



Oxford Health
NHS Foundation Trust



Term 4: Primary School Health Nursing Newsletter 2025

Term 4: 24 February - 4 April 2025

*Welcome to our **School Health Nursing Newsletter** for parents and carers of children and young people in Oxfordshire.*

*As your school health nurses, we are here to support you and your family every step of the way.
Stay tuned for more updates, tips, and resources in our upcoming newsletters.*

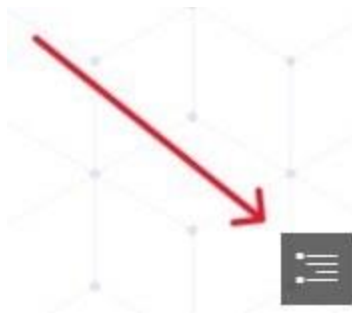
Together, we can nurture a bright and healthy future for our children!

What's included in this newsletter?



See what's included in this newsletter below.

*If you wish to jump to a section which interests you, please click the **navigation icon** in the
bottom right-hand corner of your screen.*



- **Introducing the Children & Young People's 0-19 Service**
- **How to contact us:**
 - Single Point of Access (SPA)
 - ChatHealth.
- **Oxford Health Care Records**
- **School Screener Reception & Year 6 parents/carers**
- **The School-aged Immunisation Service (SAIS)**
 - How to contact SAIS
- **World Sleep Day - 14th March 2025**
- **Young Carers Action Day - 16th March 2025**
- **Nutrition and Hydration Week - 17th -23rd March 2025**
- Healthier lunch boxes
- **Additional Services and Resources**
 - Integrated Children's Therapies
 - ERIC Bladder and Bowels
 - Mental Health Services/CAMHS
 - Young Minds
 - Family Lives
- **Feedback**

How to contact us



If you wish to contact a school health nurse regarding the health of your child, please contact us using the details below:

- **Single Point of Access (SPA): 01865903800**
 - **Email: cyp0-19@oxfordhealth.nhs.uk¹**
-

¹<mailto:cyp019@oxfordhealth.nhs.uk>

ParentLine 5-11 years

School Health Nursing messaging service for parents and carers of children 5-11 years attending state schools or home educated in Oxfordshire



Text **07312 263227**

to message a school health nurse

1 - Image credit: Oxford Health NHS Foundation Trust (2024) ChatHealth Parentline 5-11 poster, ChatHealth. Available at: <https://www.oxfordhealth.nhs.uk/chathealth/> (Accessed: 29 May 2024).

ParentLine 5-11 is designed for parents and carers of children aged 5-11yrs, who live in Oxfordshire

This online messaging service, provided by Oxford Health NHS Foundation Trust School Health Nurses, offers advice and support. It is a secure and confidential text messaging service that connects healthcare professionals with service users, providing discreet assistance, guidance, and support direction. Messages are usually answered within one working day Monday-Friday, excluding Bank holidays.

Text number: 07312263227.

Start a chat today.²

²<https://chathealth.nhs.uk/start-a-chat/h/OxfordSchoolHealthNurses>

Oxford Health Care Records

As part of our new 0-19 service model, with school health nurses and health visitors working as one team, we want to make you aware that we may occasionally need to access parent/carers' health records. This is to ensure we provide the best care and support for your child. We will only access these records for safeguarding concerns and follow established practices.

We are committed to protecting your privacy and will only access health records when absolutely necessary.

Thank you for your understanding and cooperation.

Oxford Health Privacy Policy³

Easy read patient privacy notice⁴

School Screener- calling all Parents and carers of children in reception and year 6



Our team of screeners have begun delivering the National Child Measurement Programme (NCMP) and vision screening within primary schools across the county.

NCMP is delivered to reception and Yr6 children, and vision screening to reception children only.

Both programmes run through until the summer months. Your school will have been allocated dates and you will receive the relevant information ahead of the screening dates.

This year we have a new online portal for receiving your child/children's result letters - School Screener. This portal is the only way you will receive the results from your child's screening. If further follow up is needed from your child's screening the information will be available on School Screener within the result letter.

The result letters, will be available from two weeks after the date of screening within school.

If you haven't already made a School screener account, it is very simple to do, please follow the link below.

