

Primary School Health Team Newsletter

Term 4 February 2021 (1)



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

Just to let you know that we will be sending out our newsletters more frequently during this time where most children are at home. We want to remind you that the school nursing team are still available for advice and support on any health worries you have. Our contact details are at the bottom of the page and we can liaise with you by phone, digital consultation, email or face to face wearing PPE.

There are a lot of resources available to support you and your children and we hope to cover a varied range of topics that may be creating some challenges during these difficult times.

Keep going and stay safe – Primary SHN team

Helping your child back to school

- Plan ahead together - try using pictures...
- ...the morning routine, their uniform, the journey to school
- Focus on what you both can do
- Not everything will be different - the staff, building and some routines will still be familiar
- Give praise when they talk about a worry
- It's OK to feel worried about change - let them know that!

It is completely normal to feel anxious about change and many children may be worried. Returning to school is a positive change and they will need your reassurance.

School nurse contact details are below if you need any support.

Cyber bullying

How a Cyber-bully hurts

- Spreads lies and rumors about you
- Pretends to be you online
- Dupes you into revealing personal information
- Sends threatening emails or text messages
- Posts pictures of you to hurt or embarrass

Reports from Thames Valley Police and some local schools indicate a rise in cyberbullying incidents in Oxfordshire as many children and young people are using digital platforms not just for their own personal use but for learning too. Even young children can be affected by this 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



Useful Websites to promote a good night's sleep

www.nhs.uk/livewell/sleep

<https://sleepcouncil.org.uk>

<https://www.sleepfoundation.org>

Domestic Abuse Helpline: 0800 731 0055 (10am - 6pm, Monday to Friday and 10am - 4pm on Saturdays)

For 24-hour advice, call the National Helpline: 0808 2000 247 (calls make appear on itemised mobile phone bills)

Website:

<https://www.a2dominion.co.uk/Domestic-abuse-services>

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/>

YOUNGMINDS

which has a helpline

Or visit

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



Good sleep is important for your child's physical and mental wellbeing.

A relaxing bedtime routine is one important way to help your child get a good night's sleep.

Relaxation tips to help sleep

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:

- A warm (not hot) bath will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.
- You could also suggest your child tries this [relaxing breathing exercise](#) before bed.

Know how much sleep your child needs

The amount of sleep your child needs changes as they get older.

A 5-year-old needs about 11 hours a night, for example, while a 9-year-old needs roughly 10 hours.

See [how much sleep your child needs](#).

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/

Your school health nurse is: **Kate Dobie**



If you would like to speak to your school health nurse, please call: **07917 217617**

We will call you back if you leave a message. Or email oxfordhealth.wantageandfaringdonshteam@nhs.net

HOLD – for parents and carers that may 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 with details of the child's name, date of birth, school, contact number and a brief outline of health need.

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

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