



Primary School Health Nurse Team

Newsletter Term 5 Summer 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.



MMR

Is your child protected?

Oxford Health Foundation Trust (OHFT) immunisation team work very closely with the School Health Nursing service to offer the school-based immunisation schedule.

Measles, mumps and rubella are highly infectious conditions that can have serious, and potentially fatal complications. Rubella although a mild condition can, if caught whilst pregnant, have serious effects on an unborn baby causing a wide range of long-term health problems. Since the MMR vaccine was introduced in 1988, it's rare for children in the UK to develop these serious conditions. However, outbreaks happen and there have been cases of measles in recent years amongst unimmunised children, so it is important to ensure that your child has received both doses of MMR for them to be fully protected.

Your child's GP would have offered your child their first MMR vaccine when they were approximately 13 months of age and the second when they were 3 years and 4 months old or soon after. If you are unsure whether your child has received two doses of MMR vaccine, please check with your GP. If your child is in Year 2 or above and has not received 2 doses of Measles, Mumps and Rubella vaccine (MMR) please contact us to arrange an appointment.

If your child has not received two doses of MMR, please call 01865 904339 to book an appointment at one of our Oxfordshire Clinics.

TOP TIPS TO MAKE HEALTHY CHOICES

KEEP HAPPILY HYDRATED!

- Choose good old water instead of fizzy sugar-sweetened drinks to keep you hydrated
- A simple one – don't keep sugary drinks in the house. If they're not there, you can't drink them. Save them for when you're out and about as a real treat
- If you fancy a fizzy drink, try sparkling water poured over ice, served with berries or a wedge of lime or lemon. Add a paper straw and it should go down refreshingly well!



- Limit fruit juice to 150ml portion sizes or, even better, dilute it with water so you're consuming even less! You can count a 150ml serving as one portion of your 5-a-day, but remember it's best to opt for whole fruit and veg most of the time as they contain extra fibre that's typically removed during the juicing process
- Remember that kids aged 4 to 8 years old should be aiming for 1.1 to 1.3 litres of liquid a day from drinks (water, milk, juice) approx. 6-8 cups, and they need reminding to stay hydrated. Adults need on average 1.6 litres per day for women and 2 litres per day for men, though of course these amounts vary depending on age, weight and activity level.

National Child Measurement Programme (NCMP)



The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and Year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary schools, your school will have been visited recently. If you would like ideas on how the whole family can achieve a healthy lifestyle, register with Change 4 Life to keep up to date with their latest campaigns, follow the links below:

<https://www.nhs.uk/change4life/about-change4life>

If you would like more information on the NCMP, please click on the link below:

<https://digital.nhs.uk/services/national-child-measurement-programme/>



UPGRADING YOUR TREATS

It can be easy to consume a large volume of calories with little nutritional value, so embrace healthier alternatives, where possible:

Upgrade the nutrition: Veg and fruit are delicious, perfectly packaged alternatives to other treats high in added sugars, fats and salt. They're great for when you're on the move, at home or as part of a packed lunch – and will help you reach your 5-a-day target

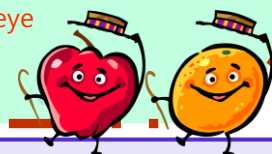
Embrace frozen berries: Another good alternative is to keep a supply of frozen berries in the freezer. Frozen berries work wonderfully with yoghurt – either in a bowl or blitzed up into [frozen yoghurt](#)

Handy homemade dips: whiz up homemade dips, such as [skinny homemade houmous](#) or [pea & yoghurt dip](#) to take your veg to the next level There is nothing wrong with occasional treats for birthdays and celebrations, but it is important to focus on healthy balanced meals the rest of the time.

Eat the rainbow: Eating foods in a variety of different colours, shapes, sizes and flavours is a great way to ensure that you keep a healthy, balanced diet. The best way to achieve this is to try to [include every colour of the rainbow](#)

Game of thirds: Ensure that each meal contains one-third veg and fruit; one-third carbohydrates, and the final third split between protein and dairy. Lastly, foods high in sugar and/or salt should only be eaten occasionally – this is where treats fit in

Control cravings: The best way to help you choose veg and fruit over other treats is to make sure you have them within easy reach when you're in need of a snack. Keeping a bowl of fresh fruit at home or keeping a supply of dried fruit or nuts in a container nearby will help you to choose healthier options (just keep an eye on your portion control).



Contact the Wallingford SHN Team Phone: 01865 904845/ Email: oxfordhealth.wallingfordshn@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) 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

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 www.oxfordhealth.nhs.uk/camhs/oxon

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