



Oxford Health
NHS Foundation Trust



Term 2: Secondary School Health Nursing Newsletter Nov 24

Term 2: 4 November - 20 December 2024

*Welcome to our **School Health Nursing Newsletter***

*As your school health nurses, we are here to support you and your family every step of the way.
Stay tuned for more updates, tips, and resources in our upcoming newsletters.*

Together, we can nurture a bright and healthy future for our children!

What's included in this newsletter?

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 - ChatHealth texting service
 - **Anti-Bullying Week 11th-15th November 2024**
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How to contact us

If you wish to contact a school health nurse regarding the health of your child or young person, please contact us using the details below:

- **Single Point of Access (SPA): 01865903800**
 - **Email: cyp019@oxfordhealth.nhs.uk**
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ChatHealth Text Messaging Service

A poster for the ChatHealth 11-19 years text messaging service. At the top left is the ChatHealth logo, and at the top right is the NHS Oxford Health NHS Foundation Trust logo. The main title 'ChatHealth 11-19 years' is in large green letters. Below it, a blue banner states: 'New School Health Nursing messaging service for young people aged between 11-19 years attending state schools or home educated in Oxfordshire'. The text 'Text 07312 263084 to message a school health nurse' is prominently displayed. Below this, a smartphone screen shows a list of topics for advice: relationships, contraception, mental health and wellbeing, self-harm, smoking, diet & exercise, drugs & alcohol, sleep, healthy lifestyles, and anxiety and emotional health. To the right of the phone, there is a QR code and the text 'Or scan QR code here to start a chat'.

1 - Credit: ChatHealth (2023) ChatHealth 11-19 years Poster, ChatHealth Teens A4 Poster. Edited by Oxford Health NHS Foundation Trust. Available at: <https://www.oxfordhealth.nhs.uk/wp-content/uploads/2022/03/CS53914-OHFT-ChatHealth-Teens-A4-poster-PRF1-Inc-EHE.pdf> (Accessed: 16 September 2023).

ChatHealth 11-19 is a text service for young people aged 11-19 and their parents/carers living in Oxfordshire.

Young people in this age group, and their parents/carers, can text Oxfordshire School Health Nurses for advice and support. This safe and secure text messaging service provides confidential help, advice, and signposting support between healthcare professionals and service users.

Text number: **07312263084**.

[Start a chat today.](#)

Anti-Bullying Week 11th-15th November 2024

Anti-Bullying Week is an annual UK event which aims to raise awareness of bullying of children and young people, in schools and elsewhere, and to highlight ways of preventing and responding to it.

Anti-Bullying Week is coordinated by the Anti-Bullying Alliance (ABA) in England and Wales. Since the start in 2002, 80% of schools in the UK take part with a reach of over 7.5 million children and young people.

The Anti-Bullying Alliance vision is to: stop bullying and create safer environments in which children and young people can live, grow, play and learn.

To read more click [here](#).



2 - Credit: https://youtu.be/J_RvmeIO7e4 (Accessed: 14/08/2024)

Young People and Vaping



Parents often worry about their children experimenting with smoking, alcohol, or drugs as they grow up. Recently, the use of disposable e-cigarettes, or vapes, has become more prevalent among young people. Children are starting to vape at younger ages, and the associated risks are not as well-known as those of other substances. However, the public health message from the **NHS** is clear: ["Vaping is not for children and young people"](#).

If you suspect your child may be vaping, or if you're concerned they might begin, it's crucial to understand what vaping entails and the risks involved. This knowledge will enable you to have an informed discussion with them.

While most children and young people do not engage in regular, long-term vaping or smoking, experimentation is possible. Educating them about the dangers can empower them to make healthier decisions.

Action for Children has a helpful resource for parents, [here](#).

FRANK has helpful resource for young people who have questions about vaping, [here](#).

Problems with Disposable and Illegal Vapes

- **Environmental Impact:** Disposable vapes contribute to electronic waste. They are often not recycled properly, leading to environmental pollution.
- **Accessibility and Appeal:** These vapes are often marketed with appealing flavours and designs, making them attractive to young people. Their ease of use and disposability can lead to higher consumption rates among teens.
- **Nicotine Addiction:** Many disposable vapes contain nicotine, which is highly addictive. This can lead to dependency and potential health issues related to nicotine use.
- **Safety Concerns:** Illegal vapes often do not comply with UK safety regulations. [They can contain high levels of harmful substances, including unsafe levels of metals like nickel, lead, and chromium](#) (UK Parliament, 2024).
- **Unknown Ingredients:** These vapes may also contain [unregulated chemicals or drugs, such as cannabis, posing additional health risks](#) (BBC News, 2024).

