

# Secondary School Health Team Newsletter

## Term 6 June 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.*



A UK charity that has been supporting families for over four decades. . If you need support or advice, call their helpline on 0808 800 2222, email at [askus@familylives.org.uk](mailto:askus@familylives.org.uk) or you can chat online via their [Live Chat service](#). You can also visit their [online forum community](#) to share dilemmas, experiences and issues, with others who understand the ups and downs of family life. <https://www.familylives.org.uk/>

Family information service – huge range of resources, links, activities, and services in Oxfordshire

[https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/home\\_page](https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/home_page)



Our new online messaging service for young people aged between 11- 19yrs will be operating during the summer holidays. Young people, if they have any health concerns or want some advice, can text any time of the day or night, and receive a response the next working day. We have had very positive feedback from young people, and have offered advice and support on sexual health, emotional and mental health as well as general health concerns. Text - 07312 263 084

<https://protect-eu.mimecast.com/s/3QIMC16RITEGEPJiY87vx?domain=chathealth.nhs.uk>

### **Vaccinations outstanding?**

If your child is in Yr's 7-11 and has missed any of the following vaccinations, it's not too late for them to have them.

- HPV 1(usually given in Yr8) or HPV2 (usually given in Yr9)
- TdP/MEN ACWY (usually given in Yr9)
- MMR (usually given at 13mths and 3yrs 4mths)

If you are unsure if your child has already had the vaccination, please check with your GP in the usual way or call the Child Health Information Service on 0300 561 1851

Watch out for the information sent by school on how to provide consent for vaccination or email us at [immunisationteam@oxfordhealth.nhs.uk](mailto:immunisationteam@oxfordhealth.nhs.uk) stating your child's name, school, dob, your contact telephone number and which vaccination is missing.



### Festival Fun

It is important to have a conversation with your child or children about staying safe whilst they enjoy their favourite bands

#### Safety tips to discuss:

- Don't leave valuables on show
- Be aware of pickpockets
- Phone signals are poor at festivals so it would be a good idea to have a buddy and have a meeting point in case their friends got separated
- There are marshals, police, and medical volunteers if your child is worried or in need of help
- Talk to your child about being drug aware at festivals, encourage your child to keep lids on their drinks and remind them that drugs are illegal and unsafe

More information: [Festival safety - Police Scotland](#)

### Water Safety Code

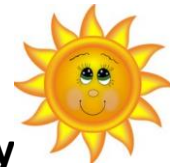


[www.rlss.org.uk](http://www.rlss.org.uk)

### Exams results day

We hope your child will achieve the results they were hoping for, but if they are concerned about their educational future, school staff will be able to help. ChatHealth is a good way for young people to contact the SHN service to discuss any concerns or worries, and our details are below for parent/carers who would like to contact us.

Childline 0800 1111 or Samaritans 116 123 are both free from any phone. Mental health support and resources are available through this link <https://oxfordhealth.nhs.uk/news/24-7-mental-health-helpline-for-huckinghamshire-oxfordshire/>



### Sun Safety

#### TOO MUCH SUN:

Can cause burns, headaches and sunstroke  
Damage eyes  
Lead to dehydration and heat exhaustion

#### STAY SAFE:

Wear protective clothing and Use sun cream  
Limit your time in the sun between 10 am and 4 pm  
Wear sunglasses  
Sit in the shade at regular intervals

[Sunscreens and sun safety - NHS](#)  
[www.nhs.uk](http://www.nhs.uk)

### Children's Integrated Therapies Services

Children's Therapies include Speech and Language Therapists, Physiotherapists and Occupational Therapists. We aim to support children and young people and their families, by working with our partners in health, education, social care, and voluntary agencies. For enquires please contact our single point of access 01865 904435 or visit

[https://www.oxfordhealth.nhs.uk/service\\_description/oxfordshire-childrens-therapy](https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy)

### 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/>



Your school health nurse is Jules Toogood, 07789855487, [Julia.toogood@oxfordhealth.nhs.uk](mailto:Julia.toogood@oxfordhealth.nhs.uk)



If you would like to speak a school health nurse in the school holidays, please call: 07769-235 149

We will call you back if you leave a message. Or email [shn.oxfordshire@oxfordhealth.nhs.uk](mailto:shn.oxfordshire@oxfordhealth.nhs.uk)

School Health Nurse website: [www.oxfordhealth.nhs.uk/school-health-nurses/](http://www.oxfordhealth.nhs.uk/school-health-nurses/)

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>