School Screener account login Oxford Health⁵

³<https://www.oxfordhealth.nhs.uk/privacy/>

⁴<https://protect-eu.mimecast.com/s/VeYACBr4Js7YVNWtzoYW4?domain=oxfordhealth.nhs.uk>

⁵<https://oxf001.schoolscreener.com/Portal/#/Oxford/g/Ox1>

School Aged Immunisation Service



Immunisations are delivered by the Oxfordshire School Aged Immunisation Service (SAIS)⁶ for **children aged 5-16** in schools and community venues in Oxfordshire. If you are unclear if your child has missed any immunisations please check the link and contact the SAIS team.

- **Immunisation schedule:** <https://www.oxfordhealth.nhs.uk/imms/about/schedule/>

How to contact the *School-Aged Immunisation Service*:

- **Telephone number:** 07920254400
- **Email address:** immunisationteam@oxfordhealth.nhs.uk⁷
- **Website:** www.oxfordhealth.nhs.uk/imms⁸ or scan the QR Code.

⁶<https://www.oxfordhealth.nhs.uk/imms/>

⁷<mailto:immunisationteam@oxfordhealth.nhs.uk>

⁸<http://www.oxfordhealth.nhs.uk/imms>



World Sleep Day 14th March 2025



As parents, we often prioritise our children's needs above our own, sometimes at the expense of our sleep. However, sleep is a fundamental pillar of health, crucial for both adults and children. **World Sleep Day** is an excellent opportunity to reflect on the importance of sleep and take steps to improve sleep habits for the entire family.

The Importance of Sleep

Sleep is essential for physical health, mental well-being, and overall quality of life. For children, adequate sleep supports growth, learning, and emotional regulation. For parents, good sleep is vital for managing stress, maintaining energy levels and being present for their children.

Common Sleep Challenges for Parents

1. **Interrupted Sleep:** Young children often wake up during the night, disrupting parents' sleep cycles.
2. **Stress and Anxiety:** Balancing work, household responsibilities, and parenting can lead to stress, making it difficult to fall and stay asleep.
3. **Inconsistent Sleep Schedules:** Irregular bedtimes and wake-up times can affect sleep quality for both parents and children.

Tips for Better Sleep

1. **Establish a Routine:** Create a consistent bedtime routine for the whole family. This can include activities like reading, bathing, or listening to calming music or audiobooks.
2. **Create a Sleep-Friendly Environment:** Ensure bedrooms are cool, dark, and quiet. Consider using blackout curtains and white noise if necessary.
3. **Limit Screen Time:** Reduce exposure to screens *at least an hour before bedtime*. The blue light emitted by phones, tablets, and TVs can interfere with the production of melatonin, the sleep hormone.
4. **Practice Relaxation Techniques:** Encourage relaxation before bed for the whole family through activities like deep breathing, meditation, or gentle yoga.
5. **Prioritise Sleep:** Make sleep a family priority. You can set a good example by valuing your own sleep and demonstrating healthy sleep habits.

Please see ***The Sleep Charity***⁹ for more information, tips and guidance on optimising sleep for the whole family.

Here is the Sleep Charity's Teen Sleep Hub¹⁰ for young people to access.

Young Carers Action Day 16th March 2025



Young carers face numerous challenges that can significantly impact their lives. Balancing schoolwork with caregiving responsibilities often leads to out of school and lower academic performance. These children and young people may also experience loneliness and social isolation, as their duties leave little time for friends and extracurricular activities. The emotional

⁹<https://thesleepcharity.org.uk/>

¹⁰<https://teensleephub.org.uk/>

stress of caring for a family member can cause anxiety and depression, while the physical demands can lead to fatigue and health issues.

Young Carers Action Day¹¹ is an annual event organised by Carers Trust¹². The day aims to raise awareness about the challenges faced by young carers and advocate for better support and recognition. It encourages organisations, communities, and individuals to take action by supporting and raising awareness of young carers. The event highlights the disadvantages young carers face in various aspects of their lives, including mental and physical health, finances, education, and employment.

Please see their website in the link above to see how you can get involved.

