

Primary School Newsletter

School Health Nurse Team Nov 2022

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 future quality of life and enable them to reach their full potential in education and beyond.

School Health Nurses

are based in Oxfordshire

and the contact details for the Team are at the [end of this newsletter](#).

If you have any health concerns regarding your child please contact the school health nursing team.



Remember, remember (be safe on...) the 5th of November!

Fireworks are great fun to watch, but every year lots of children and young people get hurt in firework accidents. Reminding your child about firework safety can help keep them safe:

- Only adults should handle and light fireworks.
- Fireworks are explosives and can cause serious injury.
- When watching fireworks, stand well back.
- Never go near a firework that has been lit. Even if it hasn't gone off, it could still explode.

If your child is given sparklers, remind them to...

- Hold them one at a time.
- Always wear gloves.
- Hold them at arm's length.
- put sparklers hot end down in a bucket of water when they go out as they can still cause burns.

Otherwise, have fun!!



Disability Awareness

People with disabilities often face more barriers in accessing support for health and wellbeing than those without disabilities. Not accessing support can impact upon health and wellbeing (and upon those who have caring responsibilities) and can be detrimental to health long term.

Mencap is a charity for people with a learning disability and they provide support for families and carers. They have put together [a list of the services and support available](#), such as financial and respite, for people with disabilities and their families

National Stress Awareness Day

November 2022

Stress is a normal response to certain situations, and everyone can feel stressed from time to time. Feeling stressed too often can impact our mood, our self-esteem and our relationship with others. If you think you or your child might be feeling stressed, there are ways in which you can help them... check out every mind matters, with hints and tips for the whole family

<https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/>



Christmas can be a time of excitement and celebration but for some families it can be a difficult time of year. Childline has some great advice to help children to cope, find ways to feel better and to feel OK about not celebrating Christmas:

Children also thrive on routine but Christmas is one of the most disruptive times of year, with bedtimes and mealtimes out of sync with usual routines. Easy access



to sugary foods and lack of sleep can result in tempers, tantrums and stress. Trying to retain some structure can be really helpful for everyone, try keeping to a bedtime routine

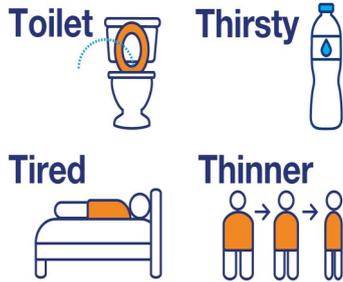
and limiting sugary foods where possible.

If worries about money and access to food is affecting you then visit the citizens advice website to find out about how food banks work and for practical support in accessing help



World Diabetes Day 14th November

Do you know the symptoms of **Type 1 diabetes?**



4 T's—The symptoms of type 1 diabetes tend to come on within a matter of days or weeks and you should get urgent medical help if you notice any of these symptoms.

[Symptoms of diabetes in children | Diabetes UK](#)

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 **YOUNGMINDS** fighting for young people's mental health

<https://youngminds.org.uk/> which has a helpline



Flu vaccinations

The School Aged Immunisation Team are visiting schools over the coming weeks to offer the flu vaccine to all primary school aged children. If your child missed the session at school, community clinics are being held in December. If you do not know how to book into a clinic and the Immunisation Team have already visited your school, or if you cannot complete an electronic consent, please email

ImmunisationTeam@Oxfordhealth.nhs.uk

Your School Health Nurse is: Joanna Hailey

If you would like to speak to your school health nurse, please call: **01869 604 095**
We will call you back if you leave a message.

Or email

Bicester.schoolnurses@oxfordhealth.nhs.uk

School Health Nurse website:

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

Facebook page

Link for ParentLine Chat