

# Primary School Health Nurse Team Newsletter

## Term 1 Autumn 2018

*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.*



**The school health nurse service** is commissioned by Public Health at Oxfordshire County Council and is provided by Oxford Health NHS Foundation Trust.

The Primary School Health Teams are based in health centres or community hospitals, and work closely with families, schools and other partner agencies to help improve health outcomes for children and their families. Safeguarding children is central to all our work.

Through these newsletters we hope to highlight health topics and resources to tackle common issues that arise, and promote a healthy lifestyle for all the family.

### Reception Children – School Entry Health Review

When children start primary school, it is a good time to review their health needs. The Primary School Health Nurse team offer Reception children a health review, to discuss their specific health needs. If you have concerns regarding your child's health and would like to speak to a member of the primary school health nurse team to discuss or plan the care of your child in school, please contact us.

Contact details are available at the foot of this newsletter, or from your child's school.

### Flu Vaccinations

A flu vaccination will be offered at school to all children from Reception to Year 5 this winter. The vaccination is given as a quick and simple spray up the nose. Look out for your child's consent form and return it within 7 days to the school office if you would like your child to be vaccinated.

If your child becomes unwell prior to the school visit please let us know. If we are unable to vaccinate your child at school they will be invited to book into our 'catch up' clinic.

Dates of when the vaccination will be offered at your child's school or additional consent forms are available on the School Health Nurses website.

<https://www.oxfordhealth.nhs.uk/school-health-nurses/immunisations/flu-immunisations/>

For all flu queries please email:

[Flu.schoolnurses@oxfordhealth.nhs.uk](mailto:Flu.schoolnurses@oxfordhealth.nhs.uk)

### Visit the school health nurses' website for more information

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



School health nurses

Oxford Health NHS Foundation Trust

What we do Immunisations College services Child measurement Contact us

School health nurses

We are qualified nurses who work in state schools across Oxfordshire. We have nurses based in all secondary schools and further education colleges, and a team who look after children in primary schools.

We provide advice on health choices such as healthy eating, sexual health and substance misuse. We offer health reviews, deliver childhood immunisations, support for teenage parents and families with complex needs, and much more. Safeguarding children and young people is at the heart of what we do, and we work with parents/carers as well as with partner agencies such as social health care services.

Primary Schools Secondary Schools Feedback Immunisations

# Ideas for a 'healthy' lunchbox



Deciding what is best to put in your child's lunchbox can be difficult. With a little inspiration your child's lunch can be fun, healthy and tasty.

A healthy packed lunch should include something from each of the four main food groups - starchy carbohydrates (bread, rice, potatoes, pasta), fruit and vegetables, protein containing foods (meat, fish, eggs and beans), and milk and dairy foods – as well as a drink. Here are some ideas of items for each group:

## Starchy carbohydrates

- A sandwich/roll/wrap/pitta bread (trying using wholegrain varieties or 50/50)
- Pasta/couscous/rice

## Protein filling

- Lean meat/chicken/turkey (add lettuce or tomatoes!)
- Fish/tuna (add cucumber or peppers!)
- Eggs
- Beans

## Fruit and vegetables

- Chop raw vegetable crudites such as carrot sticks which can be great for dipping in hummus
- Fresh fruit (apple, grapes, banana, kiwi)
- Dried fruits (raisins, apricots)

## Dairy

- Low fat yoghurt – plain or fruit (watch out for those high in sugar!)
- Small pot of rice pudding
- Low fat cheese slices

## Added extras

- Plain popcorn or reduced fat crisps
- Sugar-free jelly pot
- A plain biscuit  
(There's nothing wrong with this, just try to make healthier choices when you can)



**Put in a drink** – It is important to stay hydrated, so give your child a bottle of plain water, plain milk (skimmed or semi-skimmed), or no added-sugar fruit juice

For complete lunchbox ideas and tips, visit:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

# Choose Wisely...



Help to keep pressure off A&E by choosing the right service level for what you need. #HelpUsHelpYou



Most common winter ailments, such as coughs & colds, can't be treated with antibiotics & are best dealt with at home with rest and a well-stocked medicine cabinet.



Your local pharmacist is a trained healthcare professional & can give you advice on common illnesses without the need to go to your GP.



Call 111 when you need medical advice fast but it is not an emergency.



If you have a persistent illness that won't go away, make an appointment with your GP.



A & E is for serious and life-threatening injuries and conditions only.

## Starting or changing School

Most children love school and go on to make the most of their education, but starting or changing school can be one of the most important transitions in a child's life, and can sometimes make parents/carers feel anxious too. For some useful information and top tips on starting school visit Family Lives website:

[www.familylives.org.uk](http://www.familylives.org.uk)



The school health nurse for your school is Kate Dobie

Contact the SHN Team in your locality

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Email: [oxfordhealth.wantageandfaringdonSHNTeam@nhs.net](mailto:oxfordhealth.wantageandfaringdonSHNTeam@nhs.net)



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