Be Free Young Carers (BFYC) support young Carers aged 8 to 17 years old, who are impacted by caring and Live or attend school/college within South Oxfordshire or Oxford City Districts. Be Free YC - Supporting Young Carers in Oxfordshire¹³

¹¹<https://carers.org/young-carers-action-day/young-carers-action-day>

¹²<https://carers.org/getting-support-if-you-are-a-young-carer-or-young-adult-carer/getting-support-if-you-are-a-young-carer-or-young-adult-carer>

¹³<https://befreeyc.org.uk/>

Nutrition and Hydration Week 17th - 23rd March 2025



Nutrition and Hydration Week is a fantastic opportunity to focus on the importance of good nutrition and proper hydration. This global initiative aims to raise awareness about how essential healthy eating and drinking habits are for maintaining overall health and well-being.

This week is a great opportunity to engage with your children and young people about the importance of these habits and to make positive changes together so that we can all take steps towards better health, reduce the risk of chronic diseases, and improve quality of life for all.



The British Nutrition Foundation¹⁴ website provides detailed information on the nutritional needs of children aged 3-17, helping parents understand the importance of a balanced diet for their child's growth and development.

Other great websites include:

- Eat well - NHS (www.nhs.uk)¹⁵
- NHS advice on healthy weight for children¹⁶

Key points to remember:

1. **Eat a variety of foods:** The guide emphasises the importance of consuming a range of foods to ensure you get all the necessary nutrients.
2. **Base meals on starchy carbohydrates:** Foods like potatoes, bread, rice, and pasta should make up about a third of your diet.
3. **Include plenty of fruits and vegetables:** Aim for at least five portions of a variety of fruits and vegetables every day.
4. **Consume dairy or dairy alternatives:** These provide essential calcium and other nutrients.
5. **Eat protein-rich foods:** Include beans, pulses, fish, eggs, meat, and other proteins in your diet.
6. **Choose unsaturated oils and spreads:** Use these in small amounts.
7. **Stay hydrated:** Drink 6-8 cups or glasses of water a day.

¹⁴<https://www.nutrition.org.uk/nutrition-for/children/>

¹⁵<https://www.nhs.uk/live-well/eat-well/>

¹⁶<https://www.nhs.uk/live-well/healthy-weight/childrens-weight/>

Healthier lunchbox recipes



Visit **Better Health** website for some new ideas on filling those lunchboxes Lunchbox recipes ¹⁷

Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list. School meals are a great choice, but if you do make a packed lunch for your child then we've got you covered with our range of quick, easy, healthier lunchbox ideas and tips -Better Health

¹⁷<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Additional Services and Resources

Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

2 - Credit: Oxford Health NHS Foundation Trust (2024) Children's Integrated Therapies – Oxfordshire. Available at: https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/ (Accessed: 29 May 2024).

Oxford Health's **Children's Integrated Therapies** include the services named below:

- Occupational Therapy,¹⁸
- Physiotherapy¹⁹
- Speech & Language Therapy.²⁰

The service aims to support children and young people and their families by working with our partners in health, education, social care, the voluntary sector and also other independent agencies with the above needs.

For queries, please contact them using the details below:

- **Single Point of Access (SPA) Telephone: 01865904435**
- **Visit their website** - Children's Integrated Therapy Services²¹
- **Contact your GP.**

ERIC - Bladder and Bowel support

ERIC (Education and Resources for Improving Childhood Continence):²² ERIC is a UK-based charity dedicated to supporting children with continence issues and their families. They provide a wealth of resources, including:

¹⁸<https://www.oxfordhealth.nhs.uk/cit/occupational-therapy/>

¹⁹<https://www.oxfordhealth.nhs.uk/cit/physiotherapy/>

²⁰<https://www.oxfordhealth.nhs.uk/cit/speech-language-therapy/>

²¹https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/

²²<https://eric.org.uk/>

- Information and Advice: ²³Comprehensive guides on managing bedwetting, daytime wetting, and constipation.
- Helpline: ²⁴To speak to an advisor please call 08088010343. Open Monday - Thursday, 10am to 2pm and is free to call from landline and mobile numbers.
- Workshops and Training: ²⁵ Educational workshops for parents and professionals.

For more information and support, visit the ERIC website²⁶. Remember, you are not alone, and there are resources available to help you and your child navigate these challenges.

