

# Secondary School Health Team Newsletter

## Term 4 February 2021(1)



Dear parents/carers,

Please remember, health advice and support is only a click away for Oxfordshire school pupils and parents during the latest lockdown with two special free offers to help ease the strain of isolation and stress caused by living through the pandemic.

Each 'Wind Down Wednesday' between 3.05pm and 3.15pm young people can log on to Teams to take part in a 10-minute relaxation session. There's no pressure to be active and no microphone or cameras on. Just log on and listen in. To find out more just email [Janice.chrystal@oxfordhealth.nhs.uk](mailto:Janice.chrystal@oxfordhealth.nhs.uk) stating your name, school and date of birth.

We also recognise that parents may also be feeling stressed or isolated and need to speak to someone with concerns about their child. Our HOLD service allows parents to send brief details so that a school nurse can call them back. To access this service simply email [SHN.oxfordshire@oxfordhealth.nhs.uk](mailto:SHN.oxfordshire@oxfordhealth.nhs.uk) with details of the child's name, date of birth, school, contact number and a brief outline of health need.

Take care and keep safe, secondary school health nurse team



## How to get a good night's sleep!



### The Effects of Lack of Sleep

There are many things that can happen when we do not get enough sleep. These include:

- Poor attention, concentration and memory
- Irritability and other issues with mood
- Inaccurate judgement and a slower reaction time
- Poor physical coordination



### Useful Websites:

[www.nhs.uk/livewell/sleep](http://www.nhs.uk/livewell/sleep)

<https://sleepcouncil.org.uk>

<https://www.sleepfoundation.org>

### Make your bedroom sleep-friendly

- Somewhere you feel comfortable and relaxed.
- It is important that the bed and bedroom are quiet and comfortable for sleeping
- a cooler room with enough blankets to stay warm is best
- Dark curtains or black out blinds may help. Thick carpet and earplugs may reduce noise.

### Sleep Hygiene Tips

Establish a basic routine and go to bed and get up at the same time (even at weekends!)

Think about what you eat and drink, avoid caffeine and sugary drinks before bedtime.

Take regular exercise - a morning walk is a great way to start the day!



### Avoid electrical screens

Looking at phones, tablets, computers, and TV will all stimulate the brain and make it harder to relax. Try and encourage your children and young people to turn them off and leave them outside the bedroom, if not ensure they are all off for at least an hour before bedtime.



## Changed school between Year 8 and Year 9?

- Is your child in Year 9 and due their Second HPV Vaccine?
- Have they changed schools since you completed a Consent Form for their first HPV Vaccination in Year 8?

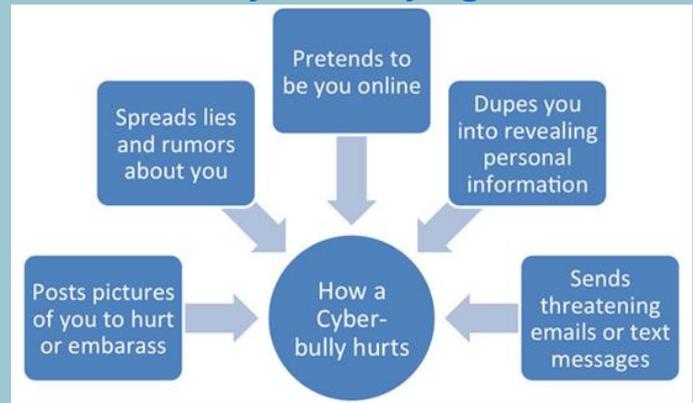
If so please email [immunisationteam@oxfordhealth.nhs.uk](mailto:immunisationteam@oxfordhealth.nhs.uk) with your child's details and which school they have moved from and, if their previous school was in Oxfordshire, we will be able to transfer the Consent Form you submitted for Dose 1 to your child's new school.

Please remember it is **very important** that you email us and let us know if any of the following apply after you have submitted ANY Consent form.

Please let us know if your child has....

- Developed any medical conditions or allergies
- Commenced or changed any medication
- Already had their vaccination

## Cyber bullying



Reports from Thames Valley Police and some local schools indicate a rise in cyberbullying incidents in Oxfordshire as many young people are using digital platforms not just for their own personal use but for learning too. This can affect any young person at home – more information to help tackle this issue below and please contact the school nurse for support.

[Oxfordshire Schools' Internet Safety and Cyberbullying Webpage](#) – Guidance and resources to help you tackle cyberbullying and promote e-safety

[Thames Valley Violence Reduction Unit Webpages](#) - Cyberbullying Advice for Parents/Carers and Young People from Thames Valley Police

Children's Integrated Therapies Services in 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/](https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/)

## 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**

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

which has a helpline



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

**Your school health nurse is:** Heather McGrath (covering Lorna Denner during temporary re-deployment)



If you would like to speak to your school health nurse, please call: **07468718644** or email [heather.mcgrath@oxfordhealth.nhs.uk](mailto:heather.mcgrath@oxfordhealth.nhs.uk)

We will call you back if you leave a message or email

School Health Nurse website: [www.oxfordhealth.nhs.uk/school-health-nurses/](http://www.oxfordhealth.nhs.uk/school-health-nurses/)

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