

Primary School Health Team Newsletter

Term 3 January 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.



Time to Talk Day & Children's Mental Health week

Time to Talk Day 2020 is taking place on Thursday 6 February.

Choose to talk about mental health and help change lives.

Mental health problems affect one in four of us, yet too many people are made to feel isolated, ashamed and worthless because of this. Time to Talk Day encourages **everyone** to be more open about mental health – to talk, to listen, to change lives.

<https://www.childrensmentalhealthweek.org.uk/>

Children's Mental Health Week campaign hopes to raise awareness of the benefits of getting children support at the earliest possible opportunity, and to encourage parents to talk openly with children about their feelings and getting help.



11th February sees the return of the Safer Internet Day, run by Insafe-INHOPE. The aim of the day is to raise awareness of the need for digital and media literacy. Topics that fall under this banner range from cyber bullying to good social media conduct.

Key Messages – Be kind and respectful to others on line

Parents and carers play a crucial role in empowering and supporting children to use technology responsibly, respectfully, critically and creatively.

www.saferinternetday.org

Height & Weight measurements for Reception and Year 6

The National Child Measurement Programme (NCMP) begins this term for pupils in Reception and Year 6. Letters will be sent out by your child's school giving you information about the date of the school visit. The height and weight measurements are completed privately, for each child by trained members of the school health nurse team. No child will be told the results of their measurements on the day. Result letters will be posted to parents / carers within 6 weeks of the school measurement date.

To maintain a healthy lifestyle for the whole family visit: Change4Life
<https://registration.change4life.co.uk/>



Practical tips to keep children Hydrated (British Nutrition Foundation)



<https://www.nutrition.org.uk/>

- Ensure children have a drink before school i.e. with breakfast, and during breaks.
- Parents, teachers and guardians should offer drinks regularly, especially in hot weather.
- Remember that many foods have a high-water content and can also contribute to fluid intake. i.e. fruit, vegetables, soup, yogurt.
- Always pack a water bottle in a school bag or lunchbox for children heading off to school/outings/other activities.
- **Aim to drink 6-8 glasses (120-150 mls) per day**

Safer Health advice on line – NHS Apps Library

To find the best Apps, NHS Digital have developed an NHS Apps Library with information on each approved app and how to access it.

All the apps must meet strict data security and clinical safety standards. They cover a wide range of health-related topics – check it out!

<https://Digital.nhs.uk/services/nhs-apps-library>

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**

Guidance on treating Head lice – check out the link below:

<https://www.nhs.uk/conditions/head-lice-and-nits/>

Head lice and nits are very common in young children and their families. They do not have anything to do with dirty hair and are picked up by head-to-head contact.

Head lice can make your head feel itchy, like something is moving in your hair.

The only way to be sure someone has head lice is by finding live lice.

You can do this by combing their hair with a special fine-toothed comb (detection comb). You can buy these online or at pharmacies.

How to get rid of head lice

You can treat head lice without seeing a GP.

Treat head lice as soon as you spot them.

You should check everyone in the house and start treating anyone who has head lice on the same day.

There's no need to keep your child off school if they have head lice.

Wet combing

Lice and nits can be removed by wet combing. You should try this method first.

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

Medicated lotions and sprays

Ask a pharmacist for advice if you have tried wet combing for 17 days, but your child still has live head lice.



To contact the School Health Nurse for your school call 01869 604095 or
Email: oxfordhealth.Bicester-shns@nhs.net

The School Health Nurse website <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

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

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>

School Attendance guidance on illness

<https://www.oxfordshire.gov.uk/residents/schools/school/attendance#paragraph>

Dentist – If after contacting several dental practices you still can't find a dentist accepting NHS patients call the NHS England's Customer contact centre (9.30-6pm Mon-Fri) **0300 311 2233**.

For general enquiries relating to Oxford Dentists email: dental@oxfordhealth.nhs.uk