Mental Health Services

If you or someone you know is experiencing a mental health crisis, here are some important numbers you can call:

- *NHS 111²⁷: For urgent mental health support, you can call 111 and select the mental health option.*
 - *Samaritans²⁸: Available 24/7 at 116 123 for confidential support.*
 - *Shout Crisis Text Line²⁹: Text "SHOUT" to 85258 for 24/7 support via text.*
 - *Mind Support Line³⁰: Call 0300 102 1234 for advice and support (9am to 6pm, Monday to Friday).*
 - *Papyrus HOPELINEUK³¹: For those under 35, call 0800 068 4141 or text 07786 209 697 for support.*
-

²³<https://eric.org.uk/information/>

²⁴<https://eric.org.uk/helpline/>

²⁵<https://eric.org.uk/events/>

²⁶<https://eric.org.uk/>

²⁷<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

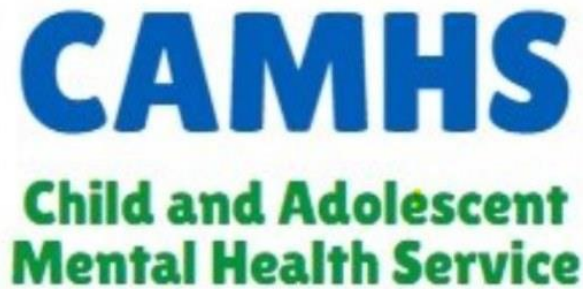
²⁸<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

²⁹<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

³⁰<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

In an emergency³², always call 999 or go to your nearest A&E.

Child and Adolescent Mental Health Services (CAMHS)



3 - Credit: Oxfordshire | Oxford Health CAMHS Oxford Health CAMHS³³

Child and Adolescent Mental Health Service (CAMHS)³⁴ provides essential support for children and young people struggling with emotional, behavioural, or mental health issues. CAMHS offers a range of services and work closely with families to ensure that children receive the care they need, whether it's through therapy, counselling, or crisis intervention. Their goal is to help young people navigate their challenges and improve their overall well-being.

Oxfordshire CAMHS³⁵ offers a single point of access for parents/carers, who have concerns around mental health:

CAMHS Single Point of Access (SPA): 01865902515

Young Minds



³¹<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

³²<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

³³<https://www.oxfordhealth.nhs.uk/camhs/oxon/>

³⁴<https://www.oxfordhealth.nhs.uk/camhs/>

³⁵<https://www.oxfordhealth.nhs.uk/camhs/oxon/>

YoungMinds in Oxfordshire are dedicated to supporting the mental health and well-being of children and young people. They offer a range of services, including online resources, a Parents' Helpline, and various support programs tailored to different age groups. Whether your child is struggling with anxiety, depression, or any other mental health issue, *YoungMinds* provides expert advice and practical support to help families navigate these challenges.

Visit: <https://youngminds.org.uk/>

Parents' HelpLine: 08088025544

Online Chat Service: Chat to us Online | Mental Health Help for Your Child | YoungMinds³⁷

Family Lives - Support for Families

Family Lives is a UK charity dedicated to providing non-judgmental support and advice for families facing various challenges. Whether you're dealing with parenting issues, relationship difficulties, or mental health concerns, *Family Lives* offers a confidential helpline, live chat, and email support to guide you through tough times. They also provide resources on topics like bullying, special educational needs, and family dynamics, ensuring you have the tools and support needed to foster a healthy family environment. Please see their website, here.³⁸

If you need support or advice:

- Call their helpline on **08088002222**,
- Email them at askus@familylives.org.uk³⁹
- Chat to them online via their Live Chat service⁴⁰
- Visit their online forum community⁴¹.



³⁶<https://www.youngminds.org.uk/>

³⁷<https://www.youngminds.org.uk/parent/parents-helpline/#Chattousonline>

³⁸<https://www.familylives.org.uk/>

³⁹<mailto:askus@familylives.org.uk>

⁴⁰<https://www.familylives.org.uk/how-we-can-help/online-chat/>

⁴¹<https://www.familylives.org.uk/how-we-can-help/forum-community/>

We welcome your feedback!

Newsletter

If you wish to feedback or comment on this newsletter, or suggest topics for future newsletters, please email

cyp0-19@oxfordhealth.nhs.uk ⁴²

⁴²<mailto:cyp019@oxfordhealth.nhs.uk>