

Primary School Health Nurse Team

Newsletter –winter term 3 2017

Happy New Year and welcome to the Term 3 newsletter from the School Health Nurse (SHN). This newsletter aims to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instill 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.

Further information about SHN can be found on our website:

<http://www.oxfordhealth.nhs.uk/children-and-young-people/oxon/school-health-nursing/>



Thank you to the parents of Year 1, 2 & 3 in supporting our Flu vaccinations for your children. With your support, to date we have vaccinated 65% of this age group in Oxfordshire.

Head lice

Head lice are tiny insects that live in hair. Nits are the empty egg cases attached to hair that head lice hatch from. They are a common problem, particularly in School children. Head lice can be difficult to spot, even when the head is closely inspected.

Head lice are spread by direct head to head contact. They climb from one person's hair to another's. They cannot jump, fly or swim and show no preference to clean or dirty hair.

Female lice live for around a month, during which time they can lay more than 100 eggs. They attach their eggs to hairs close to the scalp surface. The eggs are yellow or white, and the size of a pin head. They take 7 to 10 days to hatch, and the new lice can then lay more eggs after about 7 days.



The only way to be sure someone has head lice is to find a live louse by combing their hair with a special fine-toothed comb, this is called Detection combing and can be done as part of a weekly routine.

- Wash the hair with ordinary shampoo and apply plenty of conditioner.
- Use an ordinary, wide-toothed comb to straighten and untangle the hair.
- Once the comb moves freely through the hair without dragging, switch to the louse detection comb.
- Make sure the teeth of the comb slot into the hair at the roots, with the edge of the teeth lightly touching the scalp.
- Draw the comb down from the roots to the ends of the hair with every stroke, and check the comb for lice each time – remove lice by wiping the comb with tissue paper or rinsing it.
- Work through the hair, section by section, so that the whole head of hair is combed through.
- Do this at least twice to help ensure you haven't missed any areas, until no more lice are found.

If live lice are found, treat as appropriate and repeat this procedure on days 5, 9, 13 and 17 (post treatment), to check for any newly hatched live head lice. Staying off school is unnecessary, as it's unlikely to help prevent the spread of head lice. You may need to treat more than once to make sure any newly hatched lice are killed.

Treatments to get rid of head lice are available to buy from pharmacies, supermarkets and online. You don't usually need to see your GP.

ONLY TREAT IF LIVE LICE ARE FOUND. A pharmacist can advise you about the treatments available if you're not sure which is best for you or your child.

Further information and advice can be found at: <http://www.nhs.uk/Conditions/Head-lice/Pages/Introduction.aspx>

How much should my child be drinking?

HEALTHY HYDRATION
for children aged 5-11

Water
a good choice throughout the day because it hydrates without providing extra energy (calories/kilojoules) or risking harm to teeth.

Milk
a useful source of nutrients, especially protein, B vitamins and calcium. Most children should drink reduced-fat milks. Unsweetened, calcium fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should only be drunk occasionally.

Fruit and vegetable juices and smoothies
provide some vitamins and minerals and some can contain fibre. However, they also contain sugars and can be acidic so it's recommended to limit them to one small glass (150ml) a day and to keep them to mealtimes. 150ml counts as a maximum of 1 portion of 5 A DAY. They can be diluted with water to reduce acidity and sugars content.

Sugar-free drinks
hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water to avoid getting a taste for sweet drinks. Fizzy drinks can contain acids that can erode the outer surface of the tooth. Be aware that some of these drinks contain caffeine.

Tea and coffee
Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milks and no added sugars.

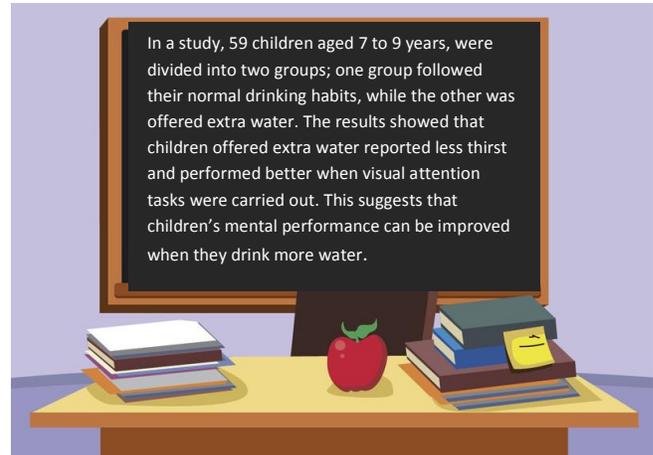
Sugary drinks
best avoided as they provide sugars and few nutrients. Fizzy drinks can contain acids that can erode the outer surface of the tooth. Be aware that some of these drinks contain caffeine.

Sports and energy drinks
can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.
The amount of fluid a child needs depends on many factors including their age and gender, the weather and how much physical activity they do, but generally they should aim to drink about 6-8 glasses of fluid a day (on top of the water provided by food in their diet).
Younger children need relatively smaller servings (e.g. 150-200ml) and older children need larger servings (e.g. 250-300ml).

November 2014, Next review due November 2019. For more information on the sources used in this text please contact postbox@nutrition.org.uk ©British Nutrition Foundation www.nutrition.org.uk

Suggested daily intake of drinks for children and young people		
AGE	SEX	TOTAL DRINKS PER DAY
4 – 8 yrs	Female	1000 – 1400mls
	Male	1000 – 1400mls
9 – 13 yrs	Female	1200 – 2100mls
	Male	1400 – 2300mls



Let's make this the year we make changes to children's diets

Children consume half the daily recommended sugar intake before the morning school bell rings, according to Public Health England (PHE).

A survey conducted for PHE's Change4Life campaign found that parents are unsure what makes up a healthy breakfast for their children. It found that of those parents whose child was consuming the equivalent of 3 or more sugar cubes in their breakfast, over 8 in 10 parents (84%) considered their child's breakfast as healthy!!!

<https://www.nhs.uk/change4life-beta>



Try the NEW *Be food smart* app. A fun app that can be used when food shopping; simply scan a barcode and see how much sugar, salt and saturated fat is in that product.



If you would like to speak with the School Health Nurse, please speak to your school or contact us on:

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