

Secondary School Health Nurse Newsletter

Term 5 May 2020

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.



School Health Nurse support during COVID 19

During the COVID 19 pandemic school health nurses are still available to support children, young people and families stay healthy, especially during these very stressful times. As school health nurses are public health workers, many of our staff have been redeployed in the crisis to support community hospitals, district nurse teams and the children's community nurses' team. We also have two nurses who are working in the intensive care units to help ease the burden of care for our colleagues in the acute hospitals. We are very proud of how our service has responded to the crisis displaying enthusiasm and compassion in our care of the Oxfordshire community.

We have retained half of our staff to maintain and support the service to children, families and schools. Our nurses have used digital means to attend meetings virtually and to keep in contact with young people and families. If you have a concern regarding your child, please use the contact details at the bottom of this newsletter to call or email or visit our website which has lots of resources and information on COVID 19.

We are working closely with our colleagues in Education and we will be back in schools, when they fully re-open, whenever that may be. In the meantime stay safe and stay well.

Immunisation Programme

As you may be aware, due to the Covid-19 outbreak, our school aged immunisation programme is currently suspended. If your child is in yr8 or y9 and was due to receive their immunisation(s) but their session was cancelled, we will be in touch shortly to provide you with further information as to when and where your child can be immunised. Please be assured that we are committed to ensuring that all children will be offered an appointment for their outstanding immunisation(s).

If you wish to discuss your child's immunisations with an immunisation nurse, please call **07795 444140** or email immunisationteam@oxfordhealth.nhs.uk



Social distancing means that you shouldn't be meeting up with your partner during lockdown. However, if you do need to access sexual health services in an emergency, they are still open.

Contact www.oxme.info and search for sexual health or contact your SHN



May is National Walking Month!

Walking is a great way to boost your mood, burn excess calories and protect your heart as well as contributing to your 60 minutes of daily exercise.

Download these free apps to boost your exercise during lockdown... [Active10](#) or [C25K](#)



Managing your emotions

A survey by www.youngminds.org.uk found that 32% of participants felt that their mental health had got worse since the outbreak of coronavirus. It is a natural response to worry during this time. It is good to spend time talking to young people about their worries. Here are some top tips that might be useful.

1. Acknowledge any fears or worries that the young person may have.
2. Help them understand that their worries are a natural response.
3. Correct any misunderstandings that they may have.
4. Help a young person to stay in control of the things that you can control.
5. Talk about all the positive things surrounding the current situation.

Parents can call [young minds](http://www.youngminds.org.uk) for support on **0808 8025544**

For more information on managing emotions:
www.emergingminds.org.uk

Child and Adolescent Mental Health Services (CAMHS)

Oxfordshire CAMHS are STILL OPEN from 8am – 6pm and offer a single point of access for students and parents/carers, who have concerns around mental health.
Single Point of Access (SPA): **01865 902515**

Reducing the Risk of Domestic Abuse



Domestic abuse is a concern for all of us during this pandemic. Many people may be anxious about staying at home when there is a threat to themselves or their family members. Domestic abuse comes in many forms, from psychological, physical, sexual, financial or emotional abuse. Behaviours can either be controlling or coercive. If you or someone else you know are affected by any of these problems, it's important to know that **you are not alone**. There are services available to support you.

Please call our Oxfordshire Domestic Abuse support number on 0800 7310055 or call Thames Valley victim support on 0300 1234148.

Visit www.reducingtherisk.org.uk for more information.

Anna Freud Centre for children and families

Resources for coping with anxiety during coronavirus

<https://www.mentallyhealthyschools.org.uk/media/2025/coronavirus-anxiety-toolkit.pdf>



To contact your School Health Nurse Mobile: 07826894092 or 01865 904225 or Email: Helena.uddin2@oxfordhealth.nhs.uk

If your school nurse is not available during this time, please phone **07769 235149** or email SHN.Oxfordshire@oxfordhealth.nhs.uk

The SHN website has already been updated to offer advice and support around the coronavirus. Please visit <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

School Nurse Facebook page <https://www.facebook.com/oxNHSschoolnurses/>

SEND (Special Educational Needs/Disabilities) Local Offer Information:
<https://www.oxfordshire.gov.uk/residents/children-education-and-families/education-and-learning/special-educational-needs-and-disability-local-offer>

Dentist -For help with finding an NHS dentist please phone the Oxford Health Dental Helpline on: 08000 113 824 or 01865 337 267. For general enquiries email: dental@oxfordhealth.nhs.uk

NHS 111 can help if you have an urgent medical problem and are not sure what to do

Call 999 if there is a life threatening emergency