

Primary School Health Nurse Team Newsletter

Term 2 November 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.



Road Safety Week

www.brake.org.uk

Road Safety Week runs from November 18th to November 24th. The **week**, organised by 'Brake', a **road safety** charity, is an annual event and the biggest **road safety** awareness event in the UK. Please click link above for more information.

Gingerbread

Single parents, equal families

100 YEARS

supporting single parent families



<https://www.gingerbread.org.uk>

Gingerbread, the charity for single parent families provide expert advice and practical support for single mums and dads in England and Wales.

NEW - ON LINE CONSENT FORMS

We have gone paperless!

All parents/carers will receive an email from their child's school, with all the information required to complete the new process, detailed below:

1. Click on link:

<https://www.oxfordhealthimms.co.uk/forms/flu>

2. Enter your email address

3. Enter your School Code (in the school email letter)

4. Complete all the required fields

5. Please ensure you select the **correct GP Practice**.

(The information regarding your child's vaccination will be sent to this Practice)

6. If you cannot find your child's GP listed and you would like us to notify them of the vaccination, please email us on the address below with the GP details

7. Please answer the health questions and the questions regarding consent

8. Submit the form, a screen will appear confirming you have completed the process

If you have any problems accessing the Consent Form please call the Immunisation Team Office on 01865 904890 or email flu.schoolnurses@oxfordhealth.nhs.uk



HELP US HELP YOU

STAY WELL THIS WINTER

Flu Vaccinations

The school-based flu programme is underway.

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!

The process to give your consent is on line, an email will come to you from your child's school and this needs to be completed straight away, once per child (please discuss with your partner as appropriate).

The opportunity to complete form is up to 3 days before the school session, please make every effort to complete the form ASAP. We are receiving 100s of calls from parents and carers who have missed the deadline and are having to book into out of school clinics.

This month – we recommend for improving the whole family's oral health Brush DJ!



www.BrushDJ.com

Brush DJ plays two minutes of your music, so you brush your teeth for the right amount of time!

Download this NHS approved APP

Great walks for kids

<https://oxon.ankle-biters.co.uk> › [free-families-oxfordshire](#)

For getting out **and** about with the **kids**, the seasons don't get much better than this - **autumn activities** bring changing colours, welly walks, ...



#Take20 — YoungMinds

<https://youngminds.org.uk/take20>

The #Take20 Parents' Hub

Talking to your child about how they're feeling can be hard. By taking 20 minutes with them to do an activity you'll both enjoy, you'll create a relaxed space to start that conversation. There are lots of fun activity ideas, conversation starters and handy tips, advice and resources to make talking easier.

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**

Health and Care Oxfordshire APP

The 'Health and Care Oxfordshire' app helps people choose and access the right local NHS service such as pharmacies, GPs or minor injuries units when they feel unwell or need advice. The app also points people to the support provided by adult social care.

Download the app as usual or click the links below:

<http://bit.ly/iphoneappchoosewell> or
<http://bit.ly/androidappchoosewell>



To contact the SHN Team in your locality Phone: 01235 515503 or Email: didcot.shns@nhs.net

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