

# Secondary School Health Team Newsletter

## Term 6 June 2020



*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.*



### Talking to your teens about socialising during lockdown!

During the Covid-19 pandemic, lockdown has most likely affected your teenager's social life. As the restrictions are lifted it is still important to talk to your teens about social distancing and gatherings in large groups. Explain your concerns and encourage them to think about how they can adapt to the current situation. It is important that you understand their need to socialise and encourage 'safe' socialisation during lockdown. Online gatherings via zoom and house-party can keep them connected with friends, which can support their mental health during uncertain times. If they are meeting friends outdoors talk to them about safety, keeping 2 metres apart, avoiding large groups of people and respecting others.

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

*Year 11 and 13 students will be looking forward to leaving school and moving on to the next exciting chapter in their lives. However, due to the current Covid-19 crisis they may be feeling anxious and this is an ideal time to discuss any worries with their College or School Health Nurse. Moving on should be an exciting time, despite the current crisis. School/College Health Nurses are available to support students, to access medical services and discuss individual health needs. All secondary schools have a school health nurse while colleges in Abingdon & Witney, Bicester, Banbury, Oxford City and Henley have a College Nurse service, which offers a confidential service to students and support with emotional, physical and sexual health advice.*

### Get Smart about Play Campaign

<https://www.askaboutgames.com/get-smart-about-play/>

The campaign follows a recent report from Europe's video game industry body which found that only one in five parents of children who spend money in video games use the family controls available on gaming devices. This is backed up by a 2019 NSPCC study that revealed just 19% of parents of children aged 5-15 use family controls on internet-connected devices.

Further advice on gaming (and much more) from Parent Zone:

<https://parentzone.org.uk/parents>

Immunisations – contact [ImmunisationTeam@oxfordhealth.nhs.uk](mailto:ImmunisationTeam@oxfordhealth.nhs.uk)

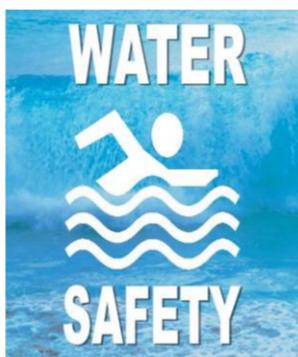
### School based Immunisation Sessions

*The school based immunisation programme had been suspended due to Covid-19 but NHS England have now said that it can recommence.*

*We are currently working with a small number of schools to offer immunisations this term in school, and for those still outstanding at the end of term, dates are being arranged for sessions to be held in September and October. Those students who should have had their HPV1 in Year 8 and their HPV2 in Year 9 will still complete their HPV course on time.*

*We are currently exploring different ways of working to offer more flexibility, if this is required in September so please bear with us but be reassured that we are committed to offering all children who have missed their immunisation an opportunity to have it.*

<https://www.rlss.org.uk/the-water-safety-code>



<https://www.britishskinfoundation.org.uk/how-to-stay-safe-in-the-sun>



During the current restrictions on our lives daily routines are difficult to maintain and sleep patterns are probably being disrupted for all of us. Following a consistent bedtime routine is important.

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

<https://sleepcouncil.org.uk/sleep-and-anxiety-issues-with-children-from-the-sleep-charity/>

### **Child Drug exploitation video – COUNTY LINES**

Exploitation remains a concern during lockdown. 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>

### **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**

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

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



### **NSCPP – Supporting Mental Health**

<https://learning.nspcc.org.uk/news/2020/april/supp>

### **Lockdown is challenge for everyone**

Victims of domestic abuse can access safe places at Boots pharmacies consultation rooms. Where they can contact specialist domestic abuse services for support and advice. services stores throughout the UK.

<https://www.reducingtherisk.org.uk/cms/content/oxfordshire>



To contact your School Health Nurse (Megan Murdoch) Call 07775 112 101 or email [megan.murdoch@oxfordhealth.nhs.uk](mailto:megan.murdoch@oxfordhealth.nhs.uk). Whilst my permanent school is John Mason, I am currently covering Fitzharry's/ Larkmead and Europa (secondary aged children).

**During the summer holidays please phone 07769 235149 or email [SHN.Oxfordshire@oxfordhealth.nhs.uk](mailto:SHN.Oxfordshire@oxfordhealth.nhs.uk)**

**School Health Nurse website** for advice and support around Coronavirus

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

**School Health Nurse Facebook page** <https://www.facebook.com/oxschoolnurses/>

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

**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>

**Dentist:** Helpline: 08000 113 824 or 01865 337 267. For general enquiries email: [dental@oxfordhealth.nhs.uk](mailto:dental@oxfordhealth.nhs.uk)

**Oxfordshire Domestic abuse** support number on 0800 7310055 or call Thames Valley victim support on 0300 1234148

**NHS 111 can help if you have a medical problem, or call 999 if there is a life-threatening emergency**