

# Secondary School Health Nurse Team Newsletter

## Term 1 Autumn 2018

*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.*



**The school health nurse service** is commissioned by Public Health at Oxfordshire County Council and is provided by Oxford Health NHS Foundation Trust.

Each secondary school has a School Health Nurse who is based in the school. These nurses work closely with families, schools and other partner agencies to help improve health outcomes for children and their families. Safeguarding children is central to all our work.

Through these newsletters we hope to highlight health topics and resources to tackle common issues that arise, and promote a healthy lifestyle for all the family.

### Year 7 – School Entry Health Review

When children start secondary school, it is a good time to review their health needs. The School Health Nurse is able to offer pupils in Year 7 a health review, to discuss their specific health needs. If you have concerns regarding your child's health and would like to speak to a school health nurse to discuss or plan the care of your child in school, please contact us. Contact details are available at the foot of this newsletter, or from your child's school. More information available below.

<https://www.kidscape.org.uk/resources/resources-for-young-people/moving-up-to-secondary-school/>

### Flu Vaccinations

**Children and young people with certain health conditions, even if they are well managed, are at higher risk of severe complication if they get flu. It is especially important that these children are vaccinated.**

These conditions include:

- Serious breathing problems, for example severe asthma needing regular inhaled or oral steroids
- Serious heart conditions
- Severe kidney or liver disease
- Diabetes
- Immunosuppression due to disease or treatment
- Problems with the spleen, if it has been removed or doesn't work properly because of sickle cell or coeliac disease.

**Your GP will automatically call eligible children for this immunisation, if unsure please check with your GP [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)**

**Visit the school health nurses' website for more information**

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

# Ideas for a 'healthy' lunchbox



Deciding what is best to put in your child's lunchbox can be difficult. With a little inspiration your child's lunch can be fun, healthy and tasty.

A healthy packed lunch should include something from each of the four main food groups - starchy carbohydrates (bread, rice, potatoes, pasta), fruit and vegetables, protein containing foods (meat, fish, eggs and beans), and milk and dairy foods – as well as a drink. Here are some ideas of items for each group:

## Starchy carbohydrates

- A sandwich/roll/wrap/pitta bread (trying using wholegrain varieties or 50/50)
- Pasta/couscous/rice

## Protein filling

- Lean meat/chicken/turkey (add lettuce or tomatoes!)
- Fish/tuna (add cucumber or peppers!)
- Eggs
- Beans

## Fruit and vegetables

- Chop raw vegetable crudites such as carrot sticks which can be great for dipping in hummus
- Fresh fruit (apple, grapes, banana, kiwi)
- Dried fruits (raisins, apricots)

## Dairy

- Low fat yoghurt – plain or fruit (watch out for those high in sugar!)
- Small pot of rice pudding
- Low fat cheese slices



## Added extras

- Plain popcorn or reduced fat crisps
- Sugar-free jelly pot
- A plain biscuit  
(There's nothing wrong with this, just try to make healthier choices when you can)

**Put in a drink** – It is important to stay hydrated, so give your child a bottle of plain water, plain milk (skimmed or semi-skimmed), or no added-sugar fruit juice

For complete lunchbox ideas and tips, visit:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>



The school health nurse for Cheney School is Caroline Smith

Tel: 07717661485

carolinee.smith@oxfordhealth.nhs.uk

# Choose Wisely...

Help to keep pressure off A&E  
by choosing the right service level  
for what you need. #HelpUsHelpYou



Most common winter ailments, such as coughs & colds, can't be treated with antibiotics & are best dealt with at home with rest and a well-stocked medicine cabinet.

Your local pharmacist is a trained healthcare professional & can give you advice on common illnesses without the need to go to your GP.

Call 111 when you need medical advice fast but it is not an emergency.

If you have a persistent illness that won't go away, make an appointment with your GP.

A & E is for serious and life-threatening injuries and conditions only.

## 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**

Access more information and advice from their website:

[www.oxfordhealth.nhs.uk/camhs/oxon](http://www.oxfordhealth.nhs.uk/camhs/oxon)

CAMHS will either offer direct support, treatment or recommend other suitable approaches.

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