

Secondary School Health Nurse

Newsletter Term 6 June 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.



Leaving school and moving on to College, Work, Apprenticeships or University

Year 11 and Year 13 students will be looking forward to leaving school and moving on to the next exciting chapter in their lives. This is an ideal time for them to become more responsible for their health and learn how to access services they might require now or in the future. Students are invited to see their School Health Nurse to discuss their individual health needs and learn how to access ongoing support as a young adult before they leave school. Abingdon & Witney, Bicester, Banbury, City of Oxford and Henley all have a College Nurse service, which offer a confidential service to students and support with emotional, physical and sexual health advice. Further information is available from:

<https://www.oxfordhealth.nhs.uk/school-health-nurses/>



Talking to your teen about holidays without you

It's unlikely you will let your teenager leave the house without some words of advice, but rather than preaching and nagging, you should talk to them as an adult, explaining your concerns and getting them to think about how they would react in certain situations. Example situations on a teenage holiday without parents include what they would do if one of their friends drank too much and became unconscious, one of them had an injury, or they became separated from the group and needed to get back to their hotel. Your teen needs to be aware of the potential dangers of being on holiday, without being frightened or thinking the worst could happen. Adequate insurance is a must on holiday and agreed mobile contact in case of emergency is wise. By talking through the potential dangers, they will be more prepared for problems and you will be reassured.

Be Water Wise

During the school holidays, and in hot weather, children may put themselves at risk of drowning. In fact, around 40-50 children drown per year in the UK. Make sure your family are aware of the Water Safe Code. On a hot day, it might seem like a great idea to cool down in open water. But there are too many risks that you can't see hidden below the surface. The [Canal & River Trust](http://www.canalrivertrust.org.uk) website offers more information on this.



Swimming pools offer a safer, cleaner and warmer alternative to open water. Click on this link below to find your local swimming pool:

<https://www.swimming.org/poolfinder/>



Child Drug exploitation video – COUNTY LINES

Media reports and local concerns have highlighted the dangers of this model of drug distribution by criminal gangs using children. Witney Family Solutions Service, with help from Thames Valley Police, have produced a short video for teenagers and parents explaining how criminals are exploiting children in Oxfordshire to sell drugs.

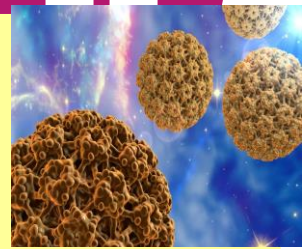
<https://youtu.be/tEgXxHhIJ6A>

HPV for Boys

The Secondary Immunisation programme is changing in September 2019 with the introduction of the HPV (Human Papilloma Virus) vaccine for boys. This two-part vaccine has previously been offered only to girls but from September 2019 boys will also be able to be vaccinated against HPV and will receive the same vaccine as is currently offered to girls. The first dose will be available to all students in Year 8 and the second dose will usually be given a year later when students are in Year 9. The HPV vaccine will help to protect boys as they become men against some forms of Genital Warts and HPV-related cancers such as oral, throat and anal cancer. It will also help to reduce the overall number of cervical cancers in women. If you require further information regarding the HPV Vaccine, please look on the NHS Choices website at:

<https://www.nhs.uk/Conditions/vaccinations/>.

This site will be updated over the upcoming weeks with information regarding the HPV vaccine for boys.



Festival Fun

There's a host of great festivals to choose from over the coming months and it's important to stay safe whilst enjoying your favourite bands. Read this list of commonsense safety tips to help you have a relaxed and crime-free festival.

- Only take what you need and don't leave valuables or anything with your identity on it unattended.
- Beware of pickpockets – don't flash your valuables and only carry what cash you need
- Stay with friends, let them know where you are at all times, arrange meeting points and keep your phones fully charged
- Plan your travel arrangements in advance of the event
- Traffic will be heavy – leave enough time to get there.

Make sure you have your genuine ticket / wristbands before you arrive.

Only purchase from genuine vendors and avoid touts

see [Police Scotland Keep safe at Festivals](#)



SLEEP

Teenagers and sleep can be a challenging relationship- Sleep research suggests that a teenager needs between eight and 10 hours of sleep every night. Most teenagers only get about 6.5-7.5 hours' sleep per night. Teen's body clocks naturally shift to make them feel tired later in the evening. Chronic sleep deprivation can have dramatic effects on a teenager's life.

Follow the link from Oxfordshire Safeguarding Board (OSCB) for advice for you and your teenager:

[TOP TIPS – Getting a Good Night's Sleep for Parents](#)



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Visit our website: <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

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**

<http://OXME.Info/cms/> – Excellent information site for young people in Oxfordshire