How Parents/Carers Can Help

1. **Inform About Risks:** Share credible information about the dangers of vaping from trusted sources like the *NHS* and *UK Health Security Agency*, including the resources above.
2. **Open Dialogue:** Encourage open and honest conversations. Listen to your child's concerns and questions without judgment.
3. **Be Vape-Free:** If you vape, consider quitting. Your actions speak louder than words. Also try and ensure your home and vehicles are vape-free zones.
4. **Secure Vaping Products:** Keep all vaping devices and supplies out of reach of children.
5. **School Policies:** Discuss with school officials about their tobacco prevention programs and enforcement of tobacco-free policies.
6. **Support Quitting Efforts:** If your child is already vaping, support them in quitting. Speak with your child's school health nurse or GP for support.

Movember



Movember 2024 starts on November 1st and continuing until November 30th. Since 2003, Movember has funded more than 1,320 men's health projects, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men. [Movember - Changing the face of men's health - Movember](#)

Is my child too ill for school?



Deciding whether your child is too ill for school can be challenging. The NHS website has a page dedicated to helping parents make the right decision - [Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk/health/a-z/is-my-child-too-ill-for-school/)

By following these guidelines, you can help ensure your child attends school when they are well enough and stays home when they need to recover.

When to Keep Your Child at Home

- **High Temperature:** If your child has a high temperature (38°C or above), keep them at home until it returns to normal.
- **Vomiting or Diarrhoea:** Keep your child at home for at least 48 hours after the last episode.
- **Chickenpox:** Keep your child at home until all the spots have crusted over, usually about 5 days after they first appear.
- **COVID-19:** If your child has a high temperature or does not feel well enough to attend school, they should stay at home. If they test positive, they should avoid contact with others for 3 days after the test.

When It's Okay to Send Your Child to School

- **Mild Coughs and Colds:** If your child has a minor cough or cold but feels well enough, they can go to school.
- **Cold Sores:** No need to keep your child at home, but encourage them not to touch the sore or share items like cups and towels.
- **Conjunctivitis:** Your child can go to school if they feel well enough. Encourage regular hand washing and avoid touching the eyes.

Additional Considerations

- **Anxiety:** If your child feels anxious about school, it's important to address their concerns. Avoiding school can make anxiety worse. Work with the school to find solutions and consider speaking to a GP or school nurse if needed.
- **Ear Infections:** If your child has an ear infection with a high temperature or severe earache, keep them at home until they feel better.

Immunisations add HPV info



Immunisations are delivered by the [Oxfordshire School Aged Immunisation Service \(SAIS\)](#) for **children aged 5-16** in schools and community venues in Oxfordshire.

- **Immunisation schedule:** <https://www.oxfordhealth.nhs.uk/imms/about/schedule/>

HPV campaign Year 8

From the end of term two beginning of term three, we will send information to the school of your child or child in your care. The school will then email this information to you to action. HPV, (human papillomavirus), is a common virus that can be passed from person to person through skin-to-skin contact, usually during sexual activity. It can cause various infections and can lead to health issues like genital warts, cervical cancer and other types of cancers.

What do I need to do?

When you receive your email from us, please complete the online consent form as soon as possible (at least two school days before we visit the school) to ensure your child is vaccinated in the school session.

If you do not wish your child to receive their HPV vaccination, please complete the Consent Form REFUSING the vaccination and we will not contact you again this school year regarding this vaccination.

Having difficulty completing the consent form?

Please contact us and we will answer your questions and help you to complete the Consent Form if required.

How to contact the *School-Aged Immunisation Service*:

- Telephone number: 07920254400
- Email address: immunisationteam@oxfordhealth.nhs.uk
- Website: www.oxfordhealth.nhs.uk/imms or scan the QR Code.



Money Saving Advice for Families this Winter



Winter can be a challenging time for families, especially with rising energy bills and the costs of keeping everyone warm and fed. Here are some practical tips and resources from [Keeping warm | Oxfordshire County Council](#), [Money Saving Expert](#) and [Citizens Advice](#) to help you save money during the colder months:

1. Energy Efficiency

- **Lower the Thermostat:** Reducing the temperature by just 1°C can significantly cut your heating bills [Energy App](#)
- **Wear Extra Layers:** Encourage your family to wear warm clothing indoors.
- **Use Public Warm Spaces:** Spend time in public places like libraries or community centres to reduce heating costs at home. Check the [Warm Spaces map](#) for locations near you.
- **Insulate Your Home:** Ensure your home is well-insulated. Grants may be available for home insulation improvements [Better Housing Better Health](#)
- **Smart Heating:** If affordable, invest in a smart thermostat to control heating more efficiently.

2. Food and Essentials

Plan Meals: Create a shopping list to avoid impulse buys and reduce food waste.

Use Foodbanks: If needed, foodbanks can provide essential items. Find your nearest one through the [Trussell Trust foodbank finder](#).

Bulk Cooking: Cook in bulk and use energy-efficient appliances like slow cookers or air fryers.

3. Warm Clothing

Second-hand Options: Look for warm clothes in charity shops or online selling groups.

School Resources: Check if your child's school offers uncollected lost property or can direct you to charities that provide clothing.

Out of Season Sales: Buy winter clothes during spring sales for the next year.

