

Secondary School Health Team Newsletter

Term 4 March 2021 (3)



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

Welcome back everyone! It's been great to see so many familiar faces back in school.

We would also like to thank everyone who joined us for Wind Down Wednesdays, our online relaxation sessions. For anyone missing their weekly Wednesday 'chill out', look at some of the lovely mental health ideas in the newsletter below.

This week we have also included some suggestions on getting back into a good school routine- with healthy lunches and dental care advice. Remember your school health nurse is here to help, contact details at the bottom of this newsletter.

Take care – Secondary SHN Team

Look after your teeth!



[Find a dentist - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Did you know adults and children should clean their teeth twice a day, for two minutes, with the final brush before bed? It's important to use a toothpaste with the right amount of tooth paste for their age.

Take a look NHS.UK <https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/> for more information.

Encouraging children to keep their teeth clean can sometimes be a bit of a struggle. Apps like Brush DJ from the NHS Apps library can help. <https://www.nhs.uk/apps-library/brush-dj/>

Childline Calm Zone

Returning to school has been stressful for some students. It can be hard to think of ways to support them. Luckily the Childline Calmzone has lots of practical ideas to help mental wellbeing. There are breathing exercises, yoga video and games. The link is [Calm zone | Childline](#)

Got a minute? Look at the Young Minds YouTube Channel. Bitesize information for parents /carers and young people around mental help. See [YoungMinds - YouTube](#)



Sun Safety

Many people don't realise that it is important to think about sun safety from as early as March. Once the weather does begin to warm up remember:

Make sure you:

- Make sure you never burn
- Cover up with suitable clothing and sunglasses
- Take extra care with children
- Use at least factor 30 sunscreen

Take a look at [Sunscreen and sun safety - NHS \(www.nhs.uk\)](http://www.nhs.uk) for more information.



Healthy Lunches

With the start of 'in school' lessons, many children will be returning to having packed lunches in school. Some of our favourite healthy options include:

Cut down on crisps- try home made pop corn or rice cakes instead.

Chopping fruit can make it more appetising to eat. Try a drizzle of lemon juice to stop it going brown.

Don't like wholegrain bread? Why not try a slice of white and a slice of wholegrain/brown instead.

May be try lower fat sandwich fillings, like lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.

See [Change 4 Life Lunchbox Ideas | Recipes | Change4Life \(www.nhs.uk\)](http://www.nhs.uk)

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/

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/>



Your School Health Nurse is: Sian Dalziel-Hale



If you would like to speak to your school health nurse, please call: 07717 546616

We will call you back if you leave a message. Or email: sian.dalzielhale@oxfordhealth.nhs.uk

School Health Nurse website: www.oxfordhealth.nhs.uk/school-health-nurses/

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>