

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.

