

Secondary School Health Team Newsletter

Term 3 January 2021

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.



Dear all,

As we entered our second period of school closures last week, we want to reassure you that the School Nursing Service are still here, ready to help and support you, and your children. Although many children are not able to attend school the school nurses are able to make contact by phone, text, email or digital consultation. We can also meet as necessary face to face with young people as we are wearing personal protective equipment, to help protect us both. These are trying times and it is important to remember this won't last forever and we all need to adhere to all the government guidance, hands, face, space and staying at home. The roll out of the vaccine will take some time, and we can all play our part in keeping each other safe until this disease is under control. Please do open the links in this newsletter as there are many ideas and resources out there to help us all get through.

Take care and stay safe – Secondary School Health Nursing Team

Health advice for Oxfordshire parents/carers with children aged 5-19 during Lock Down

Worried about your child?

Advice available from the school health nurse team

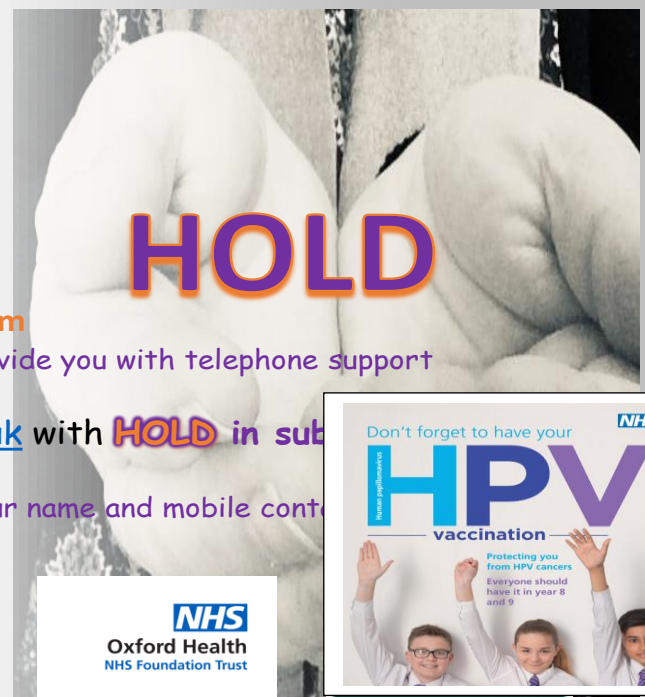
Oxfordshire School Health Nursing Service can provide you with telephone support or a digital consultation

Email SHN.oxfordshire@oxfordhealth.nhs.uk with **HOLD** in subject

Include: Child's name, their date of birth, school, your name and mobile contact number & a brief outline of your concerns

We will endeavour to reply within 2 working days

If your child is unwell, please contact their GP or dial 111

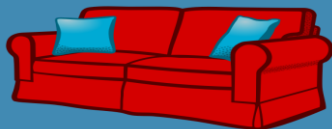


Any queries please email ImmunisationTeam@oxfordhealth.nhs.uk

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Extensive information for parents/carers on all aspects of your child's health and wellbeing

Move more, sit less!



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

(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**

You can also visit <https://youngminds.org.uk/>

which has a helpline

YOUNGMINDS

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



Community call to action!

The Oxford Vaccine Group is surveying how well protected we are from infectious diseases, including **COVID-19** from a cross section of society. In particular we know that Black, Asian and minority ethnic individuals are at greater risk of becoming sick with COVID-19 than the white population in the UK. We need to understand why.

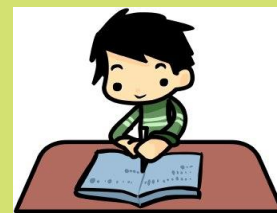
For information please visit <https://whatsthestory.web.ox.ac.uk> or contact us by telephone on 01865 611400 or email on info@ovg.ox.ac.uk

Taking part in this research study is completely **voluntary**.

BBC – resources for home learning

paste link into browser

<https://www.bbc.co.uk/news/technology-55549072>



Oxfordshire include [occupational therapy](#), [physiotherapy](#), and [speech & language therapy](#).

We aim to support children and young people and their families by working with our partners in health, education, social care and voluntary and independent agencies

For queries please contact: Single Point of Access (SPA)

Telephone: **01865 904435** Or visit

https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/

Your school health nurse is: Heather McGrath (Covering Lorna Denner whilst she is on redeployment)



If you would like to speak to your school health nurse, please call: **07468718644**

We will call you back if you leave a message.



You can also email your school health nurse on: heather.mcgrath@oxfordhealth.nhs.uk

School Health Nurse website: www.oxfordhealth.nhs.uk/school-health-nurses/

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>