

Primary School Health Nurse Team Newsletter

Term 1 Autumn 2019

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.



The school health nurse service is commissioned by Public Health at Oxfordshire County Council and is provided by Oxford Health NHS Foundation Trust. The Primary School Health Teams are based in health centres or community hospitals, and work closely with families, schools and other partner agencies to help improve health outcomes for children and their families. Safeguarding children is central to all our work.

Immunisation Team Work closely with school nurses to ensure children are protected against life threatening diseases.

Reception Children – School Entry Health Review

When children start primary school, it is a good time to review their health needs. The Primary School Health Nurse team offer Reception and Year 1 children a health review, to discuss their specific health needs. If you have concerns regarding your child's health and would like to speak to a member of the primary school health nurse team to discuss or plan the care of your child in school, please contact us. Contact details are available at the foot of this newsletter, or from your child's school.

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**

Flu Vaccinations

It is time to start thinking about Flu and making sure your child is protected, this autumn we are vaccinating all children in Primary Schools against flu.

For most children the flu vaccine is a painless spray up the nose, providing important protection and stopping them passing the flu onto others, for whom flu can be very nasty!

This year we are asking parents to complete an on-line consent form and you will soon be receiving information about this, the information will come to you through your school.

*If your child misses their vaccine in school,
please call us on 01865 904225*

**HELP US
HELP YOU**

STAY WELL THIS WINTER



Ideas for a 'healthy' lunchbox

Deciding what is best to put in your child's lunchbox can be difficult. With a little inspiration your child's lunch can be fun, healthy and tasty.

A healthy packed lunch should include something from each of the four main food groups – **starchy carbohydrates** / **fruit and vegetables**, **protein** & **dairy** foods – as well as a drink.

Starchy carbohydrates

A sandwich/roll/wrap/pitta bread (trying using wholegrain varieties or 50/50) / Pasta/couscous/rice

Protein filling

Lean meat/chicken/turkey /Fish/tuna/Egg/Beans

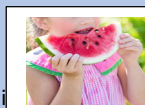


Fruit and vegetables

Chop raw vegetable crudité's such as carrot sticks which can be great for dipping in hummus

Fresh fruit (apple, grapes, banana, kiwi)

Dried fruits (raisins, apricots)



Dairy

Low fat yoghurt – plain or fruit (watch out for those high in sugar)

Small pot of rice pudding/Low fat cheese slices

Added extras

- Plain popcorn or reduced fat crisps
- Sugar-free jelly pot
- A plain biscuit



(There's nothing wrong with this, just try to choose healthier choices when you can)

Put in a drink – It is important to stay hydrated, so give your child a bottle of plain water, plain milk (skimmed or semi-skimmed), or no added-sugar fruit juice

For complete lunchbox ideas and tips, visit:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Starting or Changing School

Most children love school and go on to make the most of their education but starting or changing school can be one of the most important transitions in a child's life and can sometimes make parents/carers feel anxious too.

For some useful information and top tips on starting school visit:

<https://www.familylives.org.uk/advice/primary/learning-school/starting-primary-school/>



Handwashing

Hand washing is amongst the best things you and your children can do to prevent diseases. However, children need **help** and guidance to learn how to do it properly and develop good hand **hygiene** habits which will protect them from infections for a lifetime. Washing your hands with soap and water is sufficient to remove dirt, viruses or bacteria and it can reduce the risk of diarrhoea by nearly 50% so we can see that these simple measures are a great way to stop people becoming unwell.



Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell. But there are government guidelines for schools and nurseries that say when children should be kept off school and when they shouldn't. More information here:

<https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school>



To contact the SHN Team in your locality Phone: or Email:

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

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

SEND (Special Educational Needs/Disabilities) Local Offer Information:

<https://www.oxfordshire.gov.uk/residents/children-education-and-families/education-and-learning/special-educational-needs-and-disability-local-offer>

Time off school due to sickness <https://www.oxfordshire.gov.uk/residents/schools/school/absence-due-sickness>

Infection Control guidance on keeping children off school following a specific illness

http://www.publichealth.hscni.net/sites/default/files/Guidance_on_infection_control_in%20schools_poster.pdf

Dentist -For help with finding an NHS dentist please phone the Oxford Health Dental Helpline on:

08000 113 824 or 01865 337 267. For general enquiries email: dental@oxfordhealth.nhs.uk