4. Financial Support

Check Entitlements: Ensure you're receiving all the benefits you're entitled to, such as cold weather payments or [Retrofit help for you | Oxfordshire County Council](#)

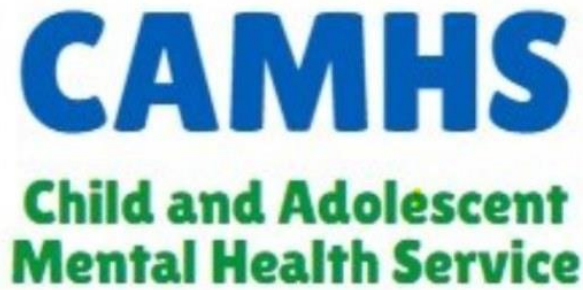
Citizens Advice: Visit [Citizens Advice](#) for guidance on making your home more energy efficient and other financial advice

Christmas can be hard ..



Learn how Christmas might affect your mental health. Find tips on how to cope and ways to support someone else.

[Christmas and mental health - Mind](#)



3 - Credit: [Oxfordshire](#) | [Oxford Health CAMHS](#)[Oxford Health CAMHS](#)

[Child and Adolescent Mental Health Service \(CAMHS\)](#) provides essential support for children and young people struggling with emotional, behavioural, or mental health issues. *CAMHS* offers a range of services and work closely with families to ensure that children receive the care they need, whether it's through therapy, counselling, or crisis intervention. Their goal is to help young people navigate their challenges and improve their overall well-being.

[Oxfordshire CAMHS](#) offers a single point of access for parents/carers, who have concerns around mental health:

CAMHS Single Point of Access (SPA): 01865902515

Young Minds



4 - Credit: [YoungMinds](#) | [Mental Health Charity For Children And Young People](#) | [YoungMinds](#)

YoungMinds in Oxfordshire are dedicated to supporting the mental health and well-being of children and young people. They offer a range of services, including online resources, a Parents' Helpline, and various support programs tailored to different age groups. Whether your child is struggling with anxiety, depression, or any other mental health issue, *YoungMinds* provides expert advice and practical support to help families navigate these challenges.

Visit: <https://youngminds.org.uk/>

Parents' HelpLine: 08088025544

Online Chat Service: [Chat to us Online](#) | [Mental Health Help for Your Child](#) | [YoungMinds](#)

Family Lives - Support for Families

Family Lives is a UK charity dedicated to providing non-judgmental support and advice for families facing various challenges. Whether you're dealing with parenting issues, relationship difficulties, or mental health concerns, *Family Lives* offers a confidential helpline, live chat, and email support to guide you through tough times. They also provide resources on topics like bullying, special educational needs, and family dynamics, ensuring you have the tools and support needed to foster a healthy family environment. Please see their website, [here](#).

If you need support or advice:

- Call their helpline on **08088002222**,
- Email them at askus@familylives.org.uk
- Chat to them online via their [Live Chat service](#)
- Visit their [online forum community](#).



ERIC- Bladder and Bowel support

[ERIC \(Education and Resources for Improving Childhood Continence\)](#): ERIC is a UK-based charity dedicated to supporting children with continence issues and their families. They provide a wealth of resources, including:

- [Information and Advice](#): Comprehensive guides on managing bedwetting, daytime wetting, and constipation.
- [Helpline](#): To speak to an advisor please call 08088010343. Open Monday - Thursday, 10am to 2pm and is free to call from landline and mobile numbers.
- [Workshops and Training](#): Educational workshops for parents and professionals.
- **Resources**: Access to a range of products and tools to help manage continence issues.

For more information and support, visit the [ERIC website](#). Remember, you are not alone, and there are resources available to help you and your child navigate these challenges.

OXME

The **OXME** service in Oxfordshire is a valuable resource for young people, offering a wide range of information and support. It covers essential topics such as health, learning, work experience,

job opportunities, anti-bullying, and e-safety. The service aims to help young people navigate their educational and career paths while promoting their well-being and safety. Whether your child needs advice on their future plans or support with personal challenges, *OXME* is here to assist them every step of the way.

[Check out OXME here for information for young people](#)

Additional Services and Resources

Children's Integrated Therapies Services



Speech and Language.



Physiotherapy.



Occupational Therapy.

5 - Credit: Oxford Health NHS Foundation Trust (2024) Children's Integrated Therapies – Oxfordshire. Available at: https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/ (Accessed: 29 May 2024).

Oxford Health's **Children's Integrated Therapies** include the services named below:

- [Occupational Therapy](#),
- [Physiotherapy](#)
- [Speech & Language Therapy](#).

The service aims to support children and young people and their families by working with our partners in health, education, social care, the voluntary sector and also other independent agencies with the above needs.

For queries, please contact them using the details below:

- **Single Point of Access (SPA) Telephone: 01865904435**
- **Visit their website - [Children's Integrated Therapy Services](#)**
- **Contact your GP.**

Mental Health Services

We welcome your feedback!

Newsletter

If you wish to feedback or comment on this newsletter, or suggest topics for future newsletters, please email

CYP0-19@oxfordhealth.nhs.uk