

Secondary School Health Team Newsletter

Term 3 February 2021



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, e mail 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 – Secondary SHN Team



'Wind Down Wednesday'

Every Wednesday in term time 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 stating your name, school and date of birth.



A new free e-book from Dr **Emma Hepburn** exploring **how to stay clam in a global pandemic**. With over 20 years of experience as a psychologist, she started sharing her doodles from therapy sessions with people on social media to make mental health support more accessible and open the conversation about **how to stay well**.

<https://www.nllife.co.uk/wp-content/uploads/2021/01/How-to-Stay-Calm-in-a-Global-Pandemic-Free-ebook.pdf>

Click on this link or paste into your browser, this resource from Oxfordshire County Council has great ideas and resources to help you understand how anxiety and stress affect the body and how it can manifest itself. It has breathing exercises for children and a section on muscle relaxation, with calming scripts and guided mediation, at different levels suitable for adults and children.

Books and apps are also recommended, and there is loads of useful information to simply help you get through the day.

<https://schools.oxfordshire.gov.uk/cms/sites/schools/files/folders/folders/documents/learnerengagement/coronavirus/WorriesandAnxieties.pdf>

Easy Read looking after your feelings and body in the lockdown

Here is some advice on how to look after your body and feelings in the lockdown
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876989/Easy_read_looking_after_your_feelings_and_body.pdf

Thought for the week ahead
Look for something positive in each day, even if you sometimes need to look a little harder

Coronavirus and mental health

We are all struggling in the lockdown, missing family, friends and our routines of school and socializing – this makes us all feel lonely and low at times. Tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

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: Helena Uddin



If you would like to speak to your school health nurse, please call: **07826 894092**

We will call you back if you leave a message. Or email Helen.uddin@oxfordhealth.nhs.uk

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/>

Supporting children and young people impacted by parental imprisonment

Children Heard and Seen is a charity that supports children and families impacted by parental imprisonment. We offer 1:1 support, mentors for children, group activities and arts and music-based therapy to children who are facing the shame and stigma that is attached to having a parent in prison. If you know a family that would like support, please email us info@childrenheardandseen.co.uk, call us on **07557339258** Due to the ongoing Coronavirus crisis, we are now offering tailored 1:1 online support sessions for children and parents impacted by parental imprisonment. Please get in touch for more information on how to access support for yourself or your child on **07557339258** or info@childrenheardandseen.co.uk



LGBTQ+ History Month takes place in February each year. Theme for 2021 is Mind Body and Soul

Topaz a local LGBTQ+ support group is currently offering online support for young people (aged 10-14 and 15-18) and their parents and carers

For information email topaz-hq@hotmail.co.uk

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

YOUNGMINDS

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

