

Secondary School Health Nurse Team Newsletter

Term 1 Autumn 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.



Tips for Parents/Carers -settling into school

Take an interest in homework. It will help them get used to it and keep on track. Try to help your child get a good balance now between having some fun after school and homework.

Keep things at home fairly routine and safe. It's best that they don't have to deal with too many changes at once.

Be prepared! Avoid last-minute panics searching for a lost P.E. kit or school ties by helping your child get ready for school the night before – this will help keep stress levels down in the morning and avoid any struggles about getting your child to school.

Rest and recuperate! A good night's sleep can make a big difference. Ensuring your child is sleeping enough is great for clearing the mind, improving memory and aiding concentration. Now that the nights are getting longer and the evenings cooler you may find this helps them to sleep through and stay in a nice warm bed.

Treats can help. At the end of the week, encourage your child to catch a film at the cinema, go shopping, have a slice of cake - and do the things that they want to do after five days in the classroom.

Resolve issues constructively. If problems do occur contact the school immediately and work together with the school to improve the situation.

For free advice or support call the [Young Minds Parents' Helpline](#)

Stoptober

If you are a smoker and want to quit, why not join in with Stoptober. This is a nationwide campaign where you pledge to quit for 28 days starting on 1st October. We know that the chances of succeeding increase if you have support so please contact

<https://www.smokefreelifeoxfordshire.co.uk/>



Activity Guidelines for 5 to 18-year-olds

At least 60 mins of physical activity every day- this should range from moderate activity, such as cycling and playground activities to vigorous activity such as running and football.

3 days a week it should involve exercises for strong muscles and bones, such as sports, gymnastics or ball games.

View the Chief Medical Officer's Updated Guidelines on Physical Activity

<https://www.gov.uk/government/publications/physical-activity-guidelines-infographics>

Find out: <https://www.nhs.uk/live-well/exercise/why-sitting-too-much-is-bad-for-us/>



let's end mental health discrimination

Mental Health

It is constantly in the media about mental health and how we need to ask people how they are – but how?

The ask twice campaign has some helpful hints:

<https://www.time-to-change.org.uk/asktwice>

Family Information Service

We can give free information, advice and assistance on:

Finding and paying for childcare

Play and leisure activities for children, young people and families

Working parents' (maternity and paternity) rights and options

Family and parenting support

Local Offer – help for children and young people with special educational needs or disabilities (SEND)

<https://www.oxfordshire.gov.uk/residents/children-education-and-families/information-parents/family-information-service>

HPV for Boys



The HPV vaccine has been offered to girls in year 8 for over ten years. From this year the vaccine will also be offered to year 8 boys, born between September 2006 and August 2007. This is because the evidence is clear that the HPV vaccine helps protect both boys and girls from HPV-related cancers. In Oxfordshire the vaccine will be offered at the start of 2020. For further information please go to

<https://www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine/>

Flu Vaccinations

Children and young people with certain health conditions, even if they are well managed, are at higher risk of severe complication if they get flu. It is especially important that these children are vaccinated.

These conditions include:

- Serious breathing problems, for example severe asthma needing regular inhaled or oral steroids
- Serious heart conditions
- Severe kidney or liver disease
- Diabetes
- Immunosuppression due to disease or treatment
- Problems with the spleen, if it has been removed or doesn't work properly because of sickle cell or coeliac disease.

Your GP will automatically call eligible children for this immunisation, if unsure please check with your GP

further information available: www.nhs.uk/vaccinations

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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