

Secondary School Health Team Newsletter

Term 5 April 2021



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.

Dear all,

We hope the transition back to school has gone well for your child, many children have quickly and happily returned to school, but for some young people the return has been more challenging. The Summer term will herald exams for many students, and this may add to the stresses and anxieties many young people are experiencing. School health nurses (SHNs) based in schools, are here to help and support young people, if you or your child have any concerns, please use the contact details at this end of this newsletter to get in touch with your school health nurse - Secondary SHN Team



Exam Plans

With many children facing exams in the Summer term, check out the Young Minds and NHS resources below:

Young Minds

<https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/>

NHS

<https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/tips-on-preparing-for-exams/>

Exams - Don't Stress, do your best & forget the rest!

10 Top Tips for parent/carers to help their children cope with exams
<https://www.goodschoolsguide.co.uk/curricula-and-exams/revision-top-ten-tips-for-parents/>



Measles, Mumps and Rubella (MMR)

The Immunisation Team will shortly be sending letters home to Yr9's who may be outstanding one or both doses of the MMR vaccine. If your child is NOT in Yr9, but you think they may be outstanding the MMR Vaccine, please email ImmunisationTeam@oxfordhealth.nhs.uk. In the UK, 2 doses of the MMR vaccine are recommended to provide the best protection against Measles, Mumps and Rubella, usually given before starting primary school.

For more information please visit <https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

Urgent and Emergency Care - New 111 plans

Across the NHS, urgent and emergency care services are changing to ensure that patients get the right care, in the right place, whenever they need it.

100% of the population of England are now able to access **urgent care advice** through the [NHS 111](https://www.nhs.uk/111) online service.

NHS 111 is here to make it easier and quicker for patients to get the right advice or treatment they need, be that for their physical or mental health.

24 hours a day, 7 days a week.

To get help from NHS 111, you can:

- Go online to [111.nhs.uk](https://www.nhs.uk/111) (for assessment of people aged 5 and over only).
- Call 111 for free from a landline or mobile phone.

<https://www.england.nhs.uk/urgent-emergency-care>

Could your children help researchers better understand risk factors in COVID-19?

University of Oxford researchers are seeking people aged 0-19 from ethnic minorities to give a blood sample to help understand why these groups are more at risk of COVID-19

For more information visit whatsthestory.org.uk

The main study is just 1 visit, a blood sample, approximately 45 mins of your time.

WHATSTHESTORY.ORG.UK

info@ovg.ox.ac.uk|01865611400



Minecraft – Video Game



This is a popular online video game used by millions of young people. It has a facility for young people to communicate online and to strike up relationships with many other unknown people.

To keep your child safe online please check out the link below:

<https://parentinfo.org/article/staying-safe-on-minecraft>

Children's Integrated Therapies Services in Oxfordshire include [occupational therapy](#), [physiotherapy](#), and [speech & language therapy](#).

We aim to support children and young people and their families by working with our partners in health, education, social care and voluntary and independent agencies

For queries please contact: Single Point of Access (SPA)

Telephone: 01865 904435 Or visit

https://www.oxfordhealth.nhs.uk/service_description/oxfordshire-childrens-therapy/

Most of us are looking forward to the lighter evenings and better weather and spending more time outside with friends and family. Stay safe and alert when exercising and remember to maintain social distancing. Increase your amount of exercise by getting out on your bike National Bike week 30th May. Always remember to wear a helmet www.cyclinguk.org.

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**

You can also visit <https://youngminds.org.uk/>

which has a helpline

YOUNGMINDS



Or visit <https://www.familylives.org.uk/>

E mail SHN.Oxfordshire@oxfordhealth.nhs.uk

School Health Nurse website: www.oxfordhealth.nhs.uk/school-health-nurses/

We also have a Facebook page <https://www.facebook.com/oxschoolnurses/>