

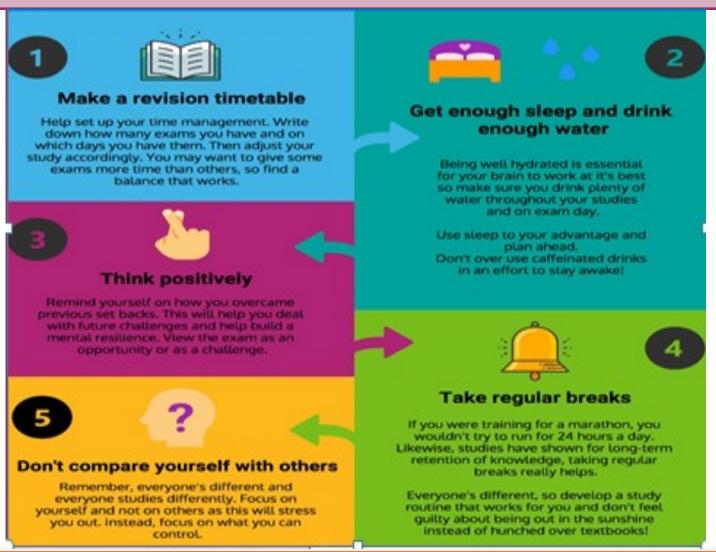


# Secondary School Health Nurses Term 5 May 2023 Newsletter

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

Preparing for exams can be stressful, here are some tips for you to share with your young person that Salford NHS have compiled,. You could also point them in the direction of their school nurse.

If you would like some parent specific advice, this video is excellent, or take a look at the guide for parents on the Young Minds website.



#### #NATIONALWALKINGMONTH



Walking is the easiest, cheapest, and most accessible

form of physical activity and that's why we think it's so

important to encourage children to do more of it. A brisk walk of just 20 minutes can have fantastic mental and physical health benefits.



When Summer hits it can be tempting to look for the nearest place to cool off. Here are our top tips if you plan on going for a paddle:











LOOK OUT FOR LIFEGUARDS

IT'S COLDER DON'T GO
THAN IT LOOKS TOO FAR

IT'S STRONGER
THAN IT LOOKS

BRING A FRIEND



Being by water is a great place for teenagers to spend time with friends, but it's important they know how to keep themselves, and their friends, safe. There were 277 accidental drownings in the UK in 2021. 62% happened at inland waters & 83% of these were male.

Have a conversation with your young person about the dangers of jumping off bridges, into locks or over canals. How deep is the water, what is in the water (e.g. shopping trolley/weeds/sewage)? Cold water causes shock even in strong swimmers—discuss how floating could save their life. Alcohol and water do not mix, advise them to stick with friends and make sure they get home safely.

For more information visit the <u>Canal & River Trust</u> or if you want to check out your local swimming pool visit the Oxfordshire County Council family information directory.

# **School Aged Immunisation Service**

For advice on booking an appointment for outstanding vaccinations please email us at immunisationteam@oxfordhealth.nhs.uk stating your child's name, school, date of birth, your contact phone number and state which vaccination(s) are missing.



#### WORRIED ABOUT CYBER BULLYING?

- Talk to your child about who they're talking to online
- Try to understand and guide your child's online behaviour negotiate and establish boundaries, discuss sensitively the issues around the concept of 'friends'
- Familiarise yourself with the social networking sites and chat programmes your child uses. Find out more about its build-in safety functions
- Ask your child if they know how to block someone who they don't want to talk to anymore. If they don't, help them learn how to use the blocking feature
- Use widely available parental control software and consider using filtering options, monitoring and setting time limits for access to chat.
- If someone has acted inappropriately towards your child, (such as sexual chat, or asking them to meet up) contact the Child Exploitation and Online Protection Centre

NSPCC and O2 have a free online safety helpline for parents and carers -0808 800 5000 . Find more information for parents and carers on Internet **Matters** 

### **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:// <u>youngminds.org.uk/</u>

Or visit <a href="https://">https://</a> www.familylives.org.uk/



## Your School Health Nurse is:

# Jody Coleman

If you would like to speak to your school health nurse, please call: 07796993326 Or email jody.coleman@oxfordhealth.nhs.uk

#### School Health Nurse website:

www.oxfordhealth.nhs.uk/school -health-nurses/

For young people 11-19yrs to text school nurses during school holidays

