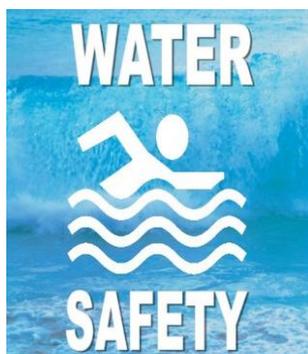
## change 4 life

Children should aim for 60 minutes of activity each day. We know that may feel difficult right now, but visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life) for some great ideas for indoor and outside activities.

Physical activity can help improve concentration, co-ordination, general health, sleep and mood for all ages.



Keeping  
active now  
and during  
the summer



### Remember the Water Safety Code

**STOP AND THINK-** Look for the dangers. Always read the signs.

**STAY TOGETHER –** Never swim alone. Always go with friends or family.

**IN AN EMERGENCY -** Shout for help and dial 999 or 112

**FLOAT –** If you fall in swim or float on your back. Throw something that floats to anyone who has fallen in the water <https://www.rlss.org.uk/the-water-safety-code>

During the current restrictions on our lives daily routines are difficult to maintain and sleep patterns are probably being disrupted for all of us. Following a consistent bedtime routine is important.



The links below offer some guidance around this.

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

<https://sleepcouncil.org.uk/sleep-and-anxiety-issues-with-children-from-the-sleep-charity/>

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<https://www.britishskinfoundation.org.uk/how-to-stay-safe-in-the-sun>

## EMOTIONAL WELLBEING

# SUPPORTING YOUR CHILD.

Children react to what they see from adults around them. It is important that parents/caregivers deal with COVID19 calmly to help create a safe environment.

**REASSURE THEY ARE SAFE.**

Share ways you deal with stress

**KEEP A STRUCTURE**

**BE A ROLE MODEL**

Practice good coping skills that children will mimic.

<https://learning.nspcc.org.uk/news/2020/april/supporting-children-young-people-mental-health>

### 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

**YOUNGMINDS**

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



**If you would like to speak to your school nurse, please call Karen Atkins on 07909905768.**

Please leave a message and I will call you back

You can also email your school nurse on [karen.atkins@oxfordhealth.nhs.uk](mailto:karen.atkins@oxfordhealth.nhs.uk)



**During school holidays please call 07769 235149**

**or Email [SHN.Oxfordshire@oxfordhealth.nhs.uk](mailto:SHN.Oxfordshire@oxfordhealth.nhs.uk)**

The School Health Nurse website <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

School Nurse Facebook page <https://www.facebook.com/oxschoolnurses/>