

# Secondary School Health Team Newsletter

## Term 3, January 2023

*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 future quality of life and enable them to reach their full potential in education and beyond.*

**School Health Nurses** are based in Oxfordshire schools and the contact details for your Nurse are at the end of this newsletter. If you have any health concerns regarding your child please contact your school health nurse.

### How to look after your pearly whites :

Help your young person to look after their teeth by reminding them to:

- Brush for two minutes at night before bed, and at one other time of day.
- Use a pea-sized amount of fluoride toothpaste (containing between 1350-1500ppm of fluoride)
- Spit after brushing, but do not rinse.

More information can be found at:

[Children's Teeth—NHS](#)

Some useful videos from the British Society of Paediatric Dentistry:

- [Video for children aged 7+](#)



### UK Safer Internet Day

**7th February 2023**

This year's campaign is focused on ensuring the voices of children and young people by encouraging them to help shape the future of online safety support.

The [UK Safer Internet Centre](#) has resources for parents and carers seeking to keep their children safe when online. This includes advice around smartphones, computers, smart speakers and game

**Safer Internet Day 2023** | **Tuesday**  
**7 February**

Coordinated by the UK Safer Internet Centre

## Gloji Energy

**Gloji Energy** is a new child weight management programme run by [Achieve Oxfordshire](#). This exciting new 12-week programme is fully funded by Oxfordshire County

Council and therefore a free programme for children and their parents/carers.

Gloji Energy is:

- accessible to children and young people who have a BMI over the 91st Centile.
- Available as group and one to one sessions (dependant on the needs of each family)

Gloji Energy aims to create healthier children and families by supporting them to become more active and eat well. [Sign up here](#)

# Children's Mental Health Week

6th-12th February 2023

The theme this year is '**Let's Connect**'. Place2Be's dedicated website has resources and activities designed to encourage young people to consider how we make meaningful connections that support our mental health:



# S.A.D.—'Blue Monday'

SAD or Seasonal Affective Disorder is a type of low mood or depression that affects some people during certain seasons, often in the winter.

Top Tips to combating SAD:

- Journaling: writing down how you are feeling
- Sunlight and Vitamin D can help! Walk in Sunshine
- They both help stimulate Serotonin -a mood boosting hormone
- Foods rich in Vitamin D include: Fortified Cereals, Orange Juice, Mushrooms, fatty fish, and egg yolk.
- Talk to someone about how you're feeling
- If things aren't improving, reach out for support via: School Nurse, GP, Young Minds



# School Aged Immunisation Service

For advice on booking an appointment for outstanding vaccinations please email us at [immunisationteam@oxfordhealth.nhs.uk](mailto:immunisationteam@oxfordhealth.nhs.uk) stating your

child's name, school, date of birth, your contact phone number and state which vaccination(s) are missing.



# Tips on keeping warm this winter

TIPS on saving money and staying warm this winter: Heat the human, not the home is the new guide from [Money Saving Expert](#):

## DO:

- Consider your mental and physical health before making any changes
- Layer up clothes to keep in the heat - e.g. tights under trousers
- Use heated items to get extra warmth such as hot water bottles & heated gloves
- Eat regularly - especially hot food & drinks such as soup, porridge and tea
- Keep feet warm - thermal socks, slippers, rugs and blankets
- Exercise - walk around the house or go out for a walk, cleaning
- Draught stoppers for your doors

## DON'T:

- Turn off your heating completely (damp and frozen pipes can occur).
- Use a chimney or old heater without first having it safety checked.



# Child and Adolescent Mental Health Services (CAMHS)

[Oxfordshire CAMHS](#) offers a single point of access for parents/carers, who have concerns around mental health.

Single Point of Access (SPA):  
**01865 902515**

You can also visit



<https://youngminds.org.uk/>

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

# Your School Health Nurse is: Tacye Ormerod

If you would like to speak to your school health nurse, please call: **07771984283**

We will call you back if you leave a message. Or email

[Tacye.Ormerod@oxfordhealth.nhs.uk](mailto:Tacye.Ormerod@oxfordhealth.nhs.uk)

School Health Nurse website:

[www.oxfordhealth.nhs.uk/school-health-nurses/](http://www.oxfordhealth.nhs.uk/school-health-nurses/)

For young people 11-19 years during school holidays

ChatHealth 11-19 years  
New School Health Nursing messaging service for young people aged between 11-19 years attending state schools in Oxfordshire  
Text **07312 263084** to message a school health nurse  
Text School Health Nurses for advice on issues such as:  
relationships, contraception, mental health and wellbeing, self-harm, diet & exercise, smoking, drugs & alcohol, any lifestyles and health.  
Or scan QR code here to start a chat