

Secondary School Health Nurse

Newsletter Term 4 March 2019

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.



UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Full document can be accessed at:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/777026/UK_CMO_commentary_on_screentime_and_social_media_map_of_reviews.pdf

HPV Immunisations for girls in Years 8 & 9 will take place in school on: 01/04/2019

This important immunisation is given in 2 parts, one year apart. Year 8 girls will receive their first vaccination, and girls in Year 9 who started this Programme last year, will receive their second and final vaccination.

Girls absent or unwell on the day will be offered an alternative date.

On the day of vaccination, please encourage your daughters to eat breakfast, wear a short-sleeved shirt and to ask the nurse if they have any questions, they will receive a record of the vaccination given. www.nhs.uk/vaccinations



Supporting your Teenager by being a 'Positive Parent'

Parenting children can be enormously rewarding and fulfilling – but let's face it, parenting is also exhausting and challenging. Most parents, when asked what they really want for their children, their response is universal "I want them to be happy". Your parenting styles really can help toward achieving this - and the love and support you give your children is critical to their future well-being. In addition to unconditional love, children and young people also need clear boundaries. The most important thing we can do for the well-being and emotional development of our children is to combine unconditional love with clear and consistent boundaries and rules.

- With teenagers, some parents tend to draw back and give more room, which is good. However, teenagers still need to know that you are there, loving and supporting them unconditionally.
- Show your interest and ask questions, at the same time respect their desire for privacy.
- Support them with their increasing autonomy to make decisions.
- Be prepared for the unexpected - the most interesting stories come out when you least.
- Dedicate time to your child - put away the technology and play.

Further information on Positive Parenting and leaflets are available from NSCPP www.nspcc.gov.uk
<https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/>

Your School Nurse:

Gayle Ogier

Phone Number: 07825 843526

ENCOURAGE ROAD SAFETY FOR TEENAGERS

Road incidents are a major cause of injury and death for young people in Great Britain. Adolescents between the ages of 12-16-years account for 51% of all child road casualties. Young people tend to copy the behaviours of adults, one of the best ways that you can help your son or daughter to be safer is to set a good example. Seat Belts save lives, ensure you and your child use them. Distractions such as headphones, mobiles, inexperienced drivers, taking selfies, videos and sending messages reduce concentration and awareness of road conditions and other road users. All cyclists should wear a cycle helmet whatever the age and this will set a good example for your child.



SIXTH FORM NEW DRIVERS - 1 in 5 drivers crash in the first year after passing their test! Our research revealed that young drivers often feel vulnerable on the road. This can lead to them driving more defensively and taking unnecessary risks to over-compensate for their inexperience. The Road Whisperer campaign aims to support young drivers to become competent safe drivers.
<https://www.think.gov.uk>

<http://OXME.Info/cms/> – Excellent information site for young people in Oxfordshire

Follow us on Facebook -



<https://www.facebook.com/oxschoolnurses/>

Visit our website <https://www.oxfordhealth.nhs.uk/school-health-nurses/>

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**