

# Primary School Health Team Newsletter

## Term 4 March 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.*

Public Health England has guidance for all educational settings regarding Coronavirus and this has been sent to all schools. By following the simple advice below we can help stop this and other infections spreading.



If you have been in contact with someone with coronavirus or have returned from an affected area identified by the Chief Medical Officer as high risk and you are feeling unwell with a cough, difficulty breathing or fever, stay at home and use the NHS 111 online coronavirus service or call NHS 111

Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.

To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue away immediately.

Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.



## Height & Weight measurements for Reception and Year 6

The National Child Measurement Programme (NCMP) continues this term for pupils in Reception and Year 6. You will receive a letter within 6 weeks of the measurement date with your child's measurements and information of who to contact if you would like some support around weight management and healthy lifestyle.

### World Sleep Day

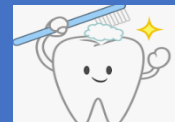
**March 13<sup>th</sup>** is World Sleep Day, an occasion designed to raise awareness of the many health benefits of good sleep—organised by the **World Sleep Society**.



The UK Sleep Council also have some helpful tips to encourage good bedtime routines for children. <https://sleepcouncil.org.uk>

World Oral Health Day


20<sup>th</sup> March



Don't forget to take Your child for 6 monthly check ups at the dentist.

### 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**

 To contact the SHN Team in your locality Phone: **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>

**Infection Control guidance** on keeping children off school following a specific illness

[http://www.publichealth.hscni.net/sites/default/files/Guidance\\_on\\_infection\\_control\\_in%20schools\\_poster.pdf](http://www.publichealth.hscni.net/sites/default/files/Guidance_on_infection_control_in%20schools_poster